

Takin' it easy

Sunny days are made for sleeping for some students. Chris Cyr, freshman from Marion, takes

a break from studying to enjoy the sunshine on a bright day. Cyr is a petroleum engineering major.

Today's Almanac

the 314th day of 1982 with 51 to

Martin Luther, founder of Protestantism, was born Nov.

On this date in history: In 1871, journalist Henry Stanley found missing Scottish Stanley found missing Scottish missionary David Livingstone in opposition, the United Nations' riage

sume?

In 1917, 41 women from 15 as a form of racism. states were arrested outside the White House for suffragette demonstrations. American women won the right to vote three years

United Press International
Today is Wednesday, Nov. 10,
a small African village and General Assembly adopted an
asked: "Dr. Livingstone, I pre-Arab-inspired resolution defining Zionism in the Middle East

> A thought for the day: Martin Luther said, "There is no more lovely, friendly and charming relationship, communion, or company than a good mar-

old-fashioned ice cream parlor.

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SWENSEN'S. EXPIRES 11/19/82

Fitness craze moves indoors

United Press International DALLAS — Fifteen years ago, vas rare to see a person rungdown a city street in pursuit nothing except a good

Five years ago, it was rare to s any city park, any time of e day, without seeing jogging d cycling paths dotted with ople training for their next thon or trying to keep pace th the fitness craze that made ne United States the world's ding producer of sweat.

Jogging trails and high school cks still are used today. But in ater use are a wide range of ness machines — treadmills, tionary bicycles, and rowing achines - which can be used one's home, away from the natic stress of the outdoors nd the social pomp of the

Bill Grantham, director of activity center at the Aerobic esearch Institute in Dallas, says erious runners have known for years the advantages and the variety offered by working out n treadmills or stationary bicy-

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"I've seen some runners using the indoor equipment for the last 10 years, but recently more regetting into using treadmills, icycles and other aerobic nachines," Grantham said.

"It started with the use of using the various machines not specific activity to break the monontony of their normal workout.

Ken Wilson has sold indoor exercise equipment for 22 years, the past four for Haden Fitness Equipment in Dallas. The company formerly was a wholesale outlet, selling to spas and hospitals. Three years ago, after recognizing the growing home market, the company went retail.

Wilson said convenience is the main reason people are buying

the equipment.

"People just don't want to spend the time driving to a spa and parking when they can pick their own time right in their own

He said there are other advantages to being able to run in your own home

"The treadmill is easier on your legs, so there's less chance of injury. You won't step in a hole or be chased by a dog. And you won't be mugged or have to breathe car exhaust," he said. "The weather is especially a sti-mulus (for sales). People don't walk or jog as much when it's hot or when it's cold, when it's raining or windy."

"The equipment can be expensive, but it depends on what you want. You can spend \$300 on an exercise station or \$3,000 on a weight machine," he said.

Hoping to cash in on increasing use of indoor equipment is Malcolm Mentor, 31, a South African who opened Busy Body Inc. last month in north Dallas. The store, the first in Dallas devoted to fitness equipment, features a full line of treadmills, indoor bicycles, rowing machines and weight machines.

Mentor said he got the idea for the store while working for Zales Corp., which owned a chain of sporting goods stores and a discount catalog store.

"I noticed an increase in the interest of exercise equipment," he said. "It was a natural outgrowth of the fitness boom."

Mentor said he located his weight training machines, but store in north Dallas to take now more and more people are advantage of the generally affluent, young and single residents living there. But his first few weeks of business have changed his marketing outlook.

"We've gotten everybody here, from the physical fitness nut who is looking for some-thing specific to the sedentary guy who realizes he needs to get back in shape and asks us what he needs to do it," Mentor said.

"The big thing is people are coming in and buying the equip-ment for their families."

Wilson said Haden sales are almost exclusively family purch-

'There's a lot of emphasis on the home becoming a gym," Grantham said. "It is very much becoming a family thing.

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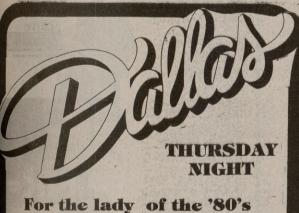
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