

FITNESS FAIR SLATED

OCTOBER 24 AT USI



NEWS RELEASE

CONTACT: Sherrienne Standley, University Relations
(812) 464-1902

For Immediate Release
October 14, 1987

A Fitness Fair designed to motivate and reinforce people about physical fitness will be held Saturday, October 24, at the University of Southern Indiana, sponsored by the University, Deaconess Hospital, and The Evansville Courier.

The fair will run from 12 noon to 5 p.m. in the Physical Activities Center and will be preceded by the American Heart Association marathon, which starts at 8 a.m. and is being held in conjunction with the fair.

The Fitness Fair will consist of a variety of tests -- body fat, blood pressure, and lipid (cholesterol); information booths; seminars; and demonstrations. Everything will be free except for a \$3 charge for the lipid test. The first 500 people to attend the fair will receive cups with the Fitness Fair logo. Everyone will receive a folder and a pencil.

The information booths will offer such programs as an American Cancer Society computerized cancer-risk assessment, cardiovascular disease prevention speakers, lifetime sports activity data, and a "women and fitness" center.

Continuous, repeating seminars will cover such topics as choosing a fitness facility, fast food nutrition, raising a fit child,
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stress management, drug use and misuse, foot care, and smoking.

Demonstrations will include aerobics, aquanastics, and mousercize (exercise for children).

Paul Krack, USI aquatics director and coordinator of recreational sports, said the fair has been set up to allow people to choose what they want to attend, a few things or everything. "We're not developing fitness programs or diagnosing problems," Krack said. "This is something to expose people to a variety of fitness information."

The emphasis of the Fitness Fair will be to provide information to people who are not actively involved in a fitness program. "We wanted to do something for the community," Courier Editor Tom Tuley said. "We came up with a plan to get people involved with fitness who were not involved before."

William Bennett, fitness director at Deaconess Hospital, notes studies show that fitness does not prolong life, but does improve the quality of life. He said it is "a misconception for people to think they're too old to get in shape. Regardless of age, you can still make changes and improve your health."

Bennett said the clinic "will make people aware that fitness is important. Their level of fitness can be tested and they can learn how that relates to their health."