


JUST
1
MINUTE

ASST. MANAGING
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[WALK, STRETCH, TIGHTEN UP] WORKING OUT ON THE FLY

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Keep your holidays as healthy as possible, even if you have to travel. [Trimtalk.com](#) offers these tips for staying fit through long airplane trips:

- ◆ Flex a few times in your seat during the flight. This can help maintain good circulation and muscle tightness.
- ◆ Every half-hour do 12 “rear-end crunches” by tightening your buttock muscles and holding for 10 seconds.

◆ Focus on your posture.
◆ Use hand grips and exercise putty to give your fingers and hands — often forgotten — a workout.
◆ Walk and stretch every hour of the flight.

— Shari Rudavsky


FEW FEAR FLU

Influenza epidemics have killed millions of people, but nearly half of the 1,052 people polled in a recent Kiwanis International poll do not believe the flu is dangerous. Sixty-five percent said they would not be vaccinated for fear the shot would make them ill. Only 25 percent said correctly that the flu shot was the most effective protection; nearly 65 percent cited frequent handwashing as the best prevention.

— Shari Rudavsky

[GOIN’ ON] OVER HILL, DALE AND MUD?

The annual 8K Snowflake Derby kicks off at 10 a.m. CST (11 a.m. Indianapolis time) Saturday on the University of Southern Indiana campus in Evansville. Race-day registration is \$20 from 8:30 to 9:45 a.m. in the Physical Activities Center. The European-style cross-country event is run on grass and dirt (or mud) trails and includes hills, hay bales, log jumps and creek crossings. Call (812) 465-1232.



[3,000]

The number of people younger than 18 who underwent liposuction last year, a 22 percent increase over 2000.

— American Society of Plastic Surgeons