



Get in shape for the swim season

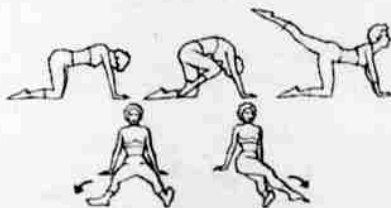
by **Bonnie Prudden** Director, Institute for Physical Fitness, White Plains, N. Y.
as told to *Curtis Mitchell*

Bonnie Prudden is one of America's leading authorities on physical fitness. Appointed three years ago by the White House to the President's Committee on Youth Fitness, she is also fitness consultant for the National Broadcasting Company and appears each Thursday morning on NBC's "Today" television program. This month, her latest book, "Bonnie Prudden's Fitness Book," is being published by Ronald Press.

FIRST WEEK: work on hips and thighs.

Like this: get down on hands and knees, bring one knee up to the nose and touch. Then extend that leg back and up as far as you can. Repeat eight times with the right leg, eight times with the left.

Next, sit on floor, legs extended before you, feet apart. Rotate the right leg outward until the little toe touches the floor. Rotate your foot inward, then move it across the left leg, leading with the big toe, and keep twisting the leg inward until the big toe touches the floor. Now, rotate it back to the right, swing your right leg back to the starting position, and rest. Repeat this twisting exercise eight times with each leg. Oh, and walk whenever you get a chance.



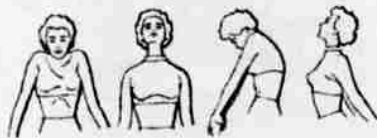
SECOND WEEK: work on hips and thighs, and add the shoulders.

This is a four-step movement. 1. Shrug your shoulders up to your ears hard. 2. Drop your shoulders and stretch your neck long. 3. Round your back, bringing the backs of your hands together before your body. 4. Straighten up, throw your shoulders back and down, chest up and forward. Repeat the series four times.

Also do this:

Raise the right arm to the side and hold it out level with the shoulder, palm down. Turn the hand over counter-clockwise, rotating it and your arm as far as they will go, rounding the shoulder. Reverse the rotation, turning arm and hand back to the limit, and feel the movement elevating the chest. Do the same with the left arm. Eight forward and backward rolls for each arm.

And keep walking.



THIRD WEEK: continue work on hips, thighs, shoulders, and now add work on the waistline.

This exercise involves two separate movements. Stand up with the feet about 24 inches apart, arms held straight out toward each side. While keeping the lower part of the body still and the shoulders level, try to stretch the upper part of the body first right, then left. (Don't be disappointed if the torso barely moves. Keep trying.) Repeat 20 times to each side, no matter how much or how little your movement.

Next, while keeping the lower body still, twist the upper body left, then right, with the head and eyes following the arms as you swing around and back. Hold your head up. This is a kidney twister and a midriff wrecker, very good medicine for you, inside and out.

And walk.



FOURTH WEEK: slip into your swim suit and note the results.

You feel alive! You are overflowing with energy and ready for any adventure.

You look alive! Your bulges have moved around to the right places. (Whether you have lost a few pounds is not nearly as important as their strategic redistribution.)

You are alive. A young student who took this course last year came to me one Monday morning after a week end at the shore. "Thanks for making me over," she said, stars shining in her eyes. "I used to flap along the beach like a tired penguin, but this year, with every step I feel that something 'interesting' is happening."

This can happen to you, too. Something interesting and wonderful always happens when a woman discovers the beauty of her own body. This comes with exercise and fitness, which are the secret ingredients of physical happiness.