

Young At Any Age: Weights Aid in Exercise Program

By EMILY WILKENS
When it comes to physical fitness are you a model of mediocrity? That was the case with 59-year-old Dr. Leonard Schwartz five years ago. His work as a doctor gave him little time for exercise — his only workout, making rounds. Add 15 years of heavy smoking, 20 of high blood pressure and chronic back problems. But this condition doesn't seem to add up to the trim, well-built figure of Dr. Schwartz pictured on the back cover of his best-selling book, "Heavyhands

— The Ultimate Exercise" (Warner Books, \$8.95). That's because "Heavyhands" changed his life. Dr. Schwartz told me in a recent interview, Heavyhands are weights — but very special ones — that maximize the benefits of aerobic exercising. They're cushioned for comfort. They also feature straps so that if your hands are stiff or lack a strong grasp, as mine do, you can use them with ease. You slip into Heavyhands much as you slip on a glove — the strap is positioned behind the knuckles so that the rounded shaft fits comfortably into the palm of your hand. At each end of the shaft, you can insert weights, ranging from one up to 10-pounders.

Added Plus
What Heavyhands provide, says Dr. Schwartz is an extra dimension to exercise. They bring strength plus endurance to muscles. Best of all, you're never too unfit or too old to try the program, though Dr. Schwartz said, "it's wise to consult your doctor before undertaking this or any other exercise program." He recommends them to be used, after an evaluation program by your doctor, if you have

a physical handicap, hypertension or cardiovascular or orthopedic problems.
Gets It All in Action
The key to the exercise program Dr. Schwartz has evolved with these weights, which are lighter than conventional dumbbells, lies in combined arm, leg and trunk movement.
"The weights put special emphasis on neglected muscles of the upper torso and works those muscles in combination with leg exercises," he explained.
Heavyhands aren't just for those who follow a set program of exercises, Dr. Schwartz stressed. They're great for walkers too. Once walkers are well-trained in using the weights, the added upper extremity work they provide, enhances the benefits of walking and makes arms equal partners with legs.
Burns More Calories
"For example, a 154-pound man who walks three miles an hour burns four calories per minute," Dr. Schwartz said, "The same man, pumping high at 120 steps per minute, using one-pound Heavyhands, burns 10 to 12 calories per minute."

One of the most appealing aspects of these weights is that they make exercise fun and what's fun is enjoyable. They keep beginning exercisers from losing interest in working out and that's a key to success.
They also keep exercise from seeming exhaustingly strenuous. Dr. Schwartz puts it this way: "The principle is simple. When the exertion is shared by more

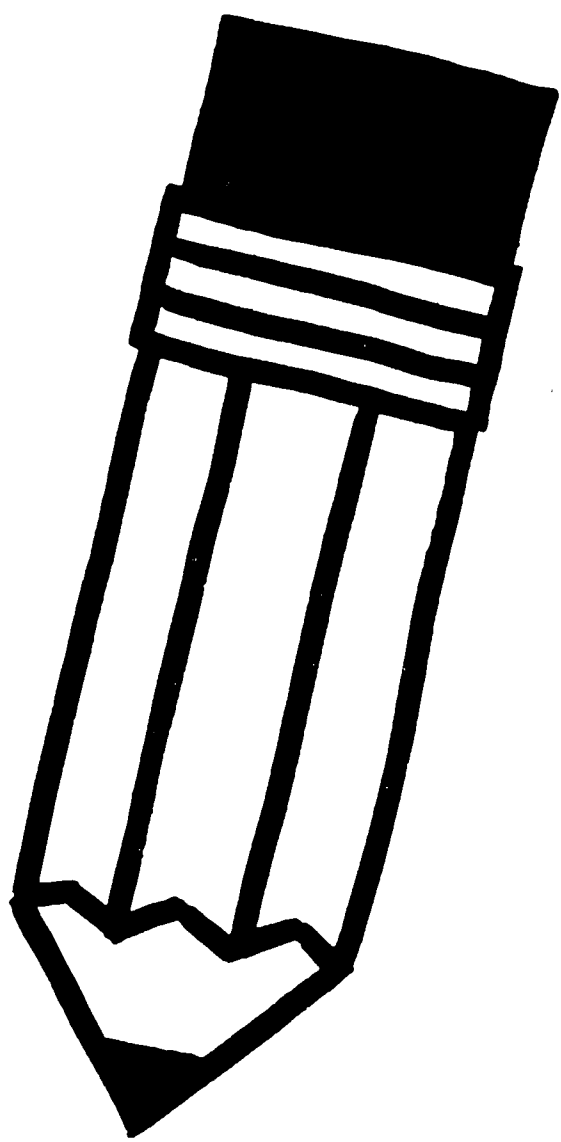
muscles, the exerciser is actually working harder but without feeling he is working harder. Because the work load is better distributed, it stands to reason that the benefits are better distributed."
I've tried some of the easy exercises in the "Heavyhands" book (check it out at your local bookshop or library). They're great. I've also taken my weights walking and climbing stairs. Any-

thing that adds zest to exercise and maximizes its benefits, as these weights do, is worth a look. Try them. I think you'll like them. I do.
Ant colonies are female societies, and all worker ants are female. The only job of the drone males, when they mature, is to mate briefly with a young queen ant.

Ag Progress Days Draws Thousands

UNIVERSITY PARK — The Ag Progress Days at Penn State drew 82,000 to the three day event held last week, according to a university spokesman.
The show is used to showcase the College of Agriculture, and also the agriculture industry, the spokesman said.
Penn State had 2,200 students enrolled in agriculture last year, with 1,600 of these at the University Park Campus.

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