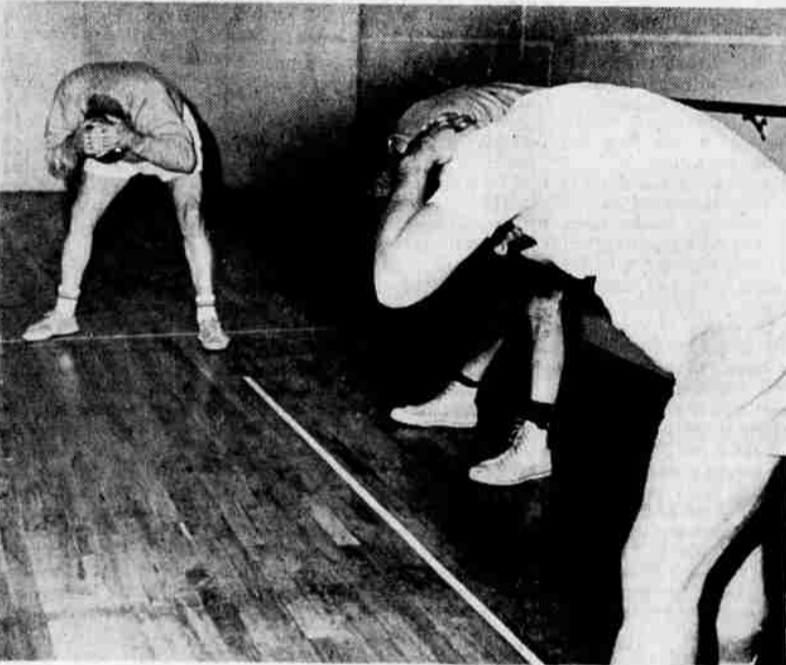


KLAMATH FALLS, OREGON, SUNDAY, NOVEMBER 3, 1963

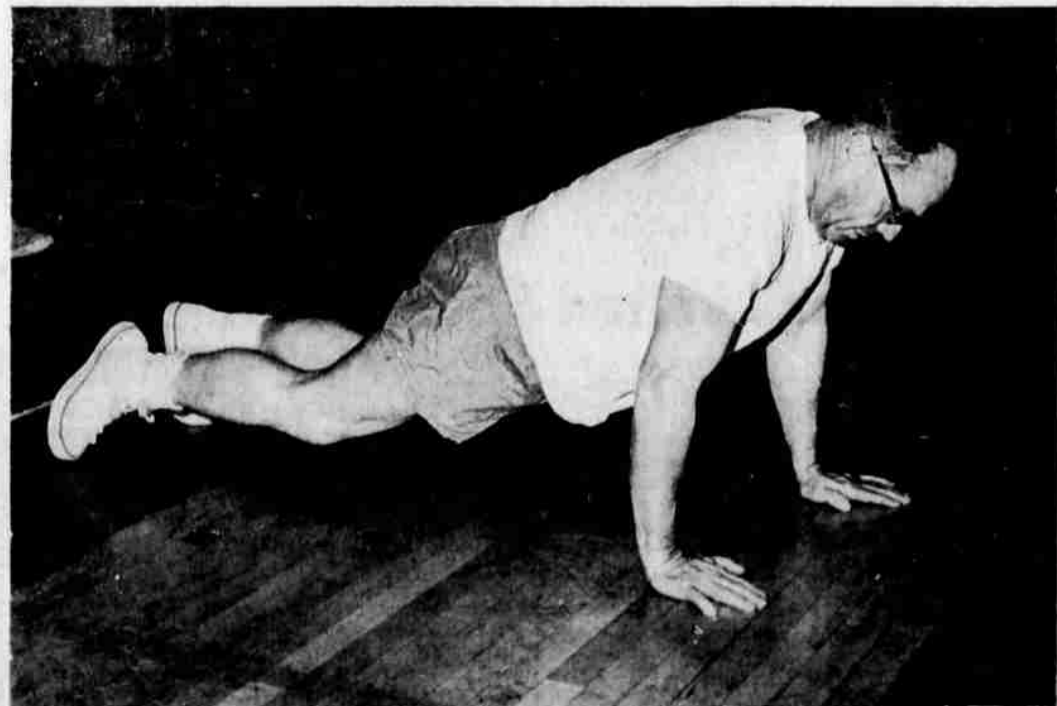
YMCA Offers Physical Fitness Programs For Men And Women Of All Sizes, Shapes



CHIN UP — Testing in the YMCA program includes pull-ups, here demonstrated by John Holzgang. Men in the program are compared to national averages in the testing, which is held every six weeks. Holzgang is a member of the YMCA men's group which meets twice weekly.



STRETCH OUT — Muscles are stretched out in this exercise, part of the calisthenics for men in the YMCA physical fitness program. About 20 minutes of brisk calisthenics are included in each of the twice-weekly sessions for the men. In addition to these sessions, the men are encouraged to visit the gym at least once more each week on their own.



SMILE PRETTY — That old stand-by, pushups, is one of the exercises in the men's physical fitness program at the Klamath County YMCA. Here, Dorman Turner goes through a pushup during a recent meeting of the YMCA group. Men in the program are urged to visit the YMCA several times a week in order to keep in shape.

Open House Planned With Demonstrations

By DAN WALTERS

Physical fitness — like the weather—is a topic upon which more energy is expended in talking than doing.

But in Klamath Falls the dire predictions of health experts and political pundits are not being taken lightly.

The Klamath County YMCA has a program of physical fitness for every age and every condition — from the young weightlifter and muscleman to the middle-aged matron who wants to shape up a little.

But basically, the YMCA is not concerned with the "Charles Atlas types," who are interested in strength alone.

According to Bruce Galloway, YMCA physical education program secretary, strength is only one of four points that the programs are designed to improve.

The other three are flexibility, endurance and agility.

And although about 150 persons of all ages are now involved in the organized YMCA programs in Klamath Falls, the "Y" is seeking to recruit others who are interested in toning up their bodies.

To accomplish this, the YMCA is sponsoring a "Fun and Fitness Night" Nov. 8 at which the public is invited to visit the YMCA on Pine Street and inspect the facilities and programs available.

Demonstrations will give the visitors a sample of what the programs consist. The program, under the direction of Jim Partlow, Oregon Technical Institute athletic director and chairman of the YMCA's health and physical education committee, will begin at 5 p.m. Nov. 8 and run to 6:30.

As part of the program, there will be limited testing of the visitors to give them some idea of their physical conditions.

Galloway says that physical fitness is designed not only to improve the body, as "A fit body produces a fit mind."

He says the personality is made up of three things — the body, the mind and the spirit — and if a person neglects one point, his personality becomes "lopsided."

He says the YMCA has found that physical fitness is apparently more popular with women than with men.

At the present time, 30 women are enrolled in organized physical education programs, compared to about 15 men. In addition to these, about 100 youngsters are engaged in physical activity at the "Y."

Besides these, a number of

other persons are engaged in physical education at the YMCA on an individual basis.

Typical of the YMCA programs is the one for the men — ranging from those in their 20's to those in their 50's.

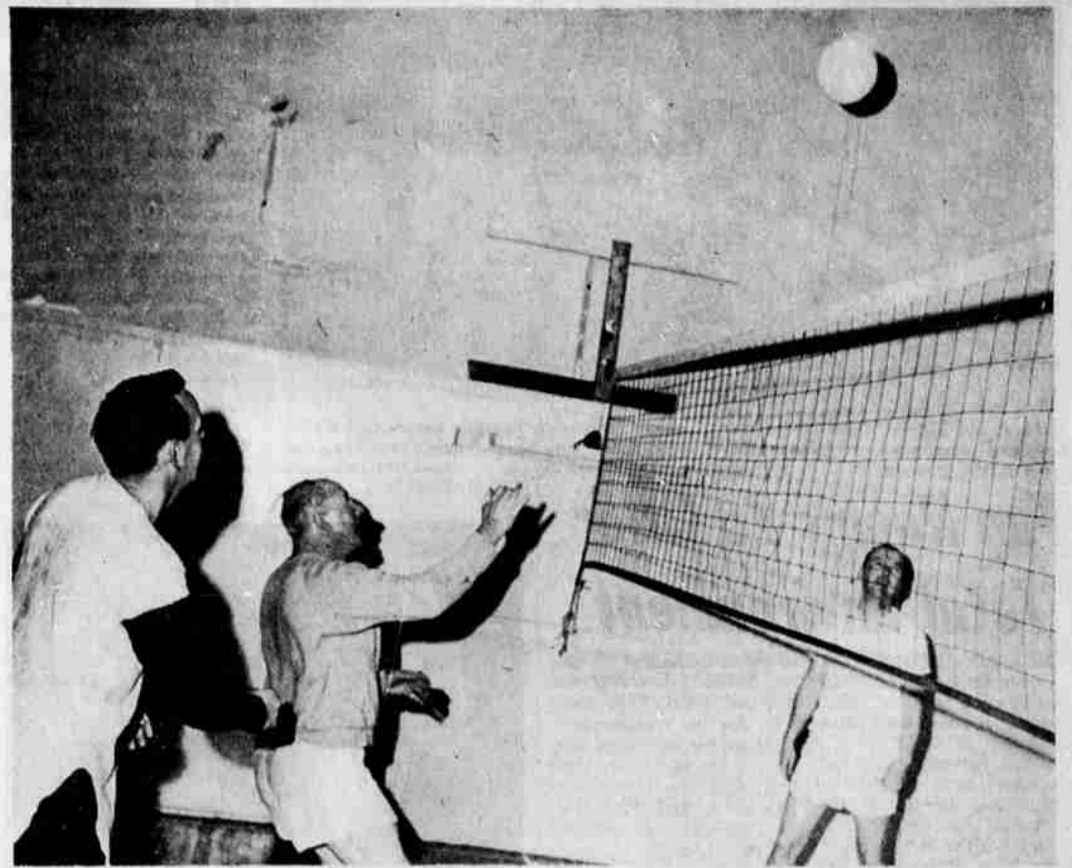
The men meet on Tuesdays and Thursdays from 5:30 to 6:30 p.m. and are encouraged to make at least one other individual visit to the YMCA a week.

The men are tested every six weeks to chart their progress.

In one of the tests the normal pulse is determined, then the subject exercises violently and it is noted how many seconds it takes for the heart to return to its normal beat. As the person develops, the returning time lessens, indicating the heart is working more efficiently.

Other tests include pull-ups, abdominal curls (sit ups) and the chalk jump which tests how far up a person can jump from a standing start.

For instance, a 30-year-old man should, if he is in good physical condition, be able to



UP AND OVER — These three men play a brisk game of volleyball as part of their physical fitness program at the YMCA. Calisthenics and volleyball make up the main activity of the training sessions held twice weekly. The do 20 pull-ups, 56 sit-ups and jump 25.2 inches.

A woman of that age should be able to do 41 sit-ups and jump 16 inches.

During the one-hour men's sessions twice a week, the men do 20 minutes of calisthenics, play 20 minutes of volleyball and then have steam baths and showers.

This program in itself is not designed to reduce weight, but the YMCA encourages healthful

diets and proper nutrition and has literature available on those subjects.

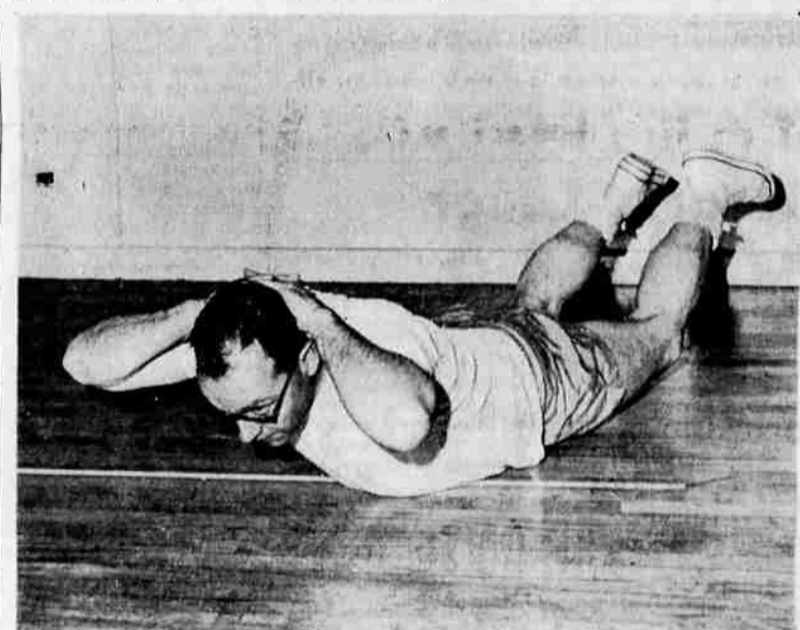
Many of the men in the YMCA program are local businessmen who find that exercise is necessary for them after sitting behind desks most of the day.

And many believe — and are backed up by authorities — that proper exercise will reduce their chances of falling victim to heart attacks.

YMCA has a physical fitness program for persons of all ages and this Friday is sponsoring a Fun and Fitness Night to acquaint the public with the programs. From left are Phil Parsons, Dick Henzel and Leon Clark.



UPS AND DOWNS — Ted Johnson is up on his toes in an exercise for men at the YMCA. Johnson is one of about 15 men included in the YMCA physical fitness program, which the "Y" is seeking to expand. The men meet twice each week for physical training.

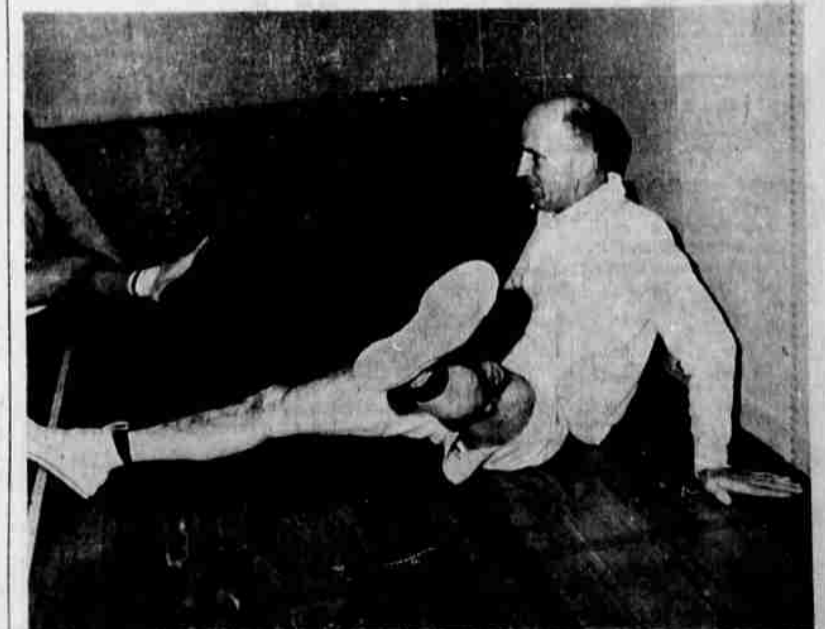


HOLD 'EM UP — Dorman

Turner demonstrates one of the exercises typical of those in the YMCA men's physical fitness program. By holding up his head and legs, Turner works toward strengthening muscles in his back and legs. About 15 men are involved in the organized YMCA program.



ONE-TWO-THREE — Dick Henzel takes his pulse as part of the testing program at the Klamath County YMCA. Henzel is a member of the men's physical education group which meets twice weekly at the YMCA for athletics and exercise. The pulse is taken before exercise and the time is measured for the pulse to return to normal.



WAY OUT — John Holzgang stretches his legs way out during calisthenics at the Klamath County YMCA. The "Y" has physical fitness programs for persons of all ages and now numbers 150 in organized physical activity, plus dozens of others who visit the "Y" on their own. Basketball, volleyball, handball and weight lifting are all available at the "Y."