

BY JANE FONDA  
AND RICHARD SIMMONS

All workouts are not created equal.

In a recent study done by York researchers, evidence was found which proved that university students are highly prone to injuries incurred while working out with TV programmes.

So forget the 20-Minute Workout, Bodies in Motion, Well Now and F.I.T. These shows are highly unfit for students who want to get in shape.

'In their place,' said researcher, Dr. U.B. Phitt, 'we have come up with a remarkable programme which can be followed by any student who wants to begin a safe exercise routine. It's so easy a UofT student or even Peter DoNotKnow (President of CWhySF) could follow it.'

The programme, which has been called 'The York Workout,' or 'Y Workout,' has been specialized to fit the needs and lifestyles of many different types of students - from psych majors to science majors. Each involves a warm-up, a cardiovascular section, a toning session and a cool down. Weights are optional and all workouts are easily adaptable to special needs.

A typical warm-up involves getting dressed for frigid weather. While putting on coats, hats, wool socks, boots, mittens or gloves and scarves, the body temperature and heart rate are slowly raised to a safe level. Stretching is then advised by reaching down to tie shoelaces with all

# Y-WORKOUT MEANS 'DON'T OVER-EXERT YOURSELF';

of these clothes on and struggling to put knapsacks on your back. Students may also include straining to keep hats and umbrellas in place while walking towards Stong and Bethune.

A cardiovascular section follows this and includes running from Stong to Winters' so as not to be late for class. This can be substituted with running from Tait, Stong, Founder or MacLaughlin to Steeles Avenue to catch a bus which will probably pull away before you get there anyway.

Weights are optional in this session and can run anywhere from one pound - which would involve the use of a Signet version of *Hamlet* - to 100 pounds - which would likely be a psychophysiology textbook. For something in between, try a calculus or physics text.

'Students must remember that weights should only be used during low-impact sessions,' advised Phitt. This could include walking up seven flights of stairs in the Ross Building, wandering around the bookstore looking for a history book which doesn't seem to exist, or walking from Vanier College to Finch Avenue during TTC strikes.

Following the cardiovascular workout is a toning section. Toning exercises should be repetitive and continuous, but not painful. Possibilities include photocopying someone's notes at a rate of 50

pages per minute or checking out library books - opening them, stamping the due date on the card, closing them and demagnetizing them - at a rate of 30 books per minute.

Also effective for the wrist and lower arm is writing a 30-page essay in two hours, or, for the calf muscle, tapping your foot impatiently while waiting in line in the book store at the beginning of September. Equally as effective for the arms is carrying all the books you will need for the year in two bags, one in each hand.

A cool down follows, and this involves stretching once again. A good overall stretch can be attained by standing on your toes and attempting to reach the book you need which can only be found on the top of stockpile 101.

'After such a workout,' stated Phitt, 'the body fluids need to be replaced with a cool drink.' Any one of York's pubs will be more than willing to serve you a cold one.

Phitt also wishes to remind students that, although these workouts can be done by beginners, they should consult a doctor before beginning such a programme.

'Even with such approval,' insisted Phitt, 'each exercise should be done in moderation and should not be performed if tired or to the point of fatigue or pain. Do not over-exert yourself.'

# HAVE A DRINK



Take? The football Yeomen try a la resort.

## THE UNIVERSITY COMMON: A PRESENTATION

The Physical Resources Group, in collaboration with the University's Master Planners, the IBI Group, will be making a presentation on the concept design for the University Common,

on Monday December 11, at 12:00 p.m.  
in the Senate Chamber, 9th Floor Ross Building.

The University Common is a major central open space of "Green", which is being created at the centre of the academic core of the campus. It will extend from the St. Lawrence mound at the east, to the future New Academic Building and Entry Pavilion at the west. The Common is intended to provide opportunities for formal uses as well as for informal leisure activities.

All members of the York Community are invited to attend the presentation, ask questions and provide their comments.

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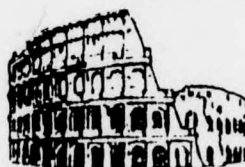
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