

Fitness, health important parts of today's lifestyle

America: striving for fitter, healthier society

That sweat togs have become haute couture and sneakers the latest status symbol, is evidence enough that health and fitness have assumed primary significance in the American consciousness.

One need not look far to find joggers traversing major roadways or winding round the local track, as other enthusiasts flock to the nearest health spa, gym or "Y" to either swim laps or increase their repetitions on the exercise equipment.

For those who thrive on less vigorous but equally beneficial body conditioning, the ancient system of yoga provides stretching and muscle toning along with the added advantage of relaxation and stress release.

Deep breathing exercises are an integral part of yoga and are a perfect way to unwind after a long day.

For those who come alive to a rhythmic beat, dance classes offer exercise in combination with anything from the syncopated movement of a jazz class to the stringent discipline of a ballet barre.

Nutrition awareness

As part of the fitness fever that has swept through the country, there is also an increasing awareness of the importance of good nutrition. For example, along with the health food stores and restaurants that have sprung up in nearly every community, local supermarkets now stock their shelves with numerous varieties of

whole grain breads and bran cereals, which doctors are now prescribing to add fiber to the average diet.

Vitamin researchers tout the importance of natural supplements as a means of bolstering the nutritional quality of the food we eat, as more and more people are introduced to the likes of brewers yeast, lecithin, etc., that have sustained Olympic and professional athletes for years.

In essence, what has happened is that Americans today are taking more responsibility for their own health through exercise and nutritional regimens that are in fact the very keys to obtaining and main-

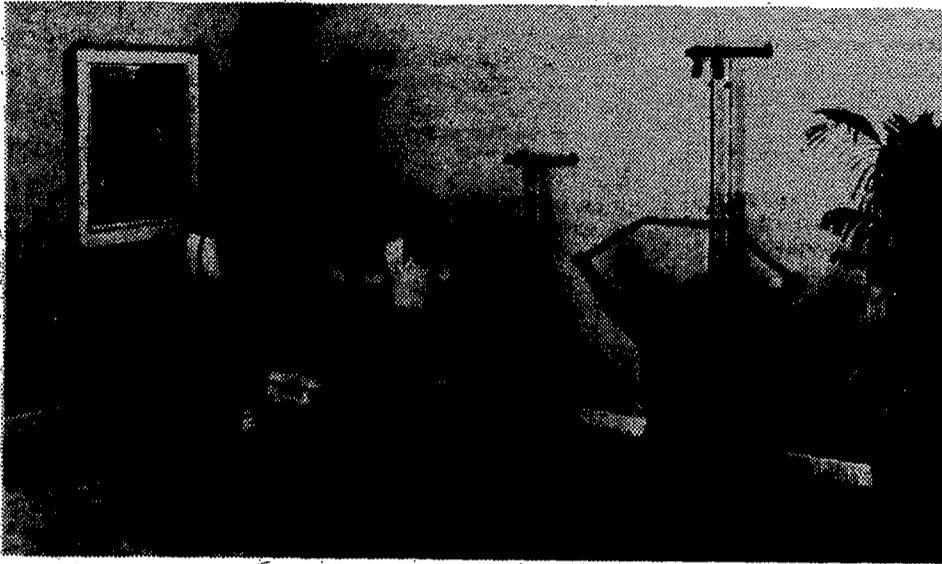
taining health.

Healthier lifestyle

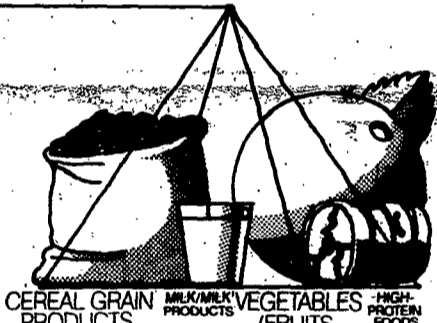
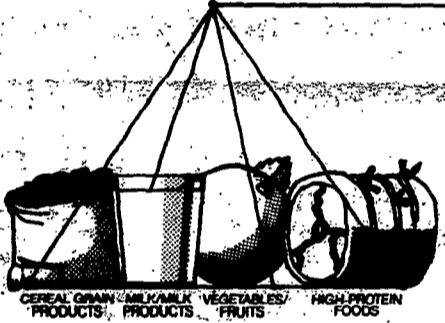
Thus, a lifestyle that adheres to the philosophy of preventative medicine has become prevalent. This, in

conjunction with the major strides that have been made in medical technology in areas such as diabetes research and infertility, is paving the way to a healthier society. Which, after all, is only fitting!

Exercise your prerogative!



TAKE A HEALTH CLUB HOME. These DP Gympac Systems are versatile, rugged and take minimal space. Left, a bench press system, with steel frame/chrome plating (126 lbs. of resistance) and, center, weight bench with leg lift/leg curl system (55 lbs. of resistance). Both systems (\$190) have fold-up storage feature. The bench press system also converts to a slant board. Right, an upper/lower pulley system (\$140), with lat bar, short bar, ankle strap, double wood handles with rope and foot brace (55 lbs. of resistance). DP Gympac Systems — plus optional 55-lb. weight pack — are available in Sears 1982 Fall-Winter catalog.



THE NUTRITIONAL BALANCING ACT as seen in Mothers' Manual magazine! Two portions of cereal grain foods and fruits and vegetables, to every portion of milk and milk products, and high-protein foods.

Learning the four basic food groups

The old-fashioned "Basic Four" food groups are the key, but learning to balance them correctly is the secret, explains Paul Lachance, Ph.D., Professor of Nutrition and Food Science at Rutgers University, in the May/June issue of Mothers' Manual magazine.

Janet Spencer King, editor of the magazine, tells us that the four basic food categories are cereal grain products, milk and milk products, vegetables and fruits, and high-protein foods such as meat, poultry, fish, eggs and legumes.

He reminds us that calories can be readily measured day by day, but all that's really needed to measure ourselves for weight control is a bathroom scale and a full-length mirror.

His advice is to take off your clothes, weigh yourself, then stand sideways and look at your profile in the mirror. His assessment is that if you look fat, you are fat unless, of course, you're pregnant.

But he tells us that we should be grateful that the major sources of calories in our diet are in our own control and we can decrease or increase our intake as we see fit.

PARK AVENUE
Bike Shop
 271-5590

Great Summer Special
On Reasonably Priced
10 Speeds!

Kryptonite & Citadel
LOCKS 1/2 PRICE
 With The Purchase Of
 • Motobecane Mirage Sport \$249 (Retail \$299)
 • Peugeot PB \$210
 • Cycle Pro Regent \$180
 Offer good through August 1982.

Quality Service Before & After Sale
 211 Park Avenue
 (Behind Parkhigh Pharmacy)

Corner of Park & Goodman

Open Every Day

THE REFRESHING
COMPLEMENT
TO YOUR HEALTHY
DIET

only **3⁸⁵** per case plus deposit

WITH THIS COUPON
ONE FREE CASE
OF TOWNE CLUB DIET BEVERAGES
 with purchase of one case. Offer good thru July 17, 1982

AVAILABLE AT ALL LOCATIONS
TOWNE CLUB BEVERAGES

BUILD A VACATION
SPOT
IN YOUR OWN HOME

Relax and rejuvenate yourself in your own **SUN-ROOM**

Enjoy a vacation atmosphere in a custom-built addition designed specifically for personal relaxation and recreation.

FREE ESTIMATES

Aladin Home Improvement Corp.
 65 Wilton Terrace, Rochester, NY 14619 • 464-0598
 Jim Vaeth, Jim or Joe Stinardo

Chem- from cist or Hague 46250.

1982

1982