



Barely Legal paints "long Johns" in cheerful tones. Rainbow striped black leotard and coordinating leggings are by Tickets. Designer David Bober combines black and blue for layered sweats by Apriori. Heather and gray outfit is from Sweats Bi Ebe, athletic shoes are by New Balance and Asics.

Levi's Juniors created the mint and pink sweats ensemble. Quilted pink and heather gray outfit is from Tickets.



GREAT FOR EXTRA-CURRICULAR ACTIVITIES.

English Leather.

After shave, cologne and toiletries for men. Make them part of your day, every day. English Leather Drives Women Crazy.

your mental pump. You need to move, increase your heartbeat and invigorate the pulsing of blood (and hence oxygen) to your brain. Fortunately, there are ways and means for inserting an exercise dose into your study regimen without appreciably slowing your reading rate. In other words, here's how to take a study break while you study onward.

One component of the plan — not indispensable but certainly an asset — is a modern chair design. It's been copied, but the original (as shown in our photos) is called the "Balans" chair, a design of Svein Gusrud. It distributes body weight differently and allows you to sit with your legs at a more open angle to your trunk — about 120 degrees instead of 90 degrees. Thus, blood flow between upper and lower body is less constricted. Additionally, it is easier to squirm about and move your upper body for exercise.

The need for increased oxygen in the blood can also be met with upper body exercise. A set of small weights — such as the Joe Weider concept shown in the accompanying photos — can be kept in a nearby drawer, handy for an exercise break between chapters. Or even during a chapter, if you feel you can't spare a minute of reading time. Weider's kit includes pulls that attach right to the door knob, affording a taste of gymnasium even in a dinky dorm room.

The study break when you need to get serious should be a five-to-twenty minute spurt of energy, followed by five minutes of deep breathing. Keep the weights (a couple of soup cans will do if your bank account's anemic at present) near you at the desk. Keep reading and begin to breath slowly and deeply. In time with your breathing, flex your arms (weights in hand) out and in repeatedly.

With a spare corner of your soon-to-be-gratified brain, use the athlete's trick of visualizing a positive result from your endeavors. A positive mental image can produce a hairline of difference. Sometimes, as you've probably learned, grades can swing on a hairline of difference in your performance.

For a positive image in your outer appearance, to match your inner image, try something like the designed-for-activity clothing pictured on these pages. How will that help? Again, thorough circulation and deep breathing are the goals. Loose, attractive clothing meets the need. It doesn't create the constriction that tight clothing can when you are seated. Well-designed activewear not only liberates your waist, neck, legs and arms, it also appeals to your sense of self. And, if you keep on yawning, at least you'll look a lot better doing it.