

Holistic Running: Beyond the Threshold of Fitness

Henning, Joel F

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Holistic Running Beyond The Threshold Of Fitness

Richard Bailey



Holistic Running Beyond The Threshold Of Fitness:

Holistic Running Joel Henning, 1978-01-01 **Holistic Running** Joel Henning, Joel F. Henning, 1978 *Getting Physical* Shelly McKenzie, 2016-02-29 From Charles Atlas to Jane Fonda the fitness movement has been a driving force in American culture for more than half a century What started as a means of Cold War preparedness now sees 45 million Americans spend more than 20 billion a year on gym memberships running shoes and other fitness related products In this first book on the modern history of exercise in America Shelly McKenzie chronicles the governmental scientific commercial and cultural forces that united sometimes unintentionally to make exercise an all American habit She tracks the development of a new industry that gentrified exercise and made the pursuit of fitness the hallmark of a middle class lifestyle Along the way she scrutinizes a number of widely held beliefs about Americans and their exercise routines such as the link between diet and exercise and the importance of workplace fitness programs While Americans have always been keen on cultivating health and fitness before the 1950s people who were preoccupied with their health or physique were often suspected of being homosexual or simply odd As McKenzie reveals it took a national panic about children s health to galvanize the populace and launch President Eisenhower s Council on Youth Fitness She traces this newborn era through TV trailblazer Jack La Lanne s popularization of fitness in the 60s the jogging craze of the 70s and the transformation of the fitness movement in the 80s when the emphasis shifted from the individual act of running to the shared health club experience She also considers the new popularity of yoga and Pilates reflecting today s emphasis on leanness and flexibility in body image In providing the first real cultural history of the fitness movement McKenzie goes beyond simply recounting exercise trends to reveal what these choices say about the people who embrace them Her examination also encompasses battles over food politics nutrition problems like our current obesity epidemic and people left behind by the fitness movement because they are too poor to afford gym memberships or basic equipment In a country where most of us claim to be regular exercisers McKenzie s study challenges us to look at why we exercise or at least why we think we should and shows how fitness has become a vitally important part of our American identity **The Marine Corps Gazette** ,1976 **In the Zone** Michael Murphy, Rhea A. White, 2011-06-07 DIVDIV Michael Murphy bestselling author of *Golf in the Kingdom* explains the power of athletics to transform the body mind and spirit divDIV divDIV Athletes and coaches often say they feel in the zone while participating in sports or other endeavors and Esalen Institute cofounder Michael Murphy carefully documents this phenomenon in one of the most comprehensive works of its kind Murphy and coauthor Rhea A White categorize twenty types of extraordinary athletic feats exalted states of consciousness and altered perceptions that they say evoke the richness of a spiritual practice divDIV divDIV This wide ranging compendium includes insights from amateur Olympic and professional athletes such as Michael Jordan Mario Andretti Jack Nicklaus and Arnold Schwarzenegger div div **Clean Living Movements** Ruth Clifford Engs, 2001-08-30 Over the past 200 years a health reform movement has emerged about every 80

years These clean living cycles surged with or were tangential to a religious awakening Simultaneously with these awakenings out groups such as immigrants and or youth were seen to exhibit behaviors that undermined society Middle class fear of these dangerous classes and a desire to eliminate disease crime and other perceived health or social problems led to crusades in each of the three reform eras against alcohol tobacco drugs certain foods and sexual behaviors A backlash began to emerge from some segments of the population against reform efforts After the dissipation of the activism phase laws made during the reform era often became ignored or repealed With a few exceptions during the 30 to 40 year ebb of the cycle the memory of the movement disappeared from public awareness The desire for improved health and social conditions also led to campaigns in favor of exercise semi vegetarian diets women s rights chastity and eugenics Engs describes the interweaving of temperance women s rights or religion with most health issues Factions of established faiths emerged to fight perceived immorality while alternative religions formed and adopted health reform as dogma In the reform phase of each cycle a new infectious disease threatened the population Some alternative medical practices became popular that later were incorporated into orthodox medicine and public health Ironically over each succeeding movement reformers became more likely to represent grass roots beliefs or even to be state or federal officials rather than independent activists **Chicago ,1978**

Faith in America Charles H. Lippy,2006-09-30 Over the last 25 years there has been much talk of the presumed decline in religious participation in America In addition from the 1960s on surveys that mark the influence of religion in American life have shown a mixed response Many suggest that religion is losing influence in the culture as a whole others indicate that while organized religion may be experiencing challenges spirituality is on the upswing At the same time however there have been signs that religious life in the U S is extraordinarily healthy But religion in America has changed to be sure in a number of ways And it has changed us and our culture in return This timely set looks at the major forces that are changing the shape of religion in American life With an influx of immigrants from Asia Latin America and other regions the diversity of religion has grown to include Buddhism Hinduism Islam and other faiths Latin American and African American communities have experienced changes in the ways they practice their faith and in turn influence American culture in general Women have entered the clergy in record numbers and the push for allowing women and gays to enter the clergy in religions that limit or prohibit their roles is on the increase In addition gay couples are leading the same sex marriage movement and other social issues such as abortion stem cell research end of life care etc are still being debated Interest over how people actually live out their religion or spirituality has mushroomed in recent decades thanks in part to the information revolution and popular culture What folks do when they gather together to worship and where they come together has changed dramatically with the advent of the Internet and the role of sports in American life So much has changed and faith in America has become more important than ever as part of our culture our way of life and the way we relate to each other and the world around us The essays found in these pages shed light on our understanding of these transformations and help us comprehend the enormous

role of religion in our society and in our world **ABA Journal** ,1979-05 The ABA Journal serves the legal profession
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the Arms of Others Peter G. Filene,1998 An intelligent sensitive and often moving account of a modern development that
 has become a paramount question in our society at the start of the twenty first century The Pro Football Mystique Dave
 Klein,1978 Faith in America [3 Volumes] Charles H. Lippy,2006-09-30 Over the last 25 years there has been much talk of
 the presumed decline in religious participation in America In addition from the 1960s on surveys that mark the influence of
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 the world around us The essays found in these pages shed light on our understanding of these transformations and help us
 comprehend the enormous role of religion in our society and in our world *The Wellness Workbook* John W. Travis,Regina
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