

# Shaping up effortlessly works its way to Lincoln

From Staff Reports

For people who hate to exercise, new, effortless machines have arrived in Lincoln to do the work for them.

"It's hard for people to get out of the 'no pain, no gain' concept," said Linda Deger of Fine Line Toning Trends, 4220 S. 33rd St. But she claims the Toning System used at Fine Line abolishes the old adage.

The Toning System consists of a six-table rotation. Each table moves, stretches or massages different muscles in the body. One table rotates the legs, one stretches the lower torso from side to side. One alternately raises and lowers the legs, while another simply vibrates the entire body.

The tables are run by electricity, so the client does nothing. The rotation takes about an hour to complete.

"You can feel good even though you haven't done anything," Deger said. Clients can lose inches from the repetition and constant movement of the machines. It builds muscles, improves blood circulation and is safer than physical exercise, she said.

Cindy Broekemeier, a Lincoln resident who uses the machines regularly, said the tables help relieve stress. Broekemeier is a nurse who works at night. She said that since she started

using the tables, she has been better able to sleep during the day and relieve anxiety.

Deger said the equipment, recently purchased by Fine Line, is new to Lincoln, although it has been available on the coasts for several years.

The concept behind the tables has been in use for more than 40 years, Deger said. Similar systems have been used in physical therapy and rehabilitation programs. She said that the system improves strength and firms and tones the muscles, but to get bulk, a person would have to lift weights.

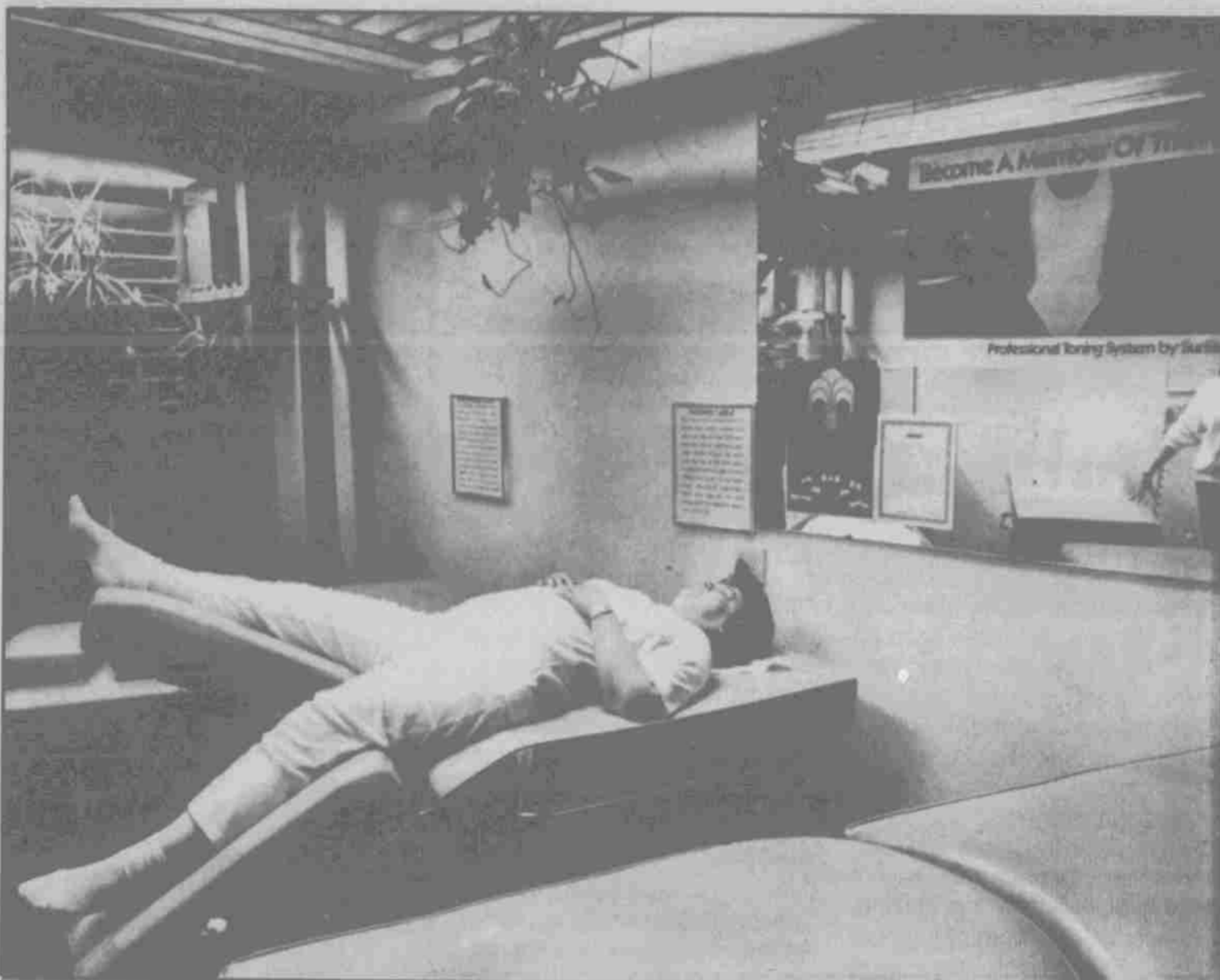
Patients with arthritis claim the machines relax muscles. Customers are relieved of tension headaches, and one girl who uses the tables daily claims to have dropped inches from her waist.

The equipment system costs about \$30,000. Fine Line Toning of Lincoln charges \$6 a visit or a lower rate for multiple visits.

Broekemeier said that she has noticed a difference from using the machines.

David Rohlfing, a UNL sophomore from Talmage, agrees.

"Now this is my kind of exercise," Rohlfing said after trying the equipment. Rohlfing said he exercises on the machines mostly to relax and relieve stress.



Andrea Hoy/Daily Nebraskan

Marcia Russell works out on one of the automated exercise machines at the Fine Line.

## Brigadier General Hennies to speak at UNL J-Days

The Army's deputy chief of public affairs will discuss the military and the media in several presentations Monday at UNL.

Brig. Gen. Clyde A. Hennies will speak to students and faculty members of the College of Journalism, local media representatives and others in Avery Hall from 7 to 8:30 a.m. and will have a question-and-answer session from 9:30 to 11:30 a.m.

Hennies, an Iowa native, received his bachelor's degree from UNL in 1973. He earned a master's degree in journalism while attending UNL in 1977.

He joined the Air Force as an electronic-equipment repairman in 1954 but switched to the Army in 1962 and attended officer-candidate school the next year. Hennies was promoted to lieutenant in 1963 and has advanced to his current rank of brigadier general.

## THE MILITARY & THE MEDIA

### Discussion

Gen. Clyde A. Hennies, Army deputy chief of public affairs, will discuss the relationship between the military and the media.

Monday from 9:30-11:30 AM  
Avery Hall

All interested students are invited.



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