

**OLYMPIC**



**PREVIEW**

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**Marion Jones,  
Superwoman**

**Top Athletes  
to Watch**

**Cool New  
Sports**

**The Drug  
Game**

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Jones in a new aerodynamic Swift Suit

## FOCUS ON **Your Health**

### THE PULSE

9% of young Americans ages 12 to 17 said they used illicit drugs in 1999. This was the second straight year of decline, and represents a 22% drop overall since 1997.

SOURCE: U.S. DEPT. OF HEALTH AND HUMAN SERVICES

# Grace Under Pressure

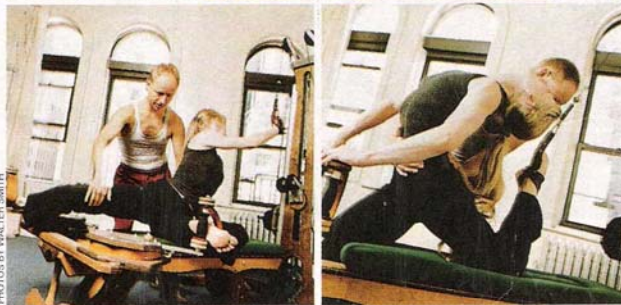
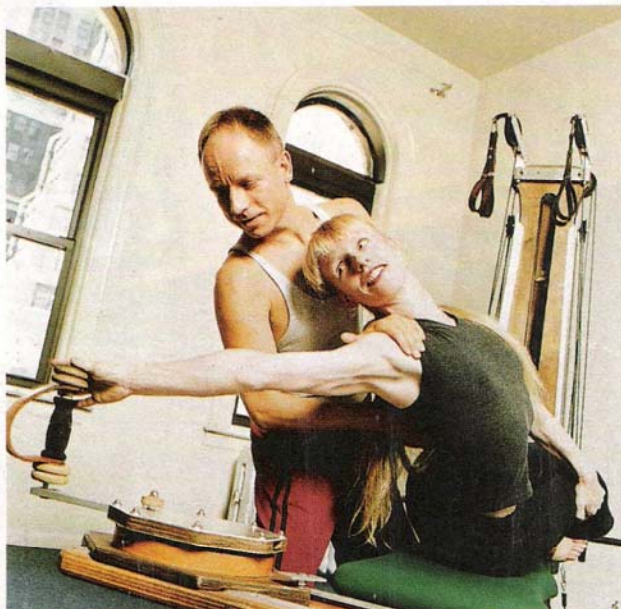
The machine may remind you of a medieval rack, but practitioners of GYROTONIC® say there's no better exercise for learning to move with elegance and agility

BY WENDY MARSTON

I SUFFER FROM DANCER envy. No matter how serene my yoga poses are, or how sculpted my muscles, dancers shame me. It seems like there's one in every exercise class. Planted smack in front, she moves her limbs with the grace of a broad-winged bird gliding to its destination. Even offstage, this woman's body is her instrument. Mine is my jealousy.

But help is on the way: an innovative kind of mechanized training known as Gyrotonic. Performed on a contraption called a pulley tower, it is a series of exercises that combine elements not only from dance but also gymnastics, yoga, swimming and tai chi. Practitioners hope that Gyrotonic takes a place next to yoga and Pilates as an exercise method of choice. I knew immediately what I wanted: that tower was my ticket to looking like a dancer.

But first I had some fear to overcome. The metal pulley tower stands about seven feet tall and rests on carved wooden feet. Leather straps for hands and feet dangle from various parts of the machine, amid weights, pulleys and wires. The device seems better suited to torturing heretics than fitness training. Even so, the tower is user-friendly; its parts move smoothly and quietly. Its operating principle is simple: by making your arms, legs and other body parts move in controlled, smooth arcs, it expands your range of motion and increases strength and flexibility without injury. And if you are lucky, Gyro-



PHOTOS BY WALTER SMITH

**Stre-e-e-tch:** Does anyone here want to move like a dancer?

tonic founder Juliu Horvath says, "You will go beyond narcissistic repetition and find the unexplored parts of the body."

For us beginners, the circular nature of gyrotonics is mighty confusing. A Pilates machine, to which gyrotonics is often compared, is based on a linear principle. The Pilates Reformer (when will they invent a machine called The Welcomer?) de-

mands that you push and then pull, move up or move back, lift or lower. If only gyrotonics were that easy. I sit, facing away from the tower, and place each hand on top of handles. My task is to reach out first with my left hand—still on the handle, which rotates under my palm—push outward and then pull back toward myself, and then do the other hand. I have watched my teacher, a soft-spoken German man named Jürgen Bamberger, do this with no trouble. Bamberger hovers behind me and gently intones instructions. "Reach," he says, "twist more—no, the other way—turn, good." Then he pokes me in my lower back, gently pulls my hips back down to the seat and extends my upper back by nudging it into a flatter position. "Bring your chin down," he says. "Now try the other arm." Finally I complete a rudimentary exercise and am exhausted. I want to go home.

After a few more attempts, I realize that reaching with my left hand sets my shoulders in motion, up toward my ears, and Bamberger doesn't like that. Reaching (dancers must know this, I suspect) means that the rest of you stays still, allowing the arm to extend. After the fifth repetition, I imagine I'm getting it. My neck already feels more swanlike. Then Bamberger regards me sternly, his eyes startlingly large behind his thick, wire-rimmed glasses, and informs me that I have to attempt to breathe and do the exercises. Once again, I'm lost.

But, he assures me when we are done,



PATIENT SUMMARY OF INFORMATION ABOUT

**VIAGRA**  
(sildenafil citrate) tablets

**This summary contains important information about VIAGRA®.** It is not meant to take the place of your doctor's instructions. Read this information carefully before you start taking VIAGRA. Ask your doctor or pharmacist if you do not understand any of this information or if you want to know more about VIAGRA. This medicine can help many men when it is used as prescribed by their doctors. However, VIAGRA is not for everyone. It is intended for use only by men who have a condition called erectile dysfunction. **VIAGRA must never be used by men who are taking medicines that contain nitrates of any kind, at any time. This includes nitroglycerin. If you take VIAGRA with any nitrate medicine your blood pressure could suddenly drop to an unsafe or life threatening level.**

**What is VIAGRA?**

VIAGRA is a pill used to treat erectile dysfunction (impotence) in men. It can help many men who have erectile dysfunction get and keep an erection when they become sexually excited (stimulated). You will not get an erection just by taking this medicine. VIAGRA helps a man with erectile dysfunction get an erection only when he is sexually excited.

**How Sex Affects the Body**

When a man is sexually excited, the penis rapidly fills with more blood than usual. The penis then expands and hardens. This is called an erection. After the man is done having sex, this extra blood flows out of the penis back into the body. The erection goes away. If an erection lasts for a long time (more than 6 hours), it can permanently damage your penis. You should call a doctor immediately if you ever have a prolonged erection that lasts more than 4 hours.

Some conditions and medicines interfere with this natural erection process. The penis cannot fill with enough blood. The man cannot have an erection. This is called erectile dysfunction if it becomes a frequent problem.

During sex, your heart works harder. Therefore sexual activity may not be advisable for people who have heart problems. Before you start any treatment for erectile dysfunction, ask your doctor if your heart is healthy enough to handle the extra strain of having sex. If you have chest pains, dizziness or nausea during sex, stop having sex and immediately tell your doctor you have had this problem.

**How VIAGRA Works**

VIAGRA enables many men with erectile dysfunction to respond to sexual stimulation. When a man is sexually excited, VIAGRA helps the penis fill with enough blood to cause an erection. After sex is over, the erection goes away.

**VIAGRA Is Not for Everyone**

As noted above (*How Sex Affects the Body*), ask your doctor if your heart is healthy enough for sexual activity.

**If you take any medicines that contain nitrates—either regularly or as needed—you should never take VIAGRA.** If you take VIAGRA with any nitrate medicine or recreational drug containing nitrates, your blood pressure could suddenly drop to an unsafe level. You could get dizzy, faint, or even have a heart attack or stroke. Nitrates are found in many prescription medicines that are used to treat angina (chest pain due to heart disease) such as:

- nitroglycerin (sprays, ointments, skin patches or pastes, and tablets that are swallowed or dissolved in the mouth)
- isosorbide mononitrate and isosorbide dinitrate (tablets that are swallowed, chewed, or dissolved in the mouth)

Nitrates are also found in recreational drugs such as amyl nitrate or nitrite ("poppers"). If you are not sure if any of your medicines contain nitrates, or if you do not understand what nitrates are, ask your doctor or pharmacist.

VIAGRA is only for patients with erectile dysfunction. VIAGRA is not for newborns, children, or women. Do not let anyone else take your VIAGRA. VIAGRA must be used only under a doctor's supervision.

**What VIAGRA Does Not Do**

- VIAGRA does not cure erectile dysfunction. It is a treatment for erectile dysfunction.
- VIAGRA does not protect you or your partner from getting sexually transmitted diseases, including HIV—the virus that causes AIDS.
- VIAGRA is not a hormone or an aphrodisiac.

**What To Tell Your Doctor Before You Begin VIAGRA**

Only your doctor can decide if VIAGRA is right for you. VIAGRA can cause mild, temporary lowering of your blood pressure. You will need to have a thorough medical exam to diagnose your erectile dysfunction and to find out if you can safely take VIAGRA alone or with your other medicines. Your doctor should determine if your heart is healthy enough to handle the extra strain of having sex. Be sure to tell your doctor if you:

- have ever had any heart problems (e.g., angina, chest pain, heart failure, irregular heart beats, or heart attack)
- have ever had a stroke

- have low or high blood pressure
- have a rare inherited eye disease called retinitis pigmentosa
- have ever had any kidney problems
- have ever had any liver problems
- have ever had any blood problems, including sickle cell anemia or leukemia
- are allergic to sildenafil or any of the other ingredients of VIAGRA tablets
- have a deformed penis, Peyronie's disease, or ever had an erection that lasted more than 4 hours
- have stomach ulcers or any types of bleeding problems
- are taking any other medicines

**VIAGRA and Other Medicines**

Some medicines can change the way VIAGRA works. Tell your doctor about **any medicines** you are taking. Do not start or stop taking any medicines before checking with your doctor or pharmacist. This includes prescription and nonprescription medicines or remedies. Remember, VIAGRA should never be used with medicines that contain nitrates (see *VIAGRA Is Not for Everyone*). If you are taking a protease inhibitor, your dose may be adjusted (please see *Finding the Right Dose for You*.) VIAGRA should not be used with any other medical treatments that cause erections. These treatments include pills, medicines that are injected or inserted into the penis, implants or vacuum pumps.

**Finding the Right Dose for You**

VIAGRA comes in different doses (25 mg, 50 mg and 100 mg). If you do not get the results you expect, talk with your doctor. You and your doctor can determine the dose that works best for you.

- Do not take more VIAGRA than your doctor prescribes.
- If you think you need a larger dose of VIAGRA, check with your doctor.
- VIAGRA should not be taken more than once a day.

If you are older than age 65, or have serious liver or kidney problems, your doctor may start you at the lowest dose (25 mg) of VIAGRA. If you are taking protease inhibitors, such as for the treatment of HIV, your doctor may recommend a 25 mg dose and may limit you to a maximum single dose of 25 mg of VIAGRA in a 48 hour period.

**How To Take VIAGRA**

Take VIAGRA about one hour before you plan to have sex. Beginning in about 30 minutes and for up to 4 hours, VIAGRA can help you get an erection if you are sexually excited. If you take VIAGRA after a high-fat meal (such as a cheeseburger and french fries), the medicine may take a little longer to start working. VIAGRA can help you get an erection when you are sexually excited. You will not get an erection just by taking the pill.

**Possible Side Effects**

Like all medicines, VIAGRA can cause some side effects. These effects are usually mild to moderate and usually don't last longer than a few hours. Some of these side effects are more likely to occur with higher doses. The most common side effects of VIAGRA are headache, flushing of the face, and upset stomach. Less common side effects that may occur are temporary changes in color vision (such as trouble telling the difference between blue and green objects or having a blue color tinge to them), eyes being more sensitive to light, or blurred vision.

In rare instances, men have reported an erection that lasts many hours. You should call a doctor immediately if you ever have an erection that lasts more than 4 hours. If not treated right away, permanent damage to your penis could occur (see *How Sex Affects the Body*).

Heart attack, stroke, irregular heart beats, and death have been reported rarely in men taking VIAGRA. Most, but not all, of these men had heart problems before taking this medicine. It is not possible to determine whether these events were directly related to VIAGRA.

VIAGRA may cause other side effects besides those listed on this sheet. If you want more information or develop any side effects or symptoms you are concerned about, call your doctor.

**Accidental Overdose**

In case of accidental overdose, call your doctor right away.

**Storing VIAGRA**

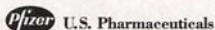
Keep VIAGRA out of the reach of children. Keep VIAGRA in its original container. Store at room temperature, 59°-86°F (15°-30°C).

**For More Information on VIAGRA**

VIAGRA is a prescription medicine used to treat erectile dysfunction. Only your doctor can decide if it is right for you. This sheet is only a summary. If you have any questions or want more information about VIAGRA, talk with your doctor or pharmacist, visit [www.viagra.com](http://www.viagra.com), or call 1-888-4VIAGRA.

23-5515-00-4

**VIAGRA**  
(sildenafil citrate) tablets



I'm no worse than most. To start Gyrotonic, you don't need any experience in dance—just the \$50 to \$75 that an hour of private instruction will cost you. As in Pilates, a typical beginner session consists of the student, the teacher and the machine. "You don't need any background in movement at all," says Bamberger. "We all have the ability to move." The machines, he says, simply amplify and channel our natural human ability.

And since the weights can be adjusted on the tower, injuries can be treated. Indeed, practitioners claim that the system even promotes healing. A Manhattan-based general contractor, Jon Rickard, 48, credits gyrotonic for having healed his back injury. "I wrenched my back out skiing," he explained. "My cousin is a dancer, and referred me to the gyrotonics studio." Rickard began slowly, using no weights and doing just the movements. "I've had no problems for the last year, and I'm skiing," he says. Rickard plays tennis and bikes, and visits the Yogamoves studio in midtown Manhattan twice a week. "This is my gym," he says.

Horvath, the 58-year-old father of gyrotonics, seems unsurprised by the success of the technique he invented in the late 1970s while living in a shack in the Virgin Islands. Resolutely New Age in style, he claims to be a "universal being," who exists in several dimensions and whose work is pushing the human race farther down its evolutionary path with his machines and techniques. Recently Horvath has been jetting around the globe training teachers and dealing with the company that is mass-producing his Gyrotonic Expansion System machines. He hopes someday there will be a tower in most gyms.

There are skeptics. "I've talked to scores of Pilates instructors," says Peg Jordan, editor of American Fitness magazine, "and they're sort of lukewarm on it. I don't see it as much of a trend." Loren Fishman, a physician who specializes in rehabilitation and physical therapy and the author of "Back Pain," worries that gyrotonics could be harmful to people with certain problems. "Those kinds of motions are exactly what isn't good for someone with scoliosis, for example," Fishman says. "I just wonder how much the gyrotonics teacher knows about people's injuries."

Still, there are already about 100 gyrotonic studios worldwide, with fans like the actress Susan May Pratt, who calls the regimen vital to her training for a role as a ballerina in the movie "Center Stage." She probably lost her dancer envy, too.