

Exercisers, fat as well as fit, can receive SHAPely advice

Fitness buffs or beginners in need of expert advice for their exercise programs can get counsel this month from the University's physical education department.

Through July 31, the Sport, Health and Physical Excellence program (SHAPE) will provide individual 30-minute consultations through July 31. The consultations are available by appointment for \$5.

The purpose of the consultation is to determine the client's present physical condition and how to progress, says Diane Baxter, director of the SHAPE program.

The outcome of the session should be an individualized program that is enjoyable and useful, says James Agnew, physical education graduate fellow and consultant for the service.

"We try to gear individual needs to what a person likes to do," Agnew says.

An assessment test, at additional cost, might be recommended to further determine an individual's fitness level, Agnew adds. The tests include measuring skin fold, water displacement,

fat assessment, anaerobic threshold, lung volume and blood pressure during exercise.

Tests consist of two sessions, before and after the individual starts his or her program, Agnew says.

A skin fold test costs \$10 and a water displacement test costs \$15, Agnew says.

"The majority of people (who use the consultation service) are middle-aged. Most have been relatively inactive," Agnew says. Others using the consultation service are athletes training for a specific sport or event, he says.

A person who sticks with an exercise program usually "sees or feels a change" in about a month, Agnew says.

"To get to any real... improvements" in aerobic fitness takes about 3 or 4 months, he says.

Another goal of the consultation is to get people to exercise with others because group support aids in an exercise program, Agnew adds.



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