

Read Dan's Papers

Place an Ad! \$

- newspaper
- website

Read Dan's Papers

- Lead Article
- Index for this Week
- Ask Dan
- South of the Highway
- Classified Ads

Today at the Beach

Surf's up? / Fish Biting? / Sunblock? / Top down?



Plan the Weekend

Attraction, Gallery, Museum, Movie, Music, Golf, Tennis and Events



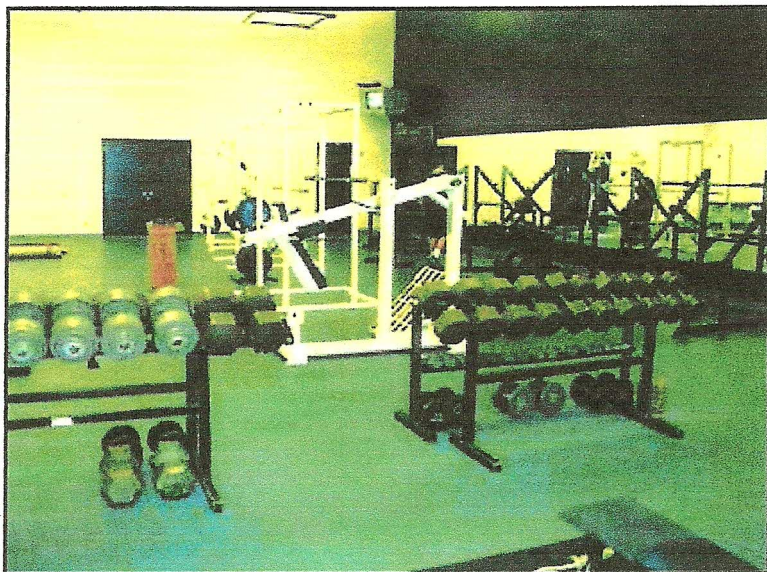
home page

Dan's Traffic Cam



## Health & Beauty

# The Anti-Aging Prescription: Strength Training



Throughout the health and fitness boom of the past 15-20 years, the American public has been introduced to a plethora of fitness fads. In the seventies, running was the new exercise nirvana. One didn't have to travel far to see someone in a matching jogging suit and sneakers pounding the pavement in a dash to better health. The early 80s saw the aerobic movement. Suddenly we saw women (and some men) in matching pastel combo leotards and fuzzy leggings jumping and stretching to Olivia Newton Johns "Let's Get Physical". This gave birth to aerobic subtitles such as "high impact" and "low impact" aerobics. The 90s saw "step" aerobics (a middle ground from the "impact" of the former two). "Tae-Bo" – the neophyte's cardiovascular introduction to martial arts moves, witnessed people pretending to be Steven Seagal, throwing kicks and punches to the pulsing beat of R&B music. The millennium arrived and "Spinning" was in. The act of pedaling a bike in a stationary position to the point of cardiac arrhythmia while an instructor with a headset microphone barked orders like a drill instructor in basic was born. People paid money to ride a bike that went nowhere!? Pilates, a meditative stretching and toning