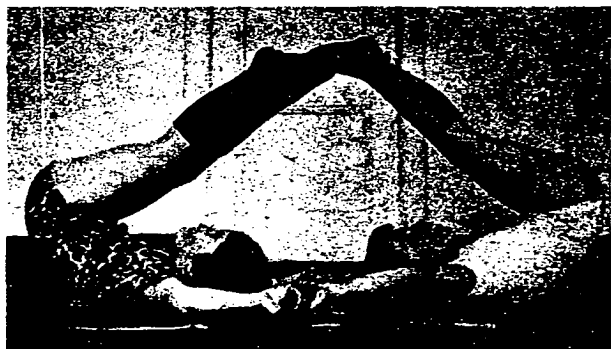




REACH HIGH: Applicant for new Y. W. C. A. junior fitness class is tested by Dr. Sonya Weber to determine abilities and needs.

Object: Fitness

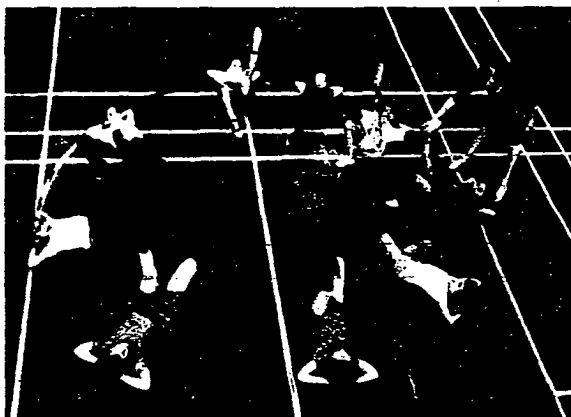
Many experts hold that lack of exercise is turning today's child into a slack-muscled "softy." Among the latest efforts to reverse the trend are special classes like this one for youngsters 6 to 10 at the Y. W. C. A.'s Central Branch.



TOUCH TOES: Teamwork is required for some of the special class exercises.

Right—
BEND LOW: Progress in limbering tensed muscles is measured with a ruler.

Below—
STRETCH SLOW: Teacher enforces straight-knee rule as the group works out.



Photographs by LEW MERRIM