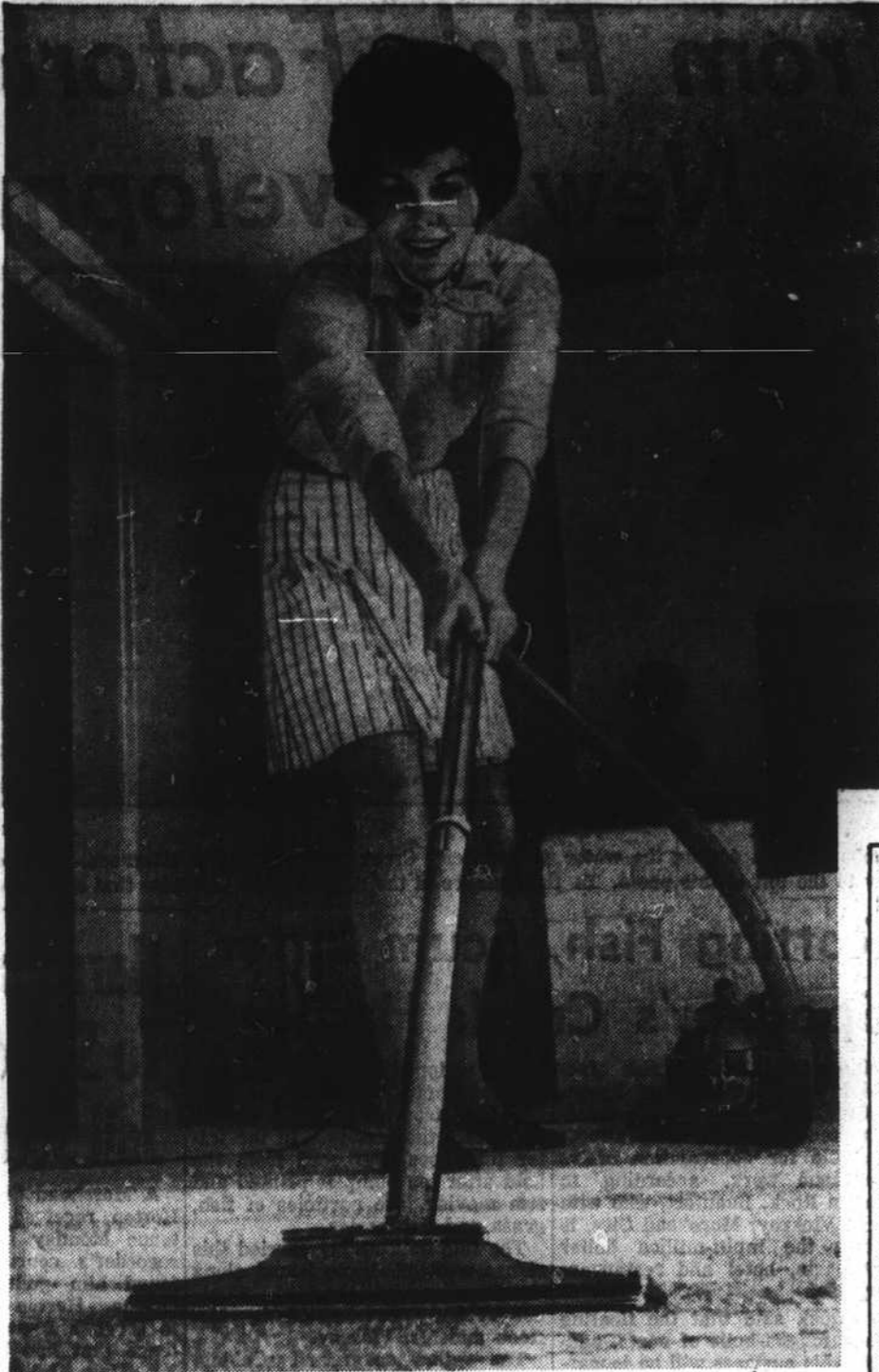


Turning Housework into Good Exercise



The "Australian crawl" in the dining room. You can't swim your way through vacuuming, but the arm movements should be similar. Don't operate the appliance close to your toes — rrrreeaaacch!!

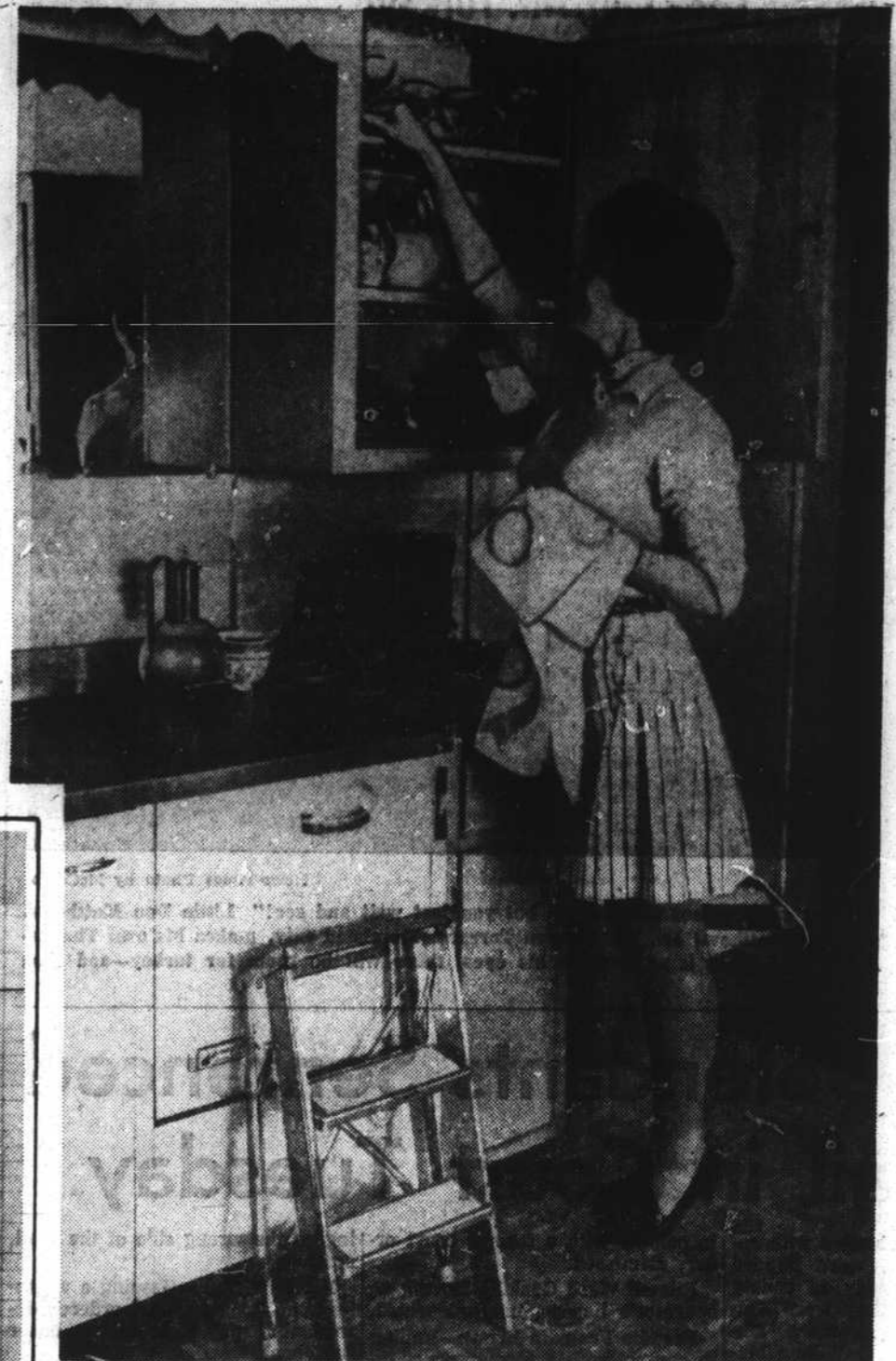
Housework has a "new concept." Dr. Frederick Stare, professor of nutrition at Harvard, described it as "the correct exercise of muscles — thigh, back, shoulder, neck — that need exercising. Excellent to improve posture."

He further termed it "the new approach to weight control for the housewife." "Well-coordinated housework," he went on, "like well-coordinated tennis or swimming becomes fun. It takes away the drudgery."

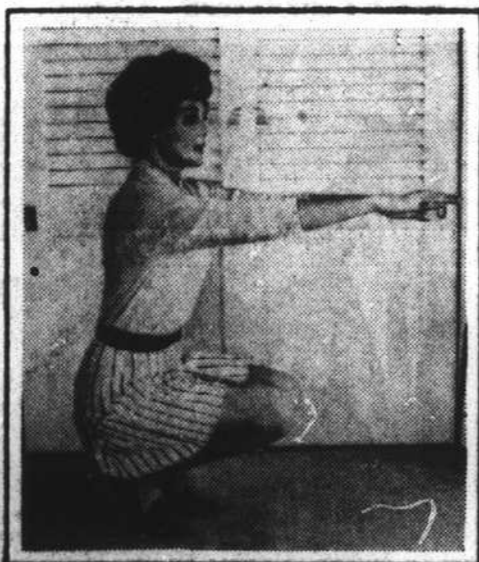
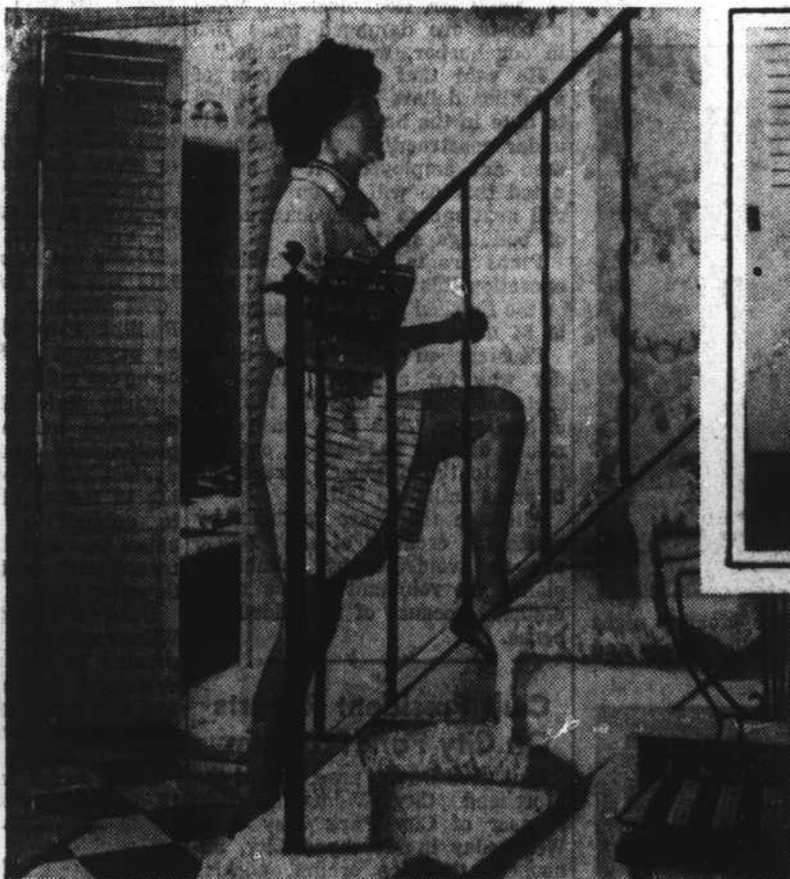
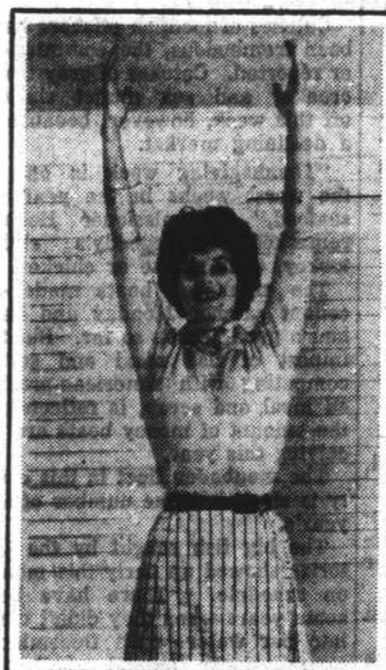
Half an hour of housework uses up to 100 to 200 calories — the equivalent of a dish of ice cream or a piece of frosted angel cake. The more vigorously a woman works around the house, the more calories she will drop. Climbing the stairs two extra times (each trip costs 100 to 125 calories) is another weight control.

"The expenditure of 100 to 200 calories," said Dr. Stare, "may seem of minor value in controlling body weight. But the important thing is to expend this small amount daily, in addition to one's usual activities."

It has been estimated that Americans are 400 million pounds overweight. But don't blame it on les girls. The weight of housewives averages five pounds less than it did a decade ago. Men, on the other hand, weigh in at five pounds more. (Just a hint, Dad.)



Reach for the ceiling. Replace glasses, dishes and anything else on the top shelf without the help of a ladder. Strrrreeetcho!!



Knee bends. On those trips upstairs taking two steps at a time provides an exercise for the knee and prevents later chronic stiffness.

Touch your toes. Picking up the children's toys can be turned into one of the best and oldest exercises. It keeps the legs straight.



Bump, bump, bump. Wash the baseboards from a sitting position on the floor. Keep legs out straight as you rock-and-roll down the hall.



Forward stretch. Use this exercise for such things as cleaning the bathtub. Your reach should be long.

