

SPORTS

Basic guidelines for starting your own home fitness program

RALEIGH — Many people are confused about the type and amount of exercise that they need to become physically fit, and to stay fit.

All sorts of questions arise. What is the best kind of exercise? How much do I need to exercise? How long?

How often? Without the proper answers and guidance, most people start out an exercise program improperly, find it a struggle, become

discouraged and quit.

The key for maintaining a successful program is to devise a personalized program that works your cardiovascular system (strengthens your heart and lungs), and is based on your present fitness level and activity interests. The five essential ingredients for a sound exercise program are:

1. Type of exercise. The type of ac-

tivities necessary for increasing your level of physical fitness are activities that use large muscle groups (arms, legs), are rhythmic and dynamic in nature and are able to stimulate the heart and lungs.

Such activities as fast walking, jogging, swimming, bicycling, rope skipping and cross-country skiing are excellent for an improvement in aerobic capacity. The best exercise is the one you enjoy the most.

2. Frequency — number of workouts per week. A minimum of three workout periods per week (with no more than two days between workouts) are needed to produce training benefits in the inactive individual.

However, after you reach a moderate level of training, you should increase your frequency to 3-6 exercise sessions per week if you want to continue to improve.

3. Duration — length of exercise session. In order to strengthen your heart and lungs, the duration of your exercise period should be 20-30 minutes.

4. Intensity — level of exertion. Your exercise intensity (how hard you work) should reach 60-65 percent of your maximum heart rate (maximum heart rate equals 220 minus your age) in the beginning stages of your fitness program.

As you become better conditioned, your heart can tolerate exercise demands up to 85 percent of its maximum rate. But remember, commitment to exercise is a lifetime proposition.

You should not be overly ambitious at the start, but should begin your program at a relatively low intensity

and gradually increase the level of exertion over the days and weeks that follow.

5. Warm-up/warm-down period. Before beginning any single exercise session, you should gradually warm-up with 5-10 minutes of stretching exercises. An older or less active person should warm-up for the longer period.

Immediately follow this warm-up with your 20-30 minute exercise session followed by a 5-10 minute cool-down period of diminishing activity and stretching/relaxation exercises.

Now you have all ingredients to develop an exercise program which is enjoyable, meets your individual needs and stimulates you to a new quality life-style.

Childrens gymnastics class starts next week at Perquimans Recreation Department

GYMNASTICS OR TUMBLING CLASS — Registration starts February 22 and will end March 5.

Children 6-17 may sign up. Beginners class will be held Tuesdays 4-5:15 p.m. and intermediate classes will be

March 13 at Perquimans High School Gym. Class ends April 19. Cathy Miles is the instructor.

CHILDREN'S EASTER CERAMIC CLASS — Register now through March 2. Classes will be held on Thursday afternoons. Registration fee is \$5. Children ages 8-13 may register. Classes start March 8. Class size is limited.

WOOD CRAFT CLASS — Ages 9-12 may register. Projects include a bird feeder, book rack and several others. Classes will be held on Monday afternoons from 4:00-5:00 at the Recreation Department starting March 19. Fee is \$2. Class size is limited.

MEN'S EXERCISE CLASS — Register now. Classes will be held on

Tuesday and Thursday afternoons at 5:30-6:30 at the Recreation Department. Classes will begin in March. Registration fee is \$7.

SOCCER REGISTRATION — Soccer sign-ups for the spring season began on February 13 and will continue through March 2. Both boys and

girls ages 6-17 may register. Registration fee is \$7.

JUNIOR BASKETBALL — Hertford's Junior Team finished in first place in their division with a 6-2 record. They will be playing in the Junior Eastern Athletic Conference Tournament in Edenton March 1-3.

REC HAPPENINGS
by
Howard Williams
Perquimans Co. Parks & Recreation Director

taught on Thursdays 4-5:15 p.m. Registration fee is \$7. Classes start



About 57 percent of Americans say they believe in UFOs.

Fatness and fitness

Tarheel Health Watch:

Many of us are weight-conscious, but too few of us are health-conscious. The North Carolina Medical Society says too many people are trying to control their weight with crash diets and brief bursts of exercise. What most people need is a new lifestyle...a long term commitment to sensible eating and regular exercise.

Many dieters fail to realize that exercise is a key factor in successful weight control. Picture an overweight, sedentary young woman who has discovered that she will remain overweight on a diet of only 1,800 calories per day.

If she has an extra 125 calories (one doughnut) every day, she will gain 13 pounds a year!

A major part of her problem is her low energy expenditure. Realistically, she has very little chance of correcting her weight problem if she relies strictly on dieting. In such a case, more exercise is essential for weight control and is also recommended for improved vitality and physical fitness.

Weight control is important. But the best results stem from a total approach to good health, an approach that includes both good nutrition and an exercise program that is appropriate to one's age and capabilities.

It's also important to consult one's physician before starting any new diet or exercise program.



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A new audio-visual presentation on the dangers of drug use and driving is available for free loan from over 8,000 new car, light truck, and tire dealers around the country who are

members of the Dealers Safety & Mobility Council, an affiliate of the Highway Users Federation.

The program can be borrowed by schools, church groups, civic and service clubs, and other interested organizations from any new car, light truck, or tire dealer who is a member of the Dealers Safety & Mobility Council. Groups or individuals who

have difficulty locating a participating dealer should contact John McCawley, Dealer Activities, Highway Users Federation, 1776 Massachusetts Ave., N.W., Washington, D.C. 20036 (tel. 202/857-1253).



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