

Keeping Fit

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Fitness program should include many exercises

By BRUCE ETHERIDGE
Aerobics, aquafitness, weight training, running — with so many different fitness programs to choose from it can become an exercise discipline not to say "the heck with it" and curl up in front of the television set with a bag of potato chips.

Each type of training has its strengths and weaknesses. Not surprisingly, it's a combination of exercise programs, experts say, that tends to yield the best results for overall fitness and health.

Thanks to Jane Fonda and her great figure, aerobics has become the "in" exercise program of the 80s — particularly for women.

But even trying to select an aerobics program can be confusing. There are low impact, high impact, no-impact and no-bounce classes to choose from at beginner, intermediate and advanced levels.

According to aerobics instructor Dayle Nanningar of Gold's Gym in Markham, the various aerobics programs are "equally effective." Why then the different

types of aerobics? They differ based on the amount of stress placed on muscles and joints, she said.

High impact aerobics includes a lot of bouncing and jumping which can be hard on the skeletal structure. This is particularly true for older trainees or for people with arthritis.

Low impact aerobics minimizes but doesn't totally eliminate jumping movements. In no-bounce classes, the "feet never leave the floor," Ms Nanningar says.

Many trainees mistakenly believe that the bouncing movements of high impact aerobics provide a more vigorous and calorie-burning workout.

But, according to Rosalie Campagna-Brown, the director and chief instructor at the Markham Village Women's Club, that isn't necessarily the case.

She notes that no-bounce aerobics are more strenuous and are superior for muscle toning than other aerobics. Momentum helps lift arms and legs in high impact

aerobics, she points out. In no-bounce classes "the muscles have to do all the work."

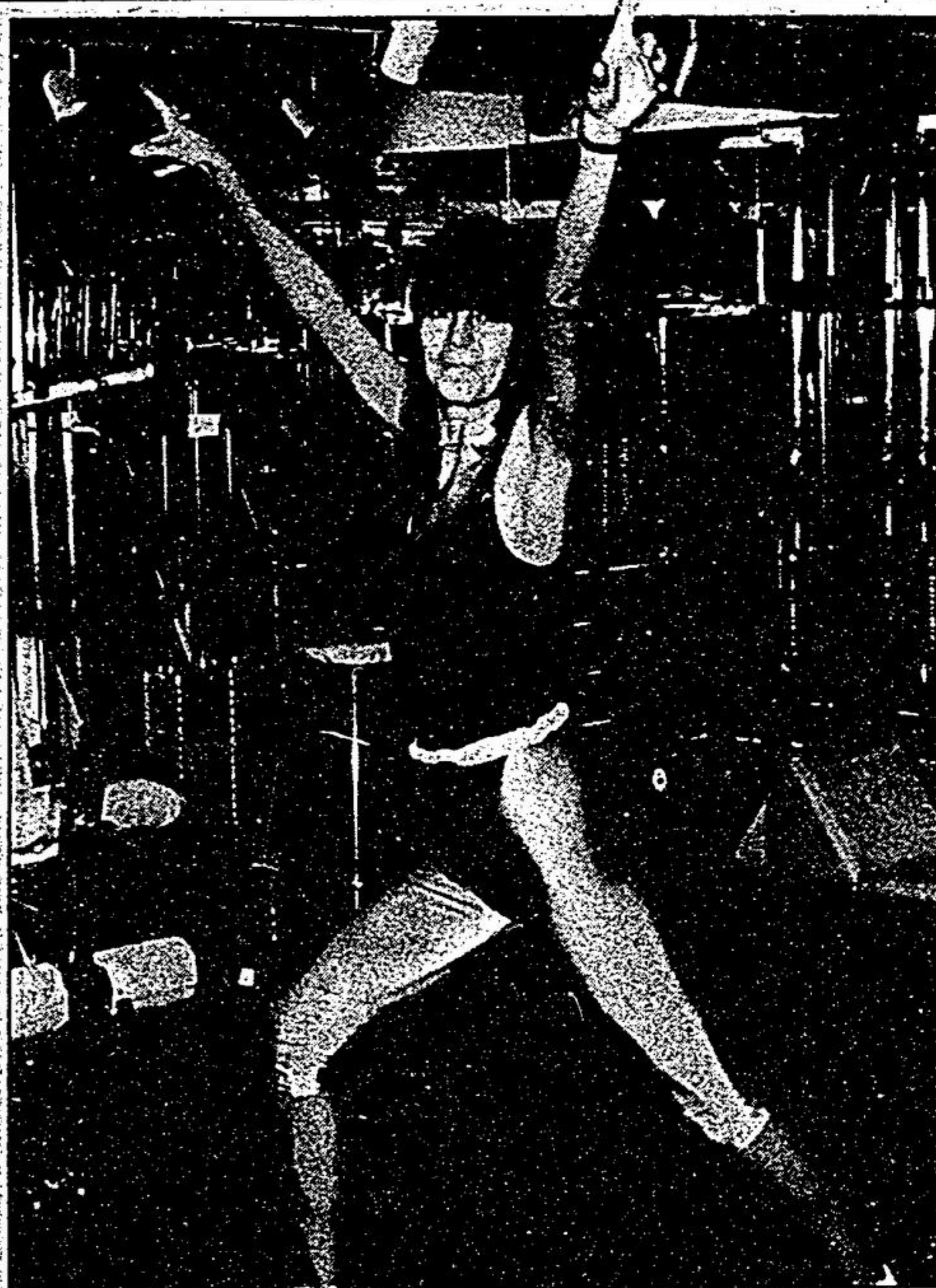
Aerobics is excellent for the cardio-vascular system. It is terrific exercise for the heart, which like any other muscles needs exercise to remain strong and healthy.

Aerobics will also improve lung capacity and, according to Mrs. Campagna-Brown, it takes only 10 minutes for the body's cardio-vascular system to start reaping benefits from an aerobics workout.

Doing aerobics on a regular basis also helps in slimming down and toning up. Workouts range from 45 to 70 minutes, and burn lots of calories because of the continuous movement while toning muscles and improving flexibility.

A relatively new form of aerobics — called aquafitness — is done in a swimming pool. It has a number of advantages over conventional aerobics, says Lisa

(cont'd on page C-9)



Rosalie Campagna-Brown, director of the Markham Village Women's Club, shows off the form of a dedicated aerobics exerciser and instructor.

IF WE CAN DO IT, YOU CAN DO IT!



Nancy, 33 years old, mother of 2 pre-school children.
"I lost more than 25 inches and 15 pounds. Now I look better, I have more self-confidence and I feel better about myself over all."



Mary Lou, 36 years old, mother of 4.
"Thanks to the staff at the Markham Village Women's Club I lost 20 1/2 inches and 30 lbs. It is truly an exceptional fitness center — one that works with you."



Joan, 44 years old.
"After 5 months I lost a total of 15 inches and 20 pounds, without dieting. I went from a size 14 to a size 8". The Markham Village Women's Club is the best thing that's happened to my self-esteem and my physical fitness."



Cathy, 31 years old.
"After 10 weeks I lost 18 lbs. and 11 inches. I love coming to the gym. The atmosphere is friendly and the staff really gives you the incentive to continue."



Brigitte, 42 years old.
"Thanks to the staff at the Markham Village Women's Club, I lost 14 1/2 inches in 5 months, without dieting! My dress size went from 11-12 to 7-8."



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