



## WORK IN PROGRESS:

*Jim Hill shows Rich Maggi some of the things which have been made for the new DERA Exercise trail. There are several similar pieces to be installed along the new trail, and Rich needs volunteers to help with completing the project.*

## ERD STATES EEO OBJECTIVES

It is the policy of the Brevard Plant not to discriminate against any employee or applicant for employment because of age within statutory limits, race, religion, color, sex, handicap, national origin or ancestry with respect to hiring, promotion, demotion, transfer, recruitment, termination, rates of pay or other forms of compensation and selection for training including the Apprenticeship Program.



BEG. 5X ADV.10X

**Sit Ups**  
Hook feet under lower log, sit on upper log, bend backward then forward.

**DIRECTIONS** for users of the new exercise trail will be given by signs such as this; such signs will be at 1/10 mile intervals. Different activities are described at each station to assure a well-rounded fitness program.

## SOMETHING NEW: EXERCISE TRAIL BEING BUILT

If you're looking for a physical fitness program, the answer may be under construction in the woods west of the plant parking area. It's an "exercise trail", being designed and built by a DERA committee headed by Rich Maggi.

Exercise trails, also known as fitness circuits or jogging circuits, are a simple idea which started in Europe. The trails are also the biggest fitness fad in America since jogging, and it's a fad which is probably here to stay. The program offers convenience, privacy and effectiveness to those who want to improve their physical condition.

The concept was imported about eight years ago by an American businessman who had noticed a great many such trails in Switzerland. Since he had the first one built, each new version has included improvements over the last. Today's facilities are distinctly American, and have been thoughtfully planned for increasing muscular strength and condition as they improve cardiovascular performance.

The DERA trail will be about a mile and a half long. There will be stops at each tenth of a mile, with a sign prescribing exercises to be done. The participant does the exercise, then runs, jogs or walks to the next station for more instructions. Apparatus will be built wherever it is required. When you've gone around the course, you will have completed a medically sound exercise program without being laughed at by the neighbors, chased by dogs or threatened by motor vehicles.

There is method and reason for the order and nature of the exercises. The first part of the course is designed as a warm-up to loosen tight muscles and get the body ready for activities to follow.

The middle part of the course has exercises to strengthen and tone the

major muscle groups. Simple apparatus such as chinning bars and step-up benches will enable exercise for specific body areas. Final stations will be dedicated to stretching and cooling the body after the workout.

Health courses taught in the public schools traditionally teach personal hygiene and diet, with little or no actual education devoted to physical fitness. The exercise trail approach removes the guesswork from the business of maintaining physical condition.

The instructions along the trail will be written at different levels of difficulty. A person using the trail may select the appropriate level for their own physical condition, so the program will be suitable for male or female users of almost any age and level of ability. The more demanding set of instructions should present a satisfactory challenge for those who enter the course in good condition, while the lesser levels will enable beginners to approach the program with confidence.

You don't have to understand the principles, just follow the signs. It isn't necessary to run until you're bone-tired or to do calisthenics until you find them boring. The trip around the trail is designed for recreation with your exertion.

The DERA exercise trail has been cleared and measured; the exercise program has been written and signs are made. Designs for the equipment are in hand and fabrication of some items has begun.

Rich has several work days scheduled, and workers are needed to complete making and installing equipment along the trail. If you're willing to help with developing this new DERA project, give him a call at extension 5269, or drop a note to Rich Maggi, CP Technical Section.



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