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Fairgoers make a Fit Stop for health

By Suzanne Teten

Height, weight and blood pressure checks sound like tests one would take at a doctor's office rather than the Nebraska State Fair.

But fairgoers had a chance to take such tests Friday at the 4-H Youth Complex on the state fairgrounds.

The tests were conducted by volunteers for Fit Stops, a program developed by the Cooperative Extension Service to make people more aware of health and fitness, said Sharon Skipton, Saunders County extension agent in home economics.

The volunteers, mostly nurses and extension agents, were busy with a steady stream of customers, said Leon Rottmann, human development specialist. He said more than 320 people were examined. Because of the good response, he hopes the Fit Stops tests will become an annual event.

Rottmann, originator of Fit Stops, described the program as a "shoestring operation," because all equipment was loaned and all help was volunteered. He said he was confident Fit Stops can borrow more equipment and find more volunteers to assist with examinations next year.

In addition to height, weight and blood pressure tests, Fit Stops also measured the percentage of fat in a person's body, Rottmann said. The

measurements were taken with a hand-held computerized machine.

Tongs were used to measure the amount of fat at seven different areas on the body. The computer determines the average of all seven areas; this amount is the percentage of body fat.

The seven areas are: the side of the chest, the side of the ribcage, the waist, the abdomen, the front of the thigh, below the shoulder blade and the upper arm, Rottmann said.

The amount of body fat considered safe varied with age, but adult males are at risk when body fat goes above 15 to 19 percent. Females are at risk above 18 to 22 percent, Rottmann said.

Norla Weise of Jansen participated in the program. She said she heard about Fit Stops on the radio and thought it would be a good idea to take the examination. She said she was curious about what the body-fat test would tell her.

After participants completed the examination, some were referred to the extension service's "Save Our Shapes" weight control program. S.O.S. will be offered in each county at the discretion of the county extension agent, said Skipton. The program is designed to bring about behavior modification by teaching people good eating habits, proper nutrition and the benefits of exercise.

Police Report...

Continued from Page 7

1:38 p.m. — No fire was found by the fire department after an alarm reported sounding at Law College courtroom on East Campus; cause of the alarm unknown.

2:55 p.m. — Wallet was reported lost in the area of 14th to 16th streets and O to R streets.

3:54 p.m. — A black Trak bicycle, worth \$400, was reported stolen from near Architecture Hall. The owner doesn't remember whether it was locked. A suspect seen by the bike's owner was said to have

been a thin white male, about 6-2, with mid-back length reddish-blond hair. He was wearing a blue bandanna, a red-flannel long-sleeved shirt and jeans.

4:36 p.m. — An orange Spectra bicycle worth \$100 was reported stolen from the Pound Hall area. It was locked.

6:09 p.m. — Wallet and \$125 was reported stolen from a Love Library locker. The owner was not sure whether the locker was locked.

9:52 p.m. — A bicycle seat was reported stolen from a bike parked near Love Library.

Friday

12:34 a.m. — A security alarm was reported sounding in Brace Hall; cause unknown.

1:24 a.m. — UNL police assisted Lincoln police around 8th and R streets with a case involving assault with a deadly weapon.

1:31 p.m. — Person drinking alcoholic beverage reported in a university parking lot. Person was gone when police arrived.

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