

SPORTS

Women athletes and old wives tales

By Diane Nissinen

The Equal Rights Amendment battle has had a definite effect on American culture. Not only has the public observed the need for equal pay for equal jobs, but also that sports and physical training for women is important too.

This new surge for women to be physically fit, and trim also integrates athletic activities into women's daily lives. Traditionally, women have not been encouraged, and in some cases not allowed to participate in physical activities. Somehow it has been thought that muscles are contrary to femininity.

Women who want to begin athletic activities must make a psychological leap. Many women are reluctant to take up running because of ridicule, muggers and male harassers. "Old wives' tales" also do nothing for women considering jogging. Jogging does not necessarily cause sagging breasts, nor is there discomfort if the woman protects herself with a support bra. Jogging in itself does not cause large muscles to be developed. In fact, most women will



notice a loss in both weight and girth measurements with a running program and a proper diet. Some women content that a regular exercise program decreases the pre and post menstrual blues. A regular program of running, swimming, etc. also has been proven to decrease cramps during the menstrual period.

The objectives of a running program are to increase cardiopulmonary efficiency and to increase and maintain muscle tone. Obtaining good conditioning helps to give a positive attitude about one's body, making one feel strong and good all over.

(Editors note: Diane Nissinen is the zone Athletic Director for the Gibbs and Betts area. Reprinted, courtesy of Frankfurt Chronicle.)

Boxing, running and wrestling

The Frankfurt Sports Office is organizing cross-country, wrestling and boxing teams for the fall season. Anyone with any experience or interest in these athletic events should call the sports office at FM 6292.

COACHES NEEDED

Coaches and players are needed for the 1982-83 Frankfurt Falcons and Falconettes basketball teams. Interested coaches and players should call the Frankfurt Sports Office for more information at FM 6292.

Recreational vehicle.

It's a Fact:

Walking is recreational. Go for a walk instead of a drive. It's relaxing, invigorating, and it gives you a chance to smell the roses.

