



**Let's Get Physical!** Toss out your Jane Fonda videos and say good-bye to your living-room workouts.

Ahhh...it's that time of the year again. Time for you to entertain the notion of getting back into the gym and staying healthy. To make it easier, we've

developed a handy flowchart of what you can expect based on when you last went to the gym, including some helpful fashion tips. Enjoy!

By **Waynette Goodson**

**I've raised a family, and I haven't been to the gym since the '80s.**

Leave your leg warmers at home! After Jazzer-cising your way through the '70s, you



grapevined into the '80s with **Richard "Never Say Diet" Simmons**. **FIT TIP:** Learn the lingo. Today the word "aerobics" is obsolete, and the new term is "**group x**," for "group exercise." You'll still find plenty of classes to get your heart rate up, but don't expect to do any old school "rocking horses," or "scissors" — and don't even think about the Charleston.



**↑ FIT FLASHBACK:** The 1985 film *Perfect*. **Jamie Lee Curtis** plays an aerobics instructor and leading man **John Travolta** stars as the reporter doing a story on health clubs. Too bad we can't "un-see" that one hip-thrusting scene in which he takes her class — wearing tight short-shorts.

**I'm a dot-com millionaire with a home gym, and I haven't been to a club to work out since the '90s.**



You'll find plenty of treadmills, elliptical trainers, and stair climbers, as cardio equipment is still all the rage. But you'll also discover climbing walls, basketball courts, swimming pools, and maybe even something scary called "The Ring of Fire." **FIT TIP:** Step outside your solo zone and try a **group spinning class**. Expect hard-pounding beats in a dark room filled with fellow stationary cyclists.

**Take it easy on me — I haven't been to the gym for 10 years.**



**Are you into yoga?**

The past decade has seen the resurgence of mind-and-body fitness, aka yoga and Pilates. No, they are not the same thing.

**Yoga** is an ancient Indian tradition that combines breathing practices, meditation, and "asanas," or strength-building postures (tree or eagle, anyone?).

**Joseph Pilates** developed his self-named exercise in the 1960s based on the concept to do "as much as necessary and as little as possible." But the emphasis is on the core. It's said that one Pilates "roll-up" is equivalent to six sit-ups.



**→ FIT FLASHBACK:** Jab! Cross! Hook! Uppercut! **Billy Blanks** fought his way onto the fit scene in the '90s with his trademark **Tae Bo** kickboxing. We inflated our purple **Reebok Pumps** and learned how to back kick.

**Do you prefer a barbell?**

Corporate groups like **Les Mills** and **Body Training Systems** have developed group "Body Pump" and "Power" classes putting classic barbell moves (clean and press!) to music. Expect to do your bicep curls to Joan Jett's "I Love Rock 'n' Roll."



**I'm a diehard who never left the gym, but I'm bored. What's next?**

How about a little **Zumba**? This Latin-inspired dance and fitness program is expected to continue to pack classes this year. Also expect to see more group exercise classes focusing on the core, and personal trainers offering group-training options. (Pain is better in groups, right?) Meanwhile, weight equipment will continue to advance, with research into "**self-regulating**" machines that automatically

adjust the weight according to your strength. But the bottom line hasn't changed: Get your cardio and move the weight!



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