

# MINKER COMPLEX OFFERS HEALTH AND FITNESS FOR COMMUNITY

Health and fitness are playing larger roles in today's society than ever before. An increasing awareness to this fitness trend is becoming even more evident in the workplace, at home, and in the community.

Today's population is not satisfied with commuting to and from work daily without a regularly scheduled stop at the local health club either before or after work.

Fortunately, the City of Las Vegas Department of Parks and Leisure Activities has been substantially ahead of this trend since 1979. In November of that year, the Stewart/Mojave Sports Center was opened.

Originally named for its location at 275 N. Mojave Rd. at Stewart Ave., the facility has become a mainstay to the community in regards to health and fitness programs.

Thirteen years after its opening, the Las Vegas City Council took action to rename the facility the Chuck Minker Sports Complex, in memory of a former employee who passed away earlier that year from a rare form of cancer. Minker's responsibili-

ties included organizing various sporting and athletic programs for the City.

There is a wide range of programs that includes: volleyball, racquetball, wallyball, aerobics, self-defense classes, CPR and first-aid workshops, personal shape-up counseling, youth gymnastics, and health screenings. The complex has recently gone under more renovation in order to better serve the citizens which have come to expect high quality since 1979.

The facility offers the lowest rates in town—only \$15 monthly for the fitness program. Other bargain rates include aerobics and racquetball, all for one low price. Premium memberships include additional privileges for a small increase in fees. Daily, semi-annual, and annual rates are also available on a sliding price scale.

Memberships include usage of part or all of the following amenities: two fully equipped weight rooms, a full-size gymnasium, racquetball courts, classroom, and fitness area. The locker rooms include Jacuzzis,

saunas, and showers.

All programs, services, and amenities at the Sports Complex are designed to reach all facets of our population. Children, teens, adults, senior citizens, and persons with disabilities can benefit by becoming a member of the oldest, finest, and friendliest health facility in Las Vegas.

Saturdays hold a special place for the developmentally disabled; beginning with challenger gymnastics, followed by the S.T.A.R. Program, an acronym for Specialized Training and Recreation. Students explore Karate, dance, and calisthenics. Persons five years and older can join the challenger gymnastics class, while the S.T.A.R. Program accepts those ten and older.

In addition, the cardiovascular equipment in the fitness area is fitted with Braille Pads for the visually impaired. These items include Stairmasters, upper body exercises, versa climbers, and treadmills.

A popular exercise program for seniors is the stretch and flex

class; a cardiovascular workout gentle enough for any age.

The facility is also available for group rentals and special events relating to health and fit-

ness endeavors.

The Chuck Minker Sports Complex is staffed with a host of friendly and qualified personnel ready to develop a personalized

fitness program to send you down the road to a healthier, happier lifestyle in 1994.

For more information, please call 229-6563.

## SPORTS MEDICINE NOT JUST FOR ATHLETES

Sports medicine specialists, physical therapists and rehabilitation clinics aren't just for professional and 'serious' athletes anymore. Specialists treating sports injuries are seeing more and more patients who have injuries caused by everyday activities as well as recreational sports.

The current emphasis on physical fitness has led more and more Americans of all ages and physical abilities to work out, whether it be participating in a favorite sport such as golf and swimming, or taking up strength training, running or bicycling. However, 'sports' injuries can occur from everyday activities that involve strenuous or repetitive tasks such as lifting boxes in your garage, planting a garden or mowing the lawn.

If pain and soreness from these activities don't go away after a reasonable period of rest, it's time to consult an expert. Whether you go first to your family doctor for treatment or referral or choose to see a sports medicine specialist or physical therapist, it's important to get treatment promptly. Many seemingly minor injuries can eventually lead to chronic or degenerative damage if not treated.

New technology has made diagnosing and rehabilitating these injuries easier and more available to the

general public. One new tool that many physical therapists and sports medicine specialists are using to diagnose and treat such injuries is MERAC® (Musculoskeletal Evaluation Rehabilitation and Conditioning). With this comprehensive joint testing system from Universal Gym Equipment, Inc., therapists can evaluate, rehabilitate and condition using six different exercise modes for effective therapy. The therapist can set up MERAC to diagnose and treat knee, ankle, wrist, hip, elbow, shoulder and back injuries.

In addition, medical professionals may recommend using equipment you have at home or can use in a health club, such as stair machines, bicycles, treadmills and strength training machines.

Of course the best way to handle injuries is to prevent them. Experts recommend five minutes each of warm-up, cool-down and stretching to help muscles prepare for and recover from strenuous activity. Whether you have a regular workout program or just participate occasionally in recreational sports, proper warm-up, cool-down and stretching routines are the key to injury prevention.

Many overuse or stress injuries are related to improper warm-up of muscles and joints. The reason is simple. Muscles use oxygen as fuel

and inactive (cold) muscles need relatively little oxygen. But, the harder they work, the more oxygen muscles need to function. As you warm up, your body increases the amount of blood and oxygen it supplies to muscles.

Begin your warm-up by doing whatever you will do in your actual workout or activity, but at a slower, more relaxed pace. Gradually increase the speed or intensity of the activity.

It's just as important to cool down as it is to warm up. Slowly decrease your level of activity to give your heart and blood circulation time to return to a normal level. If you stop suddenly, you may experience dizziness or cramping.

Following your workout, take time to stretch muscles. Hold stretches for 10 to 15 seconds and don't bounce. Stretch slowly and deliberately without stretching further than what's comfortable for you.

Remember to see your doctor for a complete physical exam before you begin any exercise program.

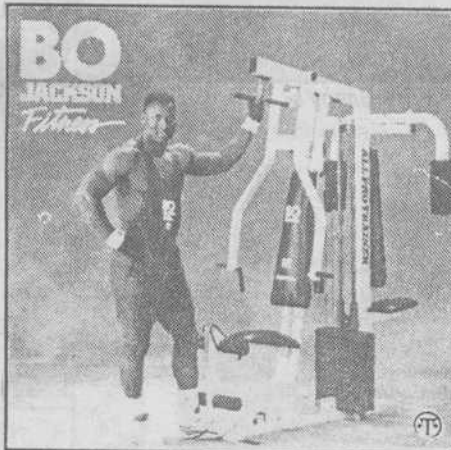
Even with these precautions, injuries can still occur. If it happens to you, remember to see a medical professional to get early diagnosis and treatment. With proper rehabilitation, you can continue to participate in sports and other activities that you enjoy.

## FIT FOR LIFE

The message going out to people, especially young people, across the country is "exercise, fitness, and wellness are in-drugs and poor health habits are out!"

Helping to send that message is Bo Jackson, considered by many America's premier athlete. A former professional football player and current professional baseball player, Jackson will be actively involved in developing and marketing a broad line of fitness equipment for Diversified Products Corporation, the world's largest manufacturer of physical fitness equipment.

The BO Jackson Fitness line includes four home gyms, all include workout stations for upper and lower body work. In addition, there is a selection of five free weight benches with a treadmill and skier being introduced soon. All BO Jackson Fitness products come with a Bo Jackson training video and manual for complete at-home fitness and bodybuilding



instruction. For a look at the complete line of "MADE IN USA" Bo Jackson equipment, stop in your favorite retail or sports store or contact: BO Jackson Fitness, c/o Diversified Products Corporation, 309 Williamson Avenue, Opelika, AL 36801.



**EVERY DAY HE'S LOVED. FED. CARED FOR. AND POISONED.**

Intentionally? Of course not.

Poisonous lead can be found in even the most caring households: in dust, dirt in play areas, paint and tap water. The result? About one in six preschoolers has high levels of lead in their blood.

Lead poisoning can cause serious problems: poor performance in school, hearing loss, even brain damage. But lead poisoning can be prevented.

Call **1-800-LEAD FYI** for a brochure on simple steps you can take to help protect your child. Please call now.

© 1993 U.S.C.



TDD (800) 526-5456

**SOMEBODY'S DYING FOR A NEW PAIR OF SNEAKERS.**

All over America children are the victims of violent crime. They are being assaulted and even murdered for the sake of anything from a pair of sneakers to some loose change in their pockets.

It's a situation that's only getting worse. Unless you do something to fight back, your child could become one of those victims.

You can make a difference. Start now by calling 1-800-WE PREVENT and we'll send you information on successful ways to join with others to protect your children from crime in your neighborhood.

1-800-WE PREVENT



Crime Prevention Coalition and U.S. Department of Justice