

Keeping Fit

An advertising supplement to the Economist and Sun/Tribune

Aquafitness easier on bones and joints

(from C-8) Rowsell, an instructor at the Markham Fitness and Racquet Club.

While the exercises are performed just as in a gym, the added resistance of the water makes the movements that much more taxing on the muscles, she says.

She notes that doing aerobics in the pool allows a person to reach his or her maximum heart rate threshold much more rapidly — which is the key to improving the cardio-vascular system.

Aquafitness allows those who can't participate in strenuous physical exercise on land to stay in shape and improve their health.

Because of the therapeutic nature of the water, aquafitness is ideal for the elderly and arthritic patients.

"The buoyancy makes aquafitness less destructive on the joints," Miss Rowsell said. High impact aerobics can be done with the safety of no-bounce exercises in the water. Exercises are done in the shallow end so non-swimmers can participate as well.

While aerobics is wonderful for the cardio-vascular system, weight training is far superior for toning and firming flabby muscles.

Often women believe that if they start picking up weights they're going to develop large muscles like men's. But Mrs. Campagna-Brown says this isn't so.

"It's very difficult for women to

bulk-up," she says. "Women just don't have hormones." She explains that large muscles developed by women bodybuilders are due to the use of steroids — male sex hormones.

For toning and firming muscles, no exercise program can match weight training. Ms. Nanninger believes aerobics and weight training complement one another.

"Aerobics builds the cardio-vascular system while weight training tones and reduces," she says.

Done with light weights at a high number of repetitions, weight training not only firms flabby muscles but also burns off excess fat. It is excellent for attacking problem areas such as slack upper arms or tightening thigh muscles.

By doing a variety of movements, weights can improve flexibility and joint mobility even for those with arthritis. A drawback of weight training is that it is not sufficiently taxing for the cardio-vascular system and has to be supplemented with some other type of training.

Running, jogging, walking, jumping rope are all excellent for the heart and lungs. But, to varying degrees, all are also hard on muscles, joints and spine.

Running sports do provide toning for the upper body with the pumping of the arms especially if light weights are held in the hands.

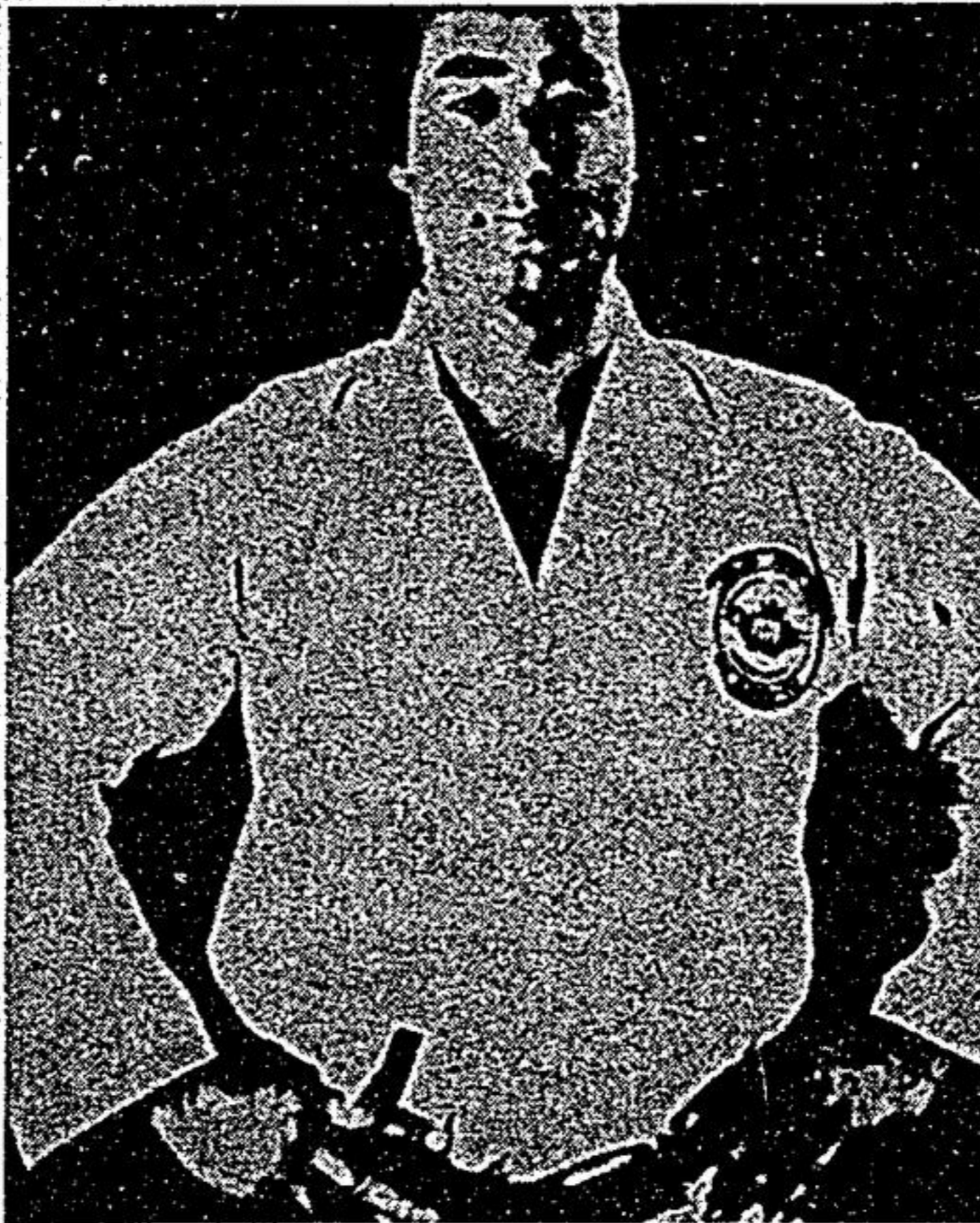
One of the most important

aspects of selecting a fitness program is to choose one that you'll

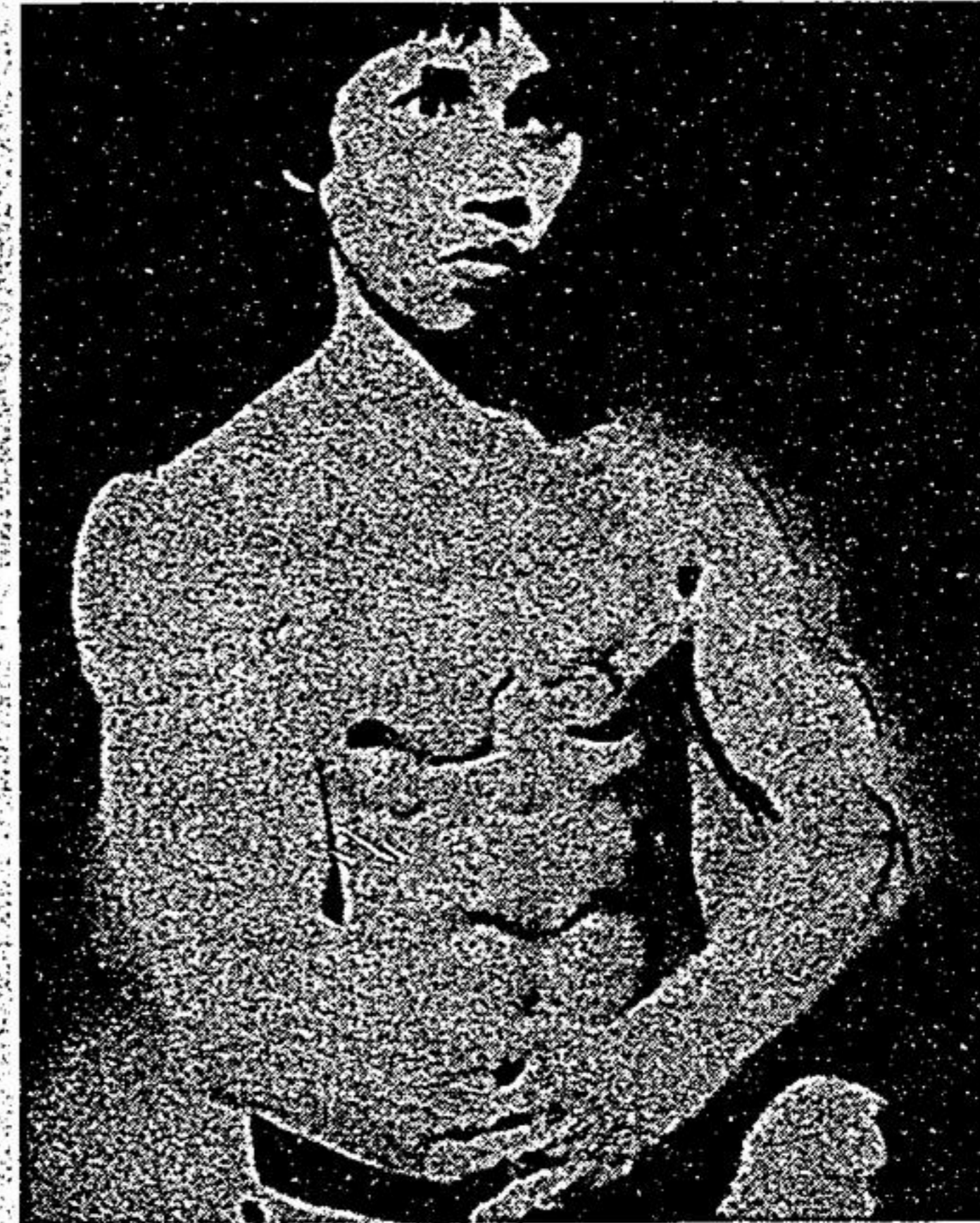
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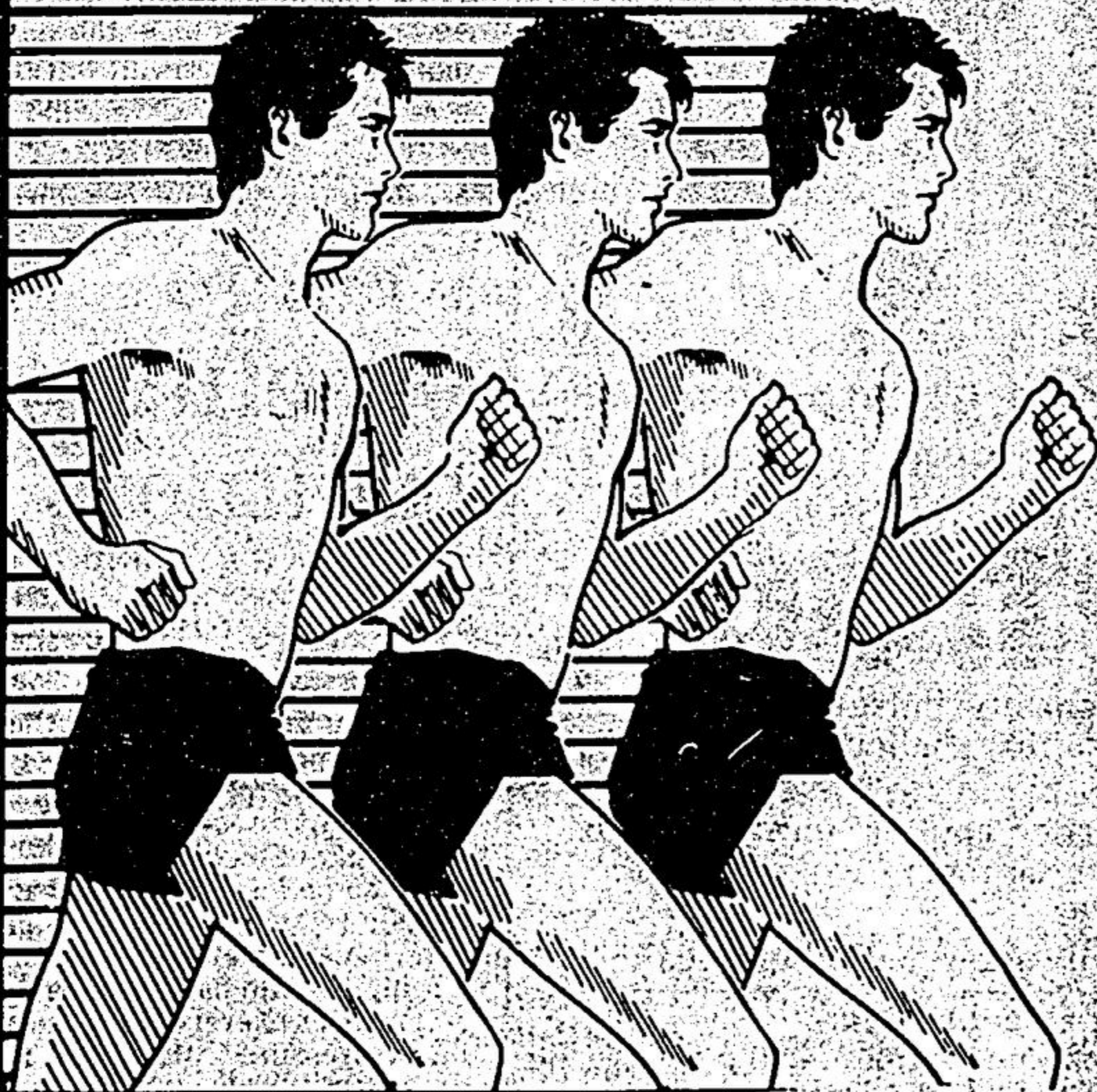
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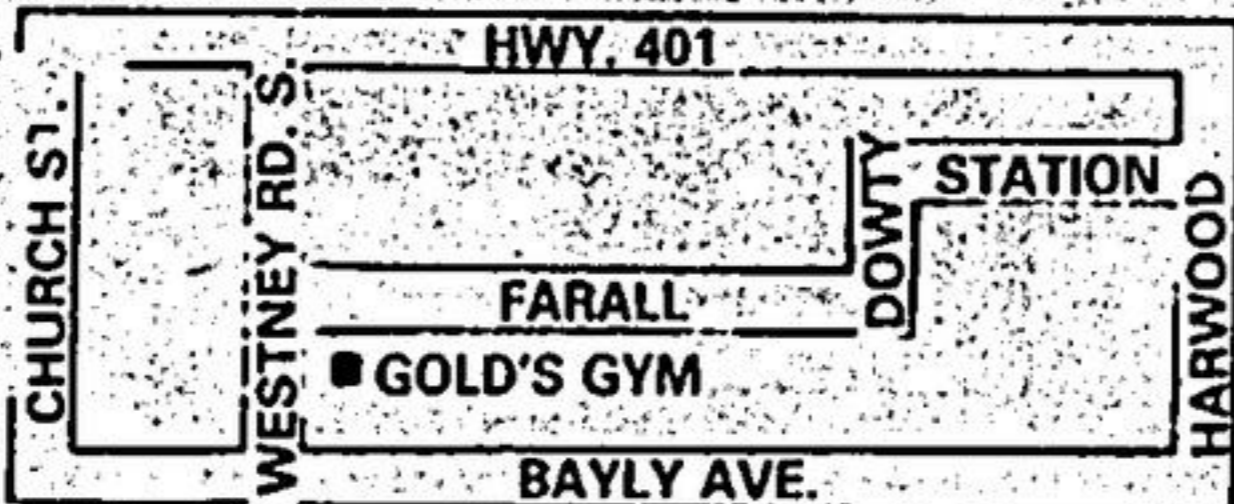
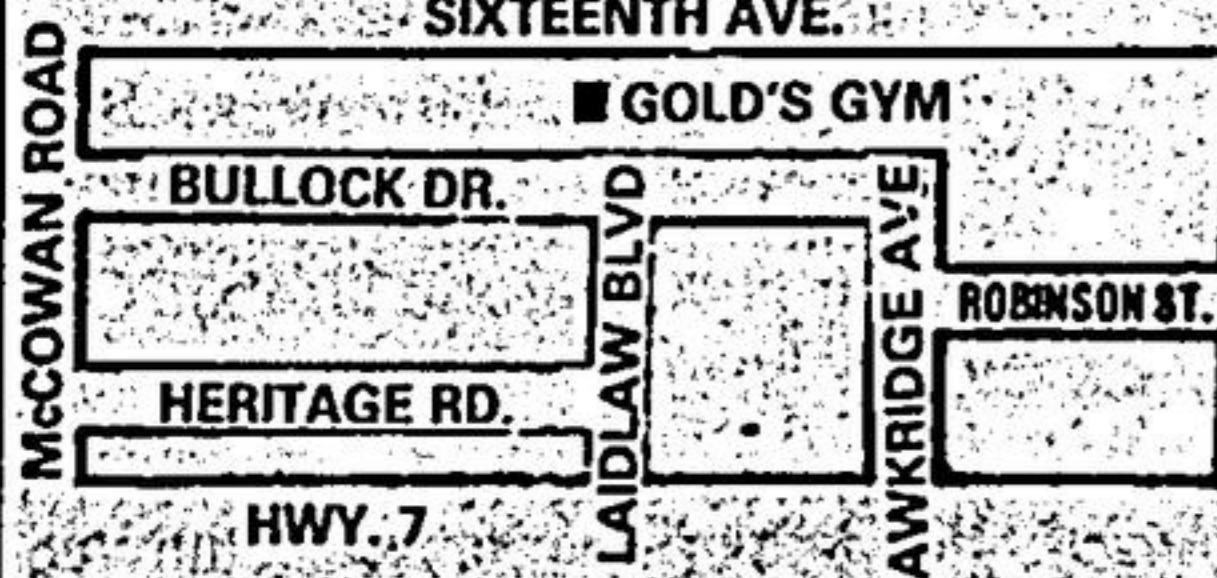
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