

DAILY PLAN FOR KEEP FIT CLINIC

University of Illinois

EXPLANATION: The KEEP FIT CLINIC, usually known as the KEEP FIT CLUB, will meet in the Men's Old Gymnasium daily from 4:00 to 6:00 P. M.. The opening date is October 20th and the closing date will be announced at another time.

Any student or member of the faculty is eligible to join the CLINIC upon the agreement to be present for the work one two-hour period per week. Others will be classed as visitors. Prospective members may report any day to Dr. T. K. Cureton, Mr. Goldie, and Mr. Kuhn, 300 Men's Old Gymnasium (KEEP FIT CLUB OFFICE), main floor of the gymnasium.

DAILY SCHEDULE:

- 4:00--4:10-----Attendance Check.
- 4:10--4:20-----Group Explanation or Demonstration
of Condition Tests.
- 4:20--5:00-----Individual Advisement and Informal Condition-
ing Work as Agreed Upon with Club Directors.
Self-Testing and Self-Record Posting.
- 5:00--5:10-----Physical Fitness Talk on Selected Topic
(Different Each Week. Interpretation of
New Books and Materials on Fitness).
- 5:10--5:30-----Group Conditioning Exercises.
- 5:30--5:40-----Endurance Prescription---10Minutes or More
on Some Selected Type of Exercise Suitable
to Endurance Activity. This Might be
Endurance Running, Muscular Work on Weights,
Swimming, Pulley Weight Work, Medicine Ball
Throwing, Rhythmic Trunk Exercising with
Partner, Exercise on the Rowing Machines, etc.
- 5:40-----Dismissal-----Showers, Towel Rub-Down, Deep
Breathing for 20 Minutes.