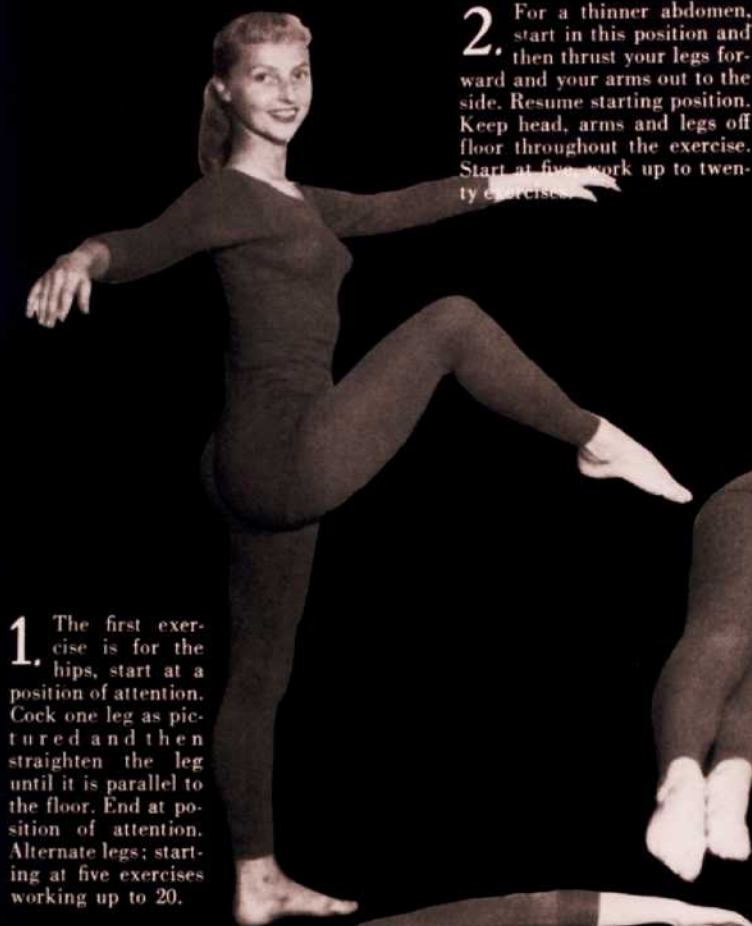


New Year's Resolution - -

CAROLYN WAY DARROUGH, '55phs.ed, HELPS THE LADIES RESOLVE

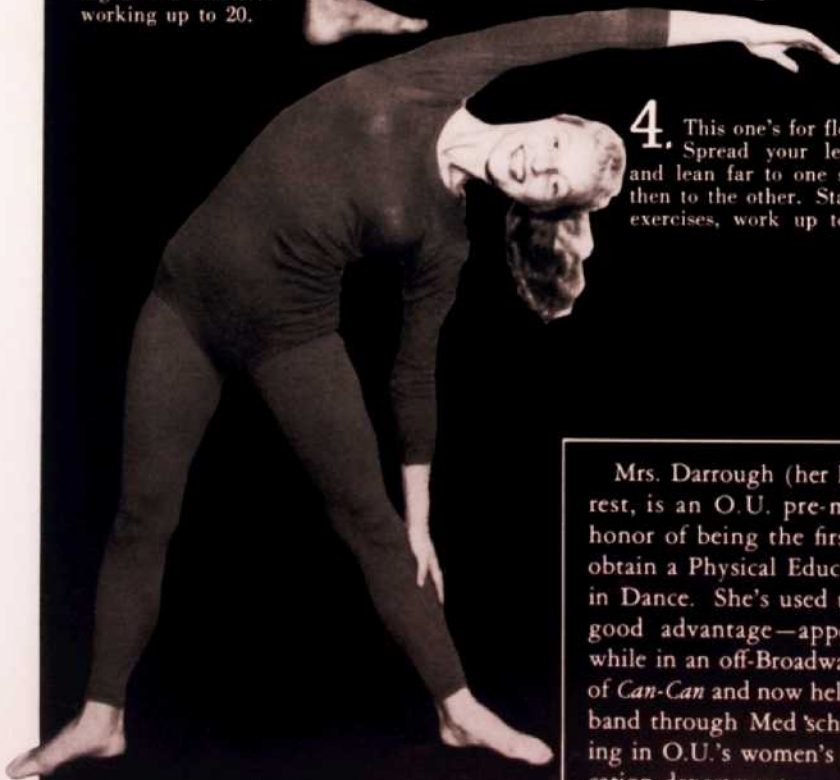


1. The first exercise is for the hips, start at a position of attention. Cock one leg as pictured and then straighten the leg until it is parallel to the floor. End at position of attention. Alternate legs; starting at five exercises working up to 20.

2. For a thinner abdomen, start in this position and then thrust your legs forward and your arms out to the side. Resume starting position. Keep head, arms and legs off floor throughout the exercise. Start at five, work up to twenty exercises.

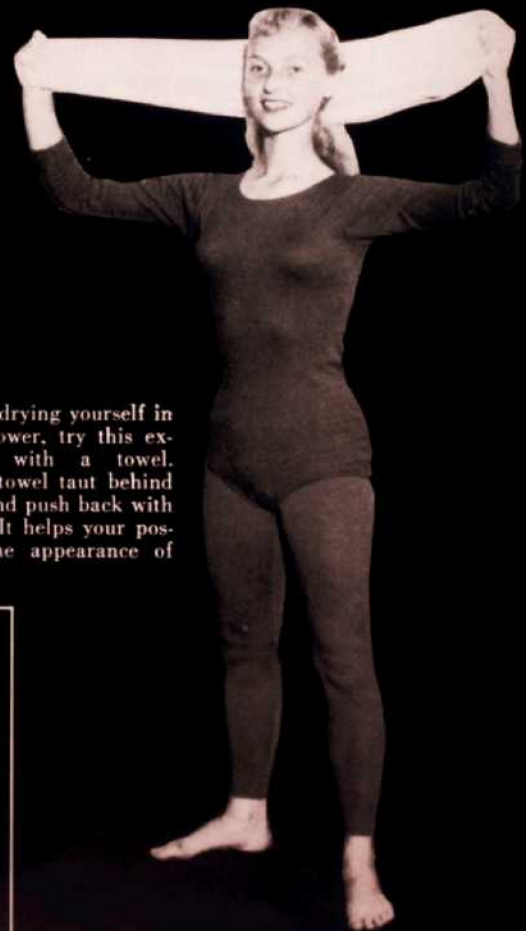


3. Your upper arms and sides will be thinner if you start at this position and push yourself up and over to a similar position on your other side. Start at ten, work up to twenty-five exercises.



4. This one's for flexibility. Spread your legs wide and lean far to one side and then to the other. Start at 15 exercises, work up to 30.

5. While drying yourself in the shower, try this exercise with a towel. Stretch the towel taut behind your head and push back with your head. It helps your posture and the appearance of your neck.



Mrs. Darrough (her husband, Forrest, is an O.U. pre-med) has the honor of being the first at O.U. to obtain a Physical Education Degree in Dance. She's used the degree to good advantage—appearing for a while in an off-Broadway production of *Can-Can* and now helping her husband through Med school by teaching in O.U.'s women's physical education department.

To Look Collegiate Again

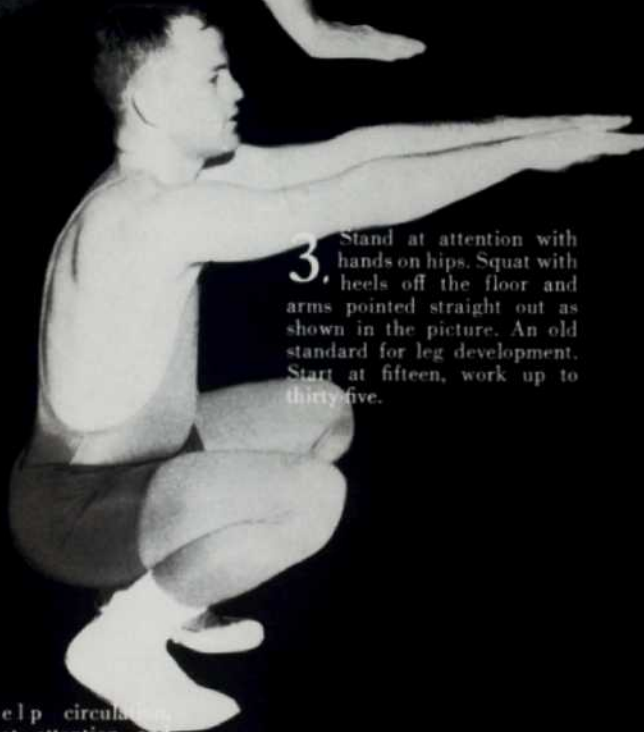
J. THOMAS EVANS, '54ed, HELPS THE GENTLEMEN RESOLVE

1. The lazy man's push-up. But Tom recommends it for its posture-correcting qualities. Start at ten, work up to fifty push-ups.

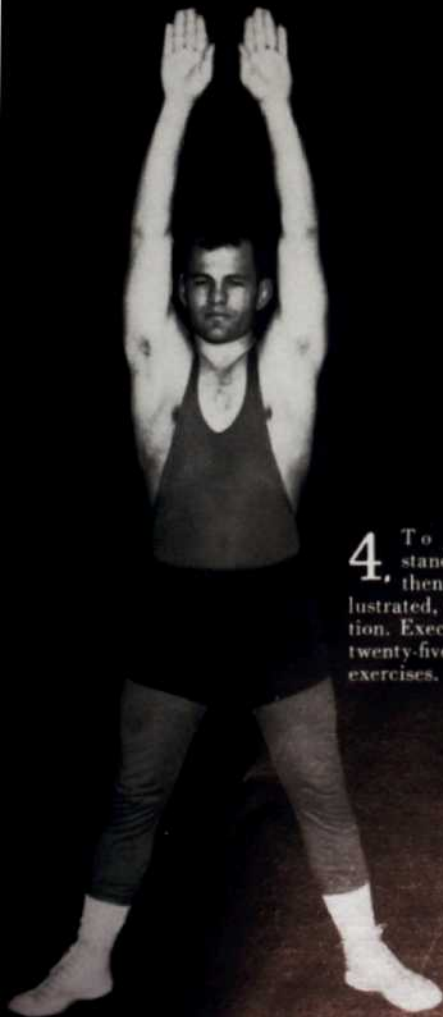


2. Lie on your back, your arms stretched straight behind you. Then, making a wide arc with your arms, sit up and touch your toes. This one's for the abdomen needless to say. Start at five, work up to thirty-five exercises.

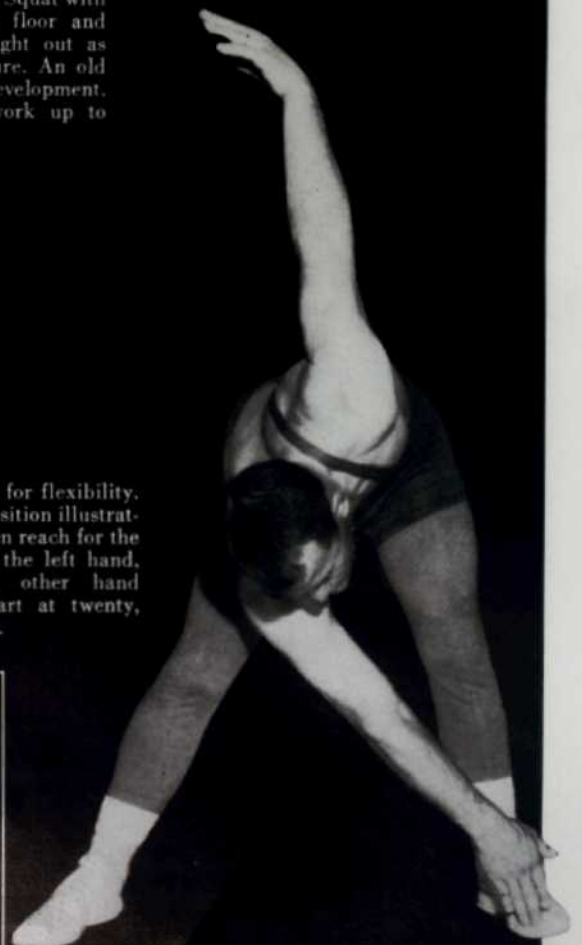
3. Stand at attention with hands on hips. Squat with heels off the floor and arms pointed straight out as shown in the picture. An old standard for leg development. Start at fifteen, work up to thirty-five.



4. To help circulation, stand at attention and then jump to position illustrated, then back to attention. Execute rapidly. Start at twenty-five, work up to fifty exercises.



5. This one's for flexibility. Start at position illustrated and then reach for the right foot with the left hand, swinging your other hand above you. Start at twenty, work up to fifty.



Tom Evans, O.U.'s scrappy 1952-54 National Wrestling Champion, has returned to O.U. this last fall to become assistant wrestling coach under Port Robertson. Tom spent his in-between years as a lieutenant in the Air Force. His wife is the former Carolyn Scott, '52-54. They have two children, Michael Glen, 5, and Bryan Thomas, 1.