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ing-off is important; do not skip it.

General Advice. For best results, perform your exercises daily. At a minimum, work out every other day.

As you begin rounding into shape, substitute an equivalent amount of swimming, hiking, cycling, tennis, dancing, etc. for the circulatory activities several times a week.

If during the early stages of the pro-

gram you become overly stiff or sore, and especially if you experience pain in the feet or knees, reduce or stop the walking-jogging part of the program until the pain or soreness disappears.

Do not discontinue the warmup or the conditioning exercises.

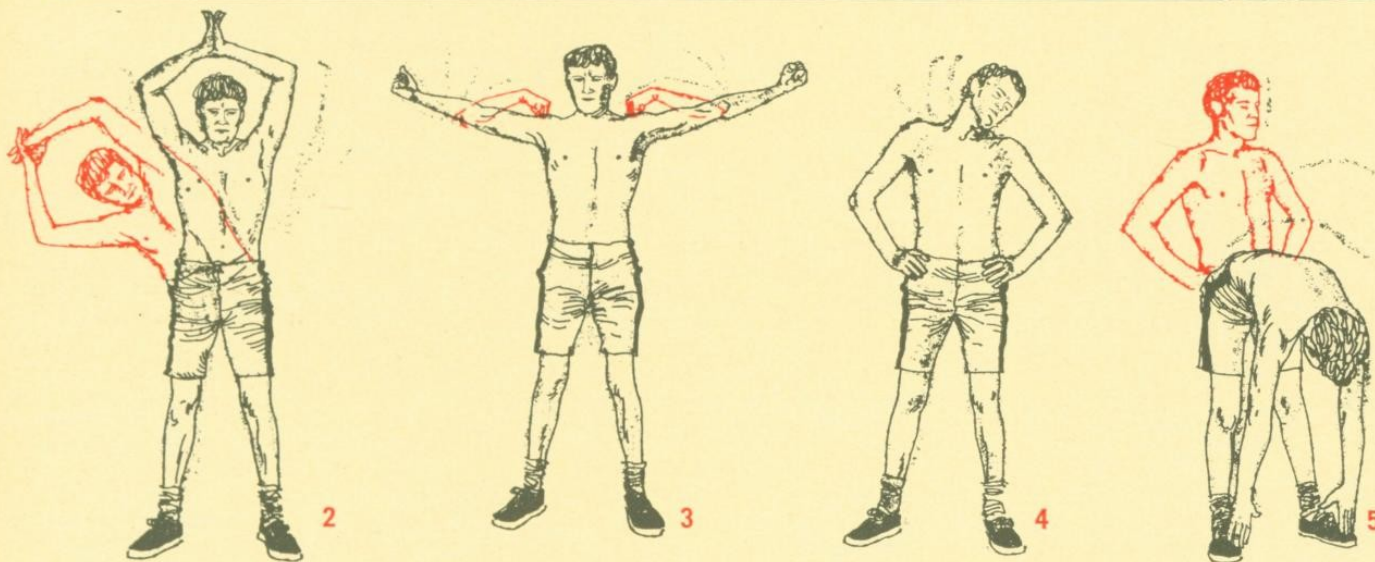
If pain or soreness persists for more than a few weeks, check with your physician.

Commit yourself to a regular rou-

tine. Choose a convenient time and stick with it.

Take advantage of daily opportunities for additional exercise. Walk instead of driving, and take the stairs instead of the elevator.

You can't get fit in "one minute a day," no matter how costly the apparatus or how fancy the gimmick. Set aside at least 30 minutes a day for planned exercise.



THE WARMUP

1. Walk for 2 minutes at comfortable pace.
2. Side Body Bend
Starting position: Stand with feet shoulder-width apart, hands extended overhead, fingertips touching.
Action: Count 1. Bend trunk slowly sideward to left as far as possible, keeping hands together and arms straight (don't bend elbows). Count 2. Return to starting position. Counts 3 and 4. Repeat to the right.
■ Repeat 2 to 5 times
□ Repeat 5 to 10 times
■ Repeat 10 times
3. Chest and Shoulder Stretch
Starting position: Stand erect, bend arms in front of chest, with fingertips

touching and elbows at shoulder-height.

Action: Counts 1, 2 and 3. Pull elbows back as far as possible, keeping arms at shoulder height. Return to starting position each time. Count 4. Swing arms outward and sideward, at shoulder-height, palms up. Return to starting position. This is bouncy, rhythmic action, counting "one-and-two-and-three-and-four."

- Repeat 2 to 5 times
 - Repeat 5 to 10 times
 - Repeat 10 to 20 times
4. Head Rotation
Starting position: Stand erect, feet shoulder-width apart, hands on hips.
Action: Count 1. Slowly rotate the head in an arc from left to right. Count 2.

Slowly rotate head in the opposite direction. Use slow, smooth motion; close eyes to help avoid losing balance or getting dizzy.

- Repeat 2 to 10 times each way
- Repeat 10 times each way
- Repeat 10 times each way

5. Forward Trunk Bend
Starting position: Stand erect, feet shoulder-width apart.
Action: Count 1. Bend trunk forward and down, flexing knees. Stretch gently in attempt to touch fingers to toes or floor. Count 2. Return to starting position. Do slowly, stretching and relaxing at intervals rather than in rhythm.
■ Repeat 2 to 10 times
□ Repeat 10 times
■ Repeat 10 times