

HOME ENTERTAINMENT

MUSIC, VIDEOS AND NEW IDEAS FOR THE HOME

Puff, puff, whirr, whirr

By Betsey Hansell
Special to the Inquirer

Kathy Smith will help you burn fat and lose weight, Jane Fonda will get rid of your stress, Maria Bergh provides an African "cultural workout" and Callan Pickney promises that you'll look "10 years younger in 10 hours." Buy their exercise videos and see.

AEROBICS WITH SOUL FEATURING MARIA BERGH (1988) If you like dancing, African music and wild animal cries, and if you don't mind improvising when the camera forgets to focus on feet, this handsome tape will be a welcome addition to your workout library. Bergh, a dance teacher born in Tanzania, adapts African dance movements to an aerobic-class format, including an unusually wide range of stretches. Kids will love the animal steps, and the Pata-Pata pet-your partner dance and the Khanga, in which lengths of cloth are waved like semaphores. Warning: if your hips don't swivel, don't buy it.

*Want to work out
with your VCR?
Here's a guide to the
top exercise tapes —
and what to look for
in setting up a
program.*

*Jane Fonda has long been a
queen of exercise video.*

