

Tuning *in to* Fitness

Fitness videos offer a respite from jogging in the Eugene rain or fitting exercise into a tight schedule. With leisure time as precious as it is, as little as ten minutes of aerobic exercise can contribute to health and weight-loss benefits.

Summer is fast approaching and skin is in. Choosing the right fitness video can be a monumental decision. Here are a few reviews of videos available at local video stores or through other retailers that may get even die-hard couch potatoes off their butts.

To begin with, find a fitness video that offers a basic package of at least six minutes of warm-up exercises, 20 minutes of aerobic work, 15 minutes of muscle-toning or calisthenics and a five-minute cool-down. It's important to look for references showing that the video fits into the guidelines set by the Aerobic and Fitness Association of America (AFAA) or other qualified fitness organizations.

Now that the preliminary introductions are over with, let's get moving and look at some of the videos on the market today.



**Kathy Smith
Aerobox Workout
with 12-year
boxing champion
Michael Olajide, Jr.**
(62 minutes. 1994, BodyVision \$9.95.)
RATING: Strenuous

This high-intensity video is presented in a music video format. The assumption is that the audience is looking for something different and is already in shape. The goals are to improve someone's strength, agility, speed and coordination.

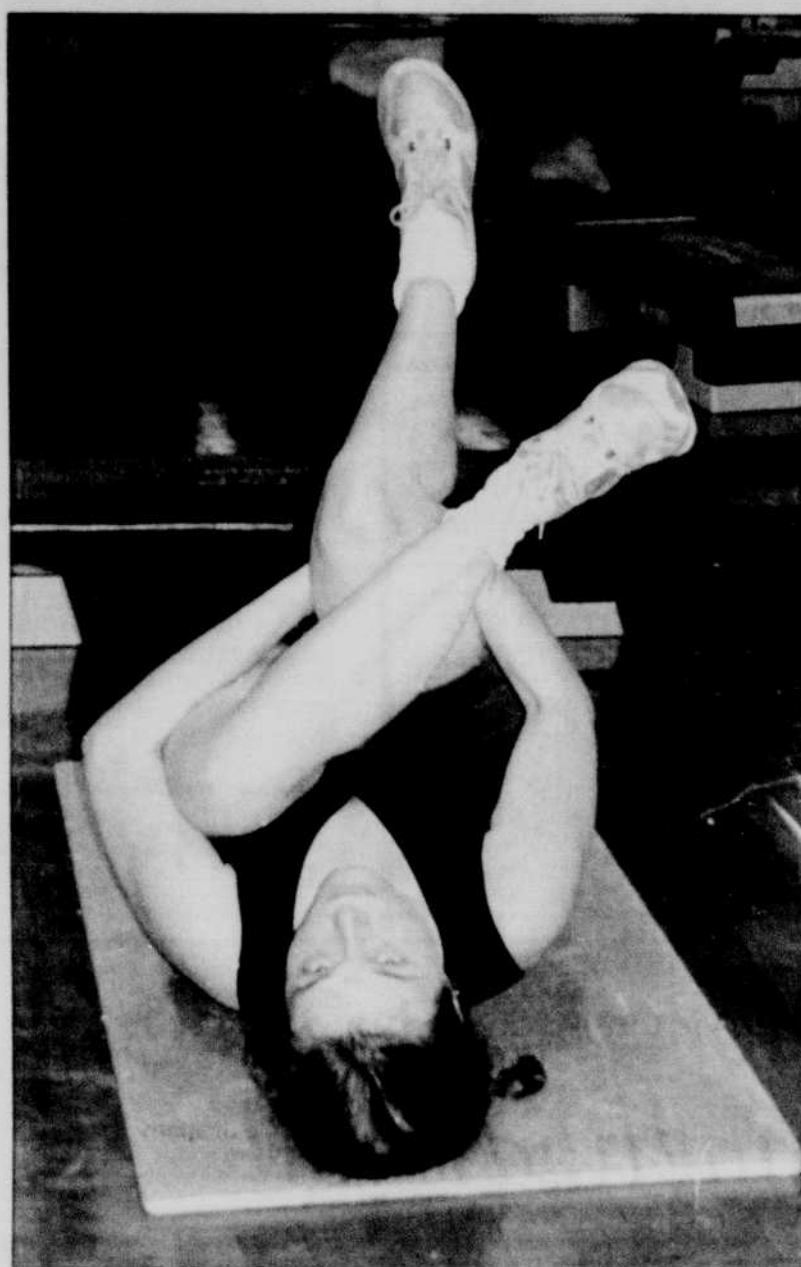
The video can be hard to follow because it moves between black and white photography and color. The transitions are shaky.

From the perspective of looking for a solid aerobox workout, watch out for this video. There's a tendency to break off an activity after an intense movement with little or no warning. The body has gotten pumped up but then is suddenly forced to crash because Smith or Olajide has brought the exercise to an abrupt and sudden end.



**Buns of Steel 5—
Intro to Firming and
Shaping with
Tamilee Webb**
(30 minutes. 1992, \$9.95.)
RATING: Advanced

This video doesn't rank as high as many of those belonging to the *Buns/Abs of Steel* family. It is a low-impact workout but is given labeled



Story by
Anne Moser-Kornfeld

Stretching after
Bench II, senior
Katrina Rush cools
down after the class.
Many students take
aerobics classes
along with working
out with home
exercise programs.

"advanced" because it's important to be particularly choosy of the intensity level in an exercise when purchasing a video.

Sometimes the production quality is shabby. It takes pennies to make this videos and obviously that shows. This video actually runs 26 minutes. The remaining four are devoted to credits and advertisements.

Webb has done more than 10 videos for *Buns of Steel*. She's everywhere. The program shown here includes a five-minute warm-up followed by horizontal floor exercises. It's easy to follow, but it may curb anyone's interest in seeing a Webb exercise video again.



**Cindy Crawford
Shape Your Body
Workout
with fitness expert Radu**
(100 minutes. 1992,
Goodtimes Home Video,
\$19.95.)
RATING: Intermediate

The production costs for this video set it into a class all its own. Crawford spent \$1 million to make this video and said at the time of the video's release, "I have never seen an exercise that I thought was visually interesting for people of my generation."

Since the release of this video, besides separating from her husband Richard Gere, Crawford brought out *The Next Challenge Workout*, but that video hasn't compared to the success she's had with her 1992 release, which still maintains a ranking as high as 15 after spending 111 weeks on Billboard's chart of best-selling fitness videos.

Crawford stands heads above most fitness

TIPS FOR USING EXERCISE VIDEOS

- Watch a video in its entirety before beginning to work with it.
- Clear a space in front of the television and VCR.
- Avoid hitting furniture.
- Best floors to work out on: Wood floors. Carpet over a wood floor is preferable but never exercise on concrete because concrete causes unnecessary strain to your back and body when exercising.
- Set realistic goals for yourself. Moderation is best when beginning any exercise program.
- Use the VCR's pause and stop buttons.
- Drink plenty of fluids when exercising and keep a towel nearby.
- Consider working out with a friend.
- Vary the workout to ensure that you will stay with the program.

videos because of the attractive locations she uses to go and workout. She travels from the rooftops of New York City to the beach, and she shows that it really doesn't matter what someone wears when they're working out.

Like many home fitness videos, Crawford's is first an entertainment video and is secondly a video that is useful to those who have a little more advanced experience with routine exercise.

To do the exercises Cindy recommends using a set of weights, a sturdy chair and a couple of cushions or pillows. Remember to rest between sets. Cindy depends on visual appeal. The video is sponsored by Revlon. Go for shaping

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