

Getting In Shape---A Major Temptation

By LORA VANDERHALL
Lifestyles Editor

"Feeling fit is something we all desire, but it's rare that we examine how we're really feeling inside or take a real look at our bodies, head to toe, without adornment. When folks ask us how we're doing, we answer a perfunctory "Fine"--though we may feel exhausted or depressed or haven't had a week when we didn't take some drug to dull an ache. So many of us are out of touch with our bodies. We look at ourselves without really seeing. We spend time gazing in the mirror, fixing our hair and makeup and searching out the just-right clothes to hide the parts of our bodies we're uncomfortable with. But we don't often deal with our naked truth."

Susan L. Taylor
Editor-In-Chief
Essence Magazine

Health and fitness are areas that many of us put on a back burner until it is threatened. The thought of exercising tends to make me tired but it's something that I and millions of others like me, should give some serious thought and...ACTION.

Hectic schedules, family commitments and laziness are some of the reasons we use for excuses.

Ahmad Daniels and Ruth McLean are two people who have made health and fitness high priorities in their lives.

Ahmad became involved with running in 1960 when he was 12. "The summer of 1960 was not an ordinary one for me. The Summer Olympics was going on and for the first time Black Americans like Wilma Rudolph and Abebe Bikialia had won medals," said Daniels.

He was very impressed with these accomplishments and that motivated him to start running.

Some of Ahmad's friends became involved with running and they challenged children in other neighborhoods.

All through high school and the Marine Corps he continued to run.

In 1977 while living in New York he ran in the New York Marathon. He ran the marathon, 26.2 miles, in 3 hours and 36 minutes.

By 1980 he had improved that time to 2 hours and 54 minutes. Any time under 3 hours is considered excellent in track and field.

Ahmad says running a marathon is a lot like life. "The first lap may be good, the second lap you may be out of breath but by the third lap you are exhilarated and full of life."

"For the past 11 years I have averaged a minimum of 45 miles per week," said Daniels.

Sharing his new found love for



Photo/CALVIN FERGUSON

Ruth McLean and Ahmad Daniels---Experts on Health and Fitness

running was important to him. He began to train others interested in running.

The Wellness Approach has become a very important part of his training and everyday living.

Wellness is the process of continually striving to ones level of optimum health. "The Wellness Approach allows you to do something because you like to do it," added Daniels. Most progressive health educators also adhere to this approach.

Eating the right foods is a major part of being healthy. "I follow the American Heart Association's recommendations and I eat 55% carbohydrates, 30% fat and 15% protein," said Daniels.

"Diets don't work. It has to be an eating habit that you will be comfortable with for the rest of your life," he added.

Eating foods such as steamed vegetables, pasta, baked fish or chicken and raisins and nuts helps Ahmad stay in shape. Watching cholesterol levels is also essential to good health.

Daniels, 39, has maintained the same weight he had in high school, 22 years ago.

"You learn by doing and exercising can become a positive addiction," said Daniels.

Ruth McLean is another good example of what discipline and exercise will do for you.

By day she is a media specialist at Olympic High School but by night she is an instructor at Living Well Fitness Center, Freedom Drive.

She has been teaching at Olympic for the past 6 years but she has been teaching for the past 27 years.

"I started exercising seriously in 1970 when the doctor told me my daughter had a heart murmur. He said she needed to exercise to increase her chance of living a normal life," she said.

With that threat hanging over her she start going to the spa with her daughter. "I needed to lose some weight myself. I had huge hips and I weighed 183 lbs., and I wore a size 18," she added.

Today she maintains 120 lbs. and she wears a size 8. It has not been easy but she has managed to educate herself and stick to an exercise and diet routine.

Ruth has been an instructor at Living Well for the past 18 years.

She has taught a variety of classes but she is currently teaching aerobics, low impact

aerobics and weight training.

She starts her day at 5 a.m. daily with exercise. "I usually ride my bike, do aerobics or go swimming," she added. After school each day she work at the spa from 5-9 p.m. Ruth says she enjoys working with the ladies that come to the spa. "I have been able to get some of them on the right track. Some have really made exercise a priority instead of staying home," said Ruth. She is currently working with Sarena Mobley, Miss Black North Carolina.

Eating the right foods that work together to fill you up is also important. "You should always have raw vegetables and fruits ready for in between snacks," she added. She also says you must learn will power

and let it become a part of you.

Getting motivated for exercise is very hard to do but it is a process you must go through to become fit. "A good motivation for those thinking about starting an exercise program is to look into your closet and see how many clothes you can't fit."

Ruth is the mother of two children, Cassandra, 30, and James, 28.

It is never too late to let health and fitness become a priority. A balanced lifestyles includes health--mental, physical and spiritual. Which one is missing in your life?

WestFest Road Race Planned

By LORA VANDERHALL
Lifestyles Editor

WestFest '88 will begin with a 5K Road Race on Saturday, June 4.

The race will start at 9 a.m. near the corner of French Street and Beatties Ford Road. The race is unique because it is run through West Side neighborhoods.

The race was held in 1986 but was not held in 1987.

The sponsors for the race are Prime Time Rentals and the Drug Education Center.

Ahmad Daniels, of the Drug Education Center and race organizer, says, "When people use drugs they want to increase their highs and decrease their lows, but running can do the same thing for you without harming the body."

The overall male and female winners will each receive a VCR and \$125.00, second place \$75.00 and third place 50.00. Tee Shirts will be awarded to the top three in each category. The categories are 19-29, 30-39, 40-49 and 50 and over.

The registration fee is \$6 by May 27 or \$7 the day of the race. Registration the day of the race will be from 7 a.m. until 8:30 a.m.

For additional information call 375-3784.



Tips On Staying Psyched Up For Exercise

By Michele A. Salcedo

You've made the decision. You are going to get into shape once and for all. Your intentions are the best. You've bought a workout wardrobe that not only makes you look terrific but is the highest tech, from the fabric that keeps you cool when you're warm and warm when you're cold to the shoes that absorb the shock of each stride and lunge. During the first few days, you tackle your new program with the zeal of a religious convert, working out no less than 45 minutes a day, pumping as much iron as you can, running as far and as fast as possible, taking as many classes at the health club as you can fit in, playing as many sets of tennis as you have time for. After all, more is better, right? No pain, no gain-no? You vow to look better than Raquel Welch or Tom Selleck or to drop in the effort. You keep up this program for three days, maybe a week.

Then, as sure as the swallows return to Capistrano, excuses start to filter into your head:

"I really hate to exercise."
"I can't move. Why go through all this pain?"

"This is so boring!"
"It's too hot, rainy, windy, cold, sunny, (etc)."

"I'm too tired."
"I don't have the time."
"Oh no! I'm building muscles. I want to look at Arnold Schwarzenegger, not like him."

You've hit a slump, and now your will seems as flabby as your abs. You just can't seem to make exercise part of a regular routine.

"There's no way to be motivated three hundred sixty-five days a

year," says Gigi Fernandez, the rising young women's tennis-circuit star who both Martina Navratilova and Billie Jean King think will be among the ten best players within the next couple of years. "But it's easy to get motivated if you enjoy what you're doing."

"The secret," confides Olympian Carl Lewis, "is, don't give up and always have fun. Keep the activity organized, but not so organized that spontaneity is lost. Keep the situation so you have fun and go at your own pace."

The secret was passed to him by Jesse Owens, a role model for Lewis when he was just ten years old. Owens won four gold medals in the 1936 Olympics. Carl's goal in the 1984 Summer Games was to do the same; he did.

"A lot of people think it's hard to start a program," declared Carl's sister, Carol Lewis, who holds the American record for the women's long jump. "Instead of using their old sneakers and starting slow, they invest in new shoes and think they have to start running twenty miles a week because the guy next door is. You're not in a race with anyone. Start out with what you have to do. Put blinders on."

DESIGN A SOUND PROGRAM Unless your exercise program meets your needs, there will be very little incentive for you to stay with it for any length of time. Exercise should make you feel good physically and mentally. If you're thinking of donning the sweats for the first time or "once more with feeling," consider these steps when designing a personalized program so that your enthusiasm builds as you progress.

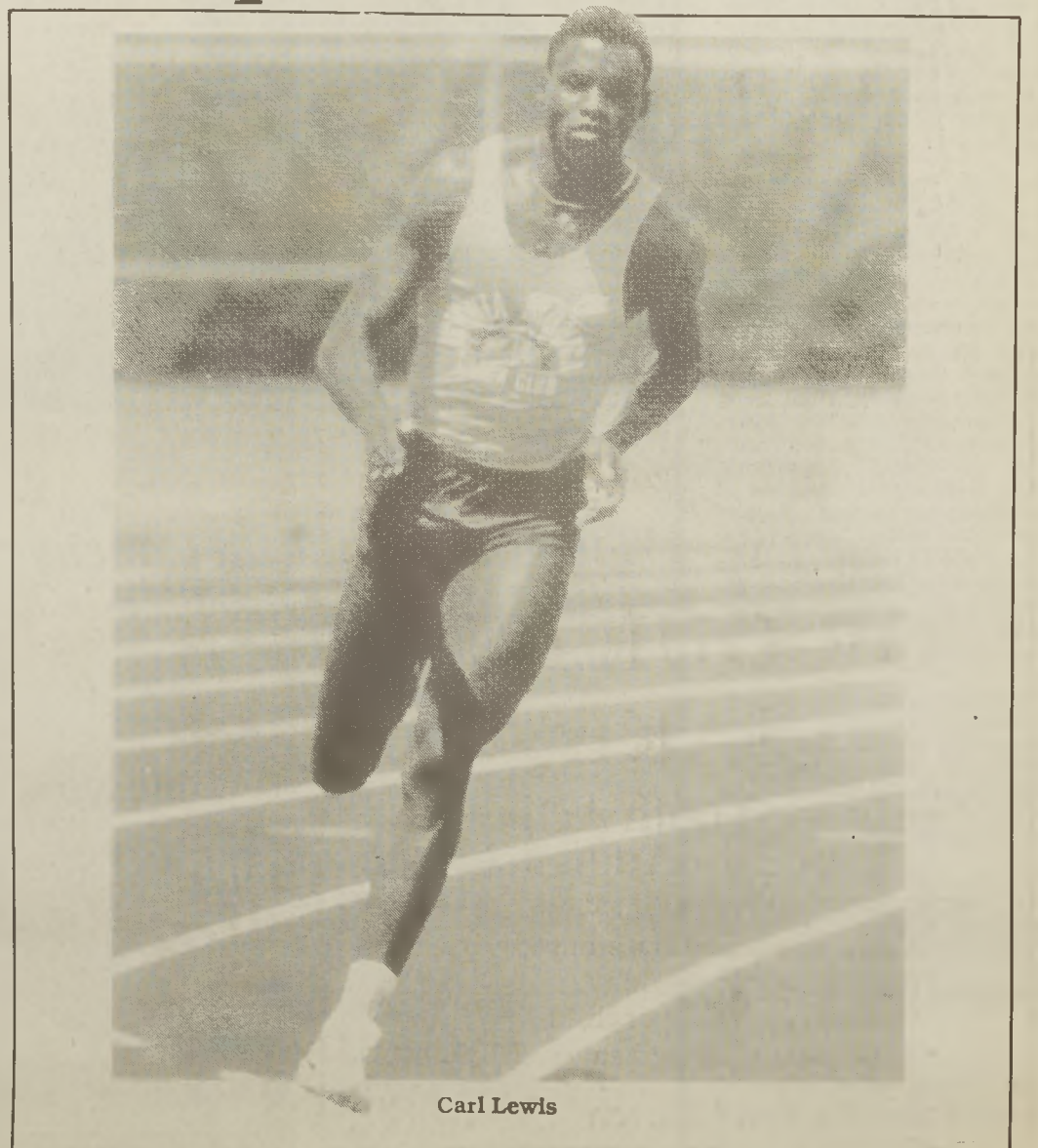
***Learn about what you're doing.** Learn about your body, about movement, about exercise, advises Barb Silta, an exercise specialist who runs the Get Fit community exercise program and the Cardiac Rehabilitation Program at Northern Michigan University.

*** Understand what you want from a program.** Dr. Laura Hitchcock, director and founder of the Sports Psychology Center in Bethesda, Maryland, advises athletes to "think over the reason for participating. Be clear about why you're doing it, whether for social contacts, health and fitness, to fight depression, as a stress manager, to acquire new skills, to win, to receive recognition, or to know what it feels like to push your body to the limit." Carefully write down the reasons for selecting a particular

*** Choose an activity that's right for you.** "You must really enjoy the sport and find it fun," advises Dr. Jerry R. May, co-chairman of the U.S. Olympic Sports Psychology Advisory Panel and clinical psychologist to the U.S. Ski Team. "As soon as it loses the fun, the athlete won't perform as well."

SET GOALS YOU CAN USE AS TOOLS This is the advice of Dr. Hitchcock. "Don't think of goals as written in blood," she says. "They can be changed at any time if they don't work." Goals are inner-directed. They are the achievements you want for yourself.

***Keep your goals realistic.** "Especially at the beginning of a program," emphasizes Dr. Lawrence Czelusta, a podiatrist and physical therapist in San Antonio. **See Keep On Page 9A**



Carl Lewis