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08/22/1983 - Adult Fitness Program Tours

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August 22, 1983

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FOR IMMEDIATE RELEASE

CHARLESTON, IL--The new Adult Fitness Program at Eastern Illinois University will be explained at an open house in the Lantz Building on Sunday, Aug. 28 from 2 to 4 p.m.

Visitors will tour the fitness and testing facilities in small groups every 10 minutes. Tours will start at the main concourse next to the swimming pool and will be completed at the Human Performance Laboratory in the north east lower level.

Demonstrations will be given in the laboratory and brochures describing the program will be available.

Dr. Thomas Woodall, director of the program and laboratory in the Physical Education Department, said "quality years" have been added to the lives of participants in the 18-year old Run For Your Life program, and that now a new, "very meaningful and unique program is available."

Woodall said the newly-renovated laboratory has recently doubled in size and has added approximately \$50,000 in sophisticated testing equipment.

"Though we have always done research and testing in our laboratory," Woodall said, "the new equipment will make it possible for much more extensive testing of exercising adults."

He said the equipment was made available through the unnamed charitable beneficiary portion of the Linder Trust, administered by the Charleston National Bank, and that "it was through the joint efforts of the Sarah Bush Lincoln Health Center and Eastern that the equipment was obtained."

Adult Fitness

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Included is a computer-controlled treadmill with a three-channel EKG monitor and recorder that allows the electrical activity of the heart to be accurately traced during exercise, Woodall said.

An "on line" oxygen consumption system has been connected to a micro computer so that testers will know the exact metabolic cost to the participant after each minute of work.

Mitchell Whaley, exercise specialist at Eastern, assembled the system that provided "objective answers to the question of physical fitness and functional capacity for exercise."

Other items allow body fat and lung volume percentages to be determined, and to provide for accurate testing of CPR skills.

Woodall said five new graduate courses in adult fitness and cardiac rehabilitation have been added to the curriculum and that Run For Your Life has been expanded to "swim" and "walk."

Several universities are beginning to develop screening and exercise testing programs for adults, Woodall said, "but very few are undertaking to provide a year-round program of exercise prescription and guidance."

There is no admission charge for Sunday's tours and refreshments will be provided.