

What has Dr. Shook been reading?

Weight Training for Dummies by Liz Neporent and Suzanne Schlosberg.

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Ignore the annoying title of this book... *Weight Training for Dummies*. I realize that it is only following the --For Dummies series of how to books that are so popular these days. None the less, I can't help but think that it is a bad idea ... no I think it is appalling to suggest to any novice exerciser that they are dumb. That is no way to offer encourage and support to someone who may very well be confused.

What's inside the cover of *Weight Training for Dummies* is great. Liz Neporent and Suzanne Schlosberg have put together a great guide to exercising in a gym. I would recommend to the reader that they follow the author's instructions and read Parts 1, Stuff to Know Before You Pick Up a Weight. Part 2, Weight training wisdom, Then skip to part 4, Designing Your Workout Program before returning to part 3, The Exercises (with easy to follow instructions and great pictures).

Now tell me, why would somebody expect "A Dummy" to read and follow such complicated instructions? Wouldn't "A Dummy" just skip to the part with the wonderful pictures ignoring the well-written instructions and injury preventing advice? No, this book is not for "Dummies". Don't skip parts 5 or 6 both are very good and the index seems most useful and well designed.

Do you want to workout at home or in a gym? What do you need and how much might it cost? What should you wear? What about a personal trainer? Do you want to use machines or free weights? Where does aerobics fit in? This book may well have the answers to your questions.

*Weight Training for Dummies* explains the difference between weight lifting machines and free weights, reps and sets, spotters and being spotted. It will help you to identify common weight lifting injuries and offers excellent yet very basic first aid for minor sprains and strains. The section on major weight lifting goofs will help you save your back, knees and shoulders from unnecessary injury. Do you travel? Well how about an exercise routine that requires nothing more than a few yards of rubber tubing. Are you pregnant? Overweight? Or perhaps you are no longer young? The Ladies Neporent and Schlosberg have advice for you.

Not only for beginners, *Weight Training for Dummies* is also chuck full of useful information for the seasoned athletes. Maybe running, swimming, cycling, paddling (...like in a canoe) golf or some other sport is what turns you crank. This book can help you to tailor a weight lifting routine to better your performance and minimize injury. It talks about protein powders and potions. There are comments about abdominal gizmos, infomercial training machines, exercise videos and magazines.

A better title might have been, Everything You Ever Wanted to Know about Working out In a Gym, But Hadn't Thought to Ask.

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