

Fitness in American Culture

Images of Health, Sport, and the Body, 1830–1940



Edited by Kathryn Grover

Fitness In American Culture Images Of Health Sport And The Body 1830 194

Lei Shi



Fitness In American Culture Images Of Health Sport And The Body 1830 194:

Phallacies Kathleen M. Brian, James W. Trent, Jr., 2017-09-01 Phallacies Historical Intersections of Disability and Masculinity is a collection of essays that focuses on disabled men who negotiate their masculinity as well as their disability Essays include war related disabilities male hysteria suicide clubs mercy killings and portraits of disabled men in literature and popular culture **Journal of Physical Education, Recreation & Dance** ,1989 Paperbound Books in Print ,1992

The American journal of clinical nutrition ,1954 **Forthcoming Books** Rose Arny,1990 **Fitness in American Culture** Kathryn Grover,1989 Focusing on the period from 1830 1940 this collection of essays by six distinguished historians explores American fascination with health and sport a preoccupation that continues even today in the current diet and fitness craze Other topics explored include changing attitudes toward fitness and wellness how advertising reflected health concerns iron as a symbol of vitality and strength the increasing specialization of foods and the advent of organized and competitive sports **Leisure, Recreation, and Tourism Abstracts** ,1995 Index Medicus ,2003 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings Subject Guide to Books in Print ,1971 Arts & Humanities Citation Index ,1979

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

Physical Culture and the Body Beautiful Jan Todd, 1998 Todd kinesiology and health education U of Texas Austin discusses the diverse spectrum of women's exercise in the antebellum era especially exercise systems related to an ideal of womanhood and the ways that purposive training influenced American women physically intellectually and emotionally She also considers the contributions of several physical education figures Sarah Pierce Mary Lyon William Bentley Fowle Catherine Beecher David P Butler Dio Lewis and the phrenologist Orson S Fowler Annotation copyrighted by Book News Inc Portland OR

Fit for America Harvey Green, 1986 It does seem to me that there would not be so much pain and suffering if there were no doctors The skepticism reflected in this statement by a New York farmer in 1853 quoted in this fascinating study of medicine American culture and values was definitely a sign of the times Three medical philosophies and their offshoots heroic botanic and homeopathic were prevalent in the 19th century often practiced by doctors with little more than six weeks of training No wonder the skepticism of the masses and the high mortality rates With meticulous scholarship keen insight and clear writing Green shows how religion the frontier spirit ignorance about sanitation and the national drive for perfection spawned these contrasting philosophies of health A lively social history with many lessons for our own time recommended for public and academic libraries Library journal Jack Forman Mesa College Library San Diego

Sport and body culture: Images of the body in sport and exercise Peter Donnelly, 1994

Women and Fitness in American Culture Sarah Hentges, 2013-11-05 This book explores common representations and experiences of American fitness It takes women's experiences as the center of inquiry toward an understanding of the function of fitness in our lives and in our culture at large Ranging from 1968 to the present from Jane Fonda to WiiFit from revolution to institutionalization from personal to political and beyond this book considers a broad range of topics from an interdisciplinary perspective generations cultural appropriation community development choreography methodology healing and social justice Drawing on her experience as a cultural theorist educator and fitness instructor the author offers critical and creative approaches that reveal the limitations and possibilities of fitness The book enables readers to think about their own relationship to fitness as well as the more abstract meanings of the term and suggests the idea that fitness has some potential to transform our worlds if we're willing to do the work out

Body Panic Shari L. Dworkin, Faye Linda Wachs, 2009-02 Dworkin and Wachs analyze 10 years of health and fitness magazines to uncover how bodies are made in popular culture Are you ripped Do you need to work on your abs Do you know your ideal body weight Your body fat index Increasingly Americans are being sold on a fitness ideal not just thin but toned not just muscular but cut that is harder and harder to reach In *Body Panic* Shari L Dworkin and Faye Linda Wachs ask why How did these particular body types come to be fit And how is it that having an unfit or bad body gets conflated with being an unfit or bad citizen Dworkin and Wachs head to the newsstand for this study examining ten years worth of men's and women's health and fitness

magazines to determine the ways in which bodies are made in today's culture. They dissect the images, the workouts and the ideology being sold as well as the contemporary links among health, morality, citizenship and identity that can be read on these pages. While women and body image are often studied together, *Body Panic* considers both women's and men's bodies side by side and over time in order to offer a more in-depth understanding of this pervasive cultural trend. **Indian Club**

Swinging and the Birth of Global Fitness Conor Heffernan, 2023-12-14 Emerging in colonial India, the fitness fad that was Indian Club Swinging became a global exercise practice in the early 19th century. Used by physicians, soldiers, gymnasts, children and athletes alike, clubs were used to solve numerous social concerns and ills and often prescribed to treat everything from depression to spinal abnormalities. This book provides a definitive account of the rise and spread of club swinging as it spread from India to Europe and America, asking why and how it became so popular. Discussing the global commercial fitness culture of the 19th century, *Indian Club Swinging and the Birth of Global Fitness* explores how the popularity of this exercise reflected much deeper global and domestic concerns about body image, military preparation and education. Addressing broader questions about nationalism, gender, race and popular commerce across the British Empire, it highlights the origins of our modern transnational fitness culture and shows how it intersected with global and colonial understandings of health, medicine and education. **Gym Bodies** James Brighton, Ian Wellard, Amy Clark, 2020-10-15

Drawing on empirical research, this fascinating new book explores the embodied experiences of gymgoers and the fitness cultures that are constructed within gyms and fitness spaces. *Gym Bodies* offers a personal, interactive ethnographic account of the multiplicity of contemporary gym practices, spaces and cultures, including bodybuilding, CrossFit and Spinning. It argues that gym bodies are historically constructed, social, sensual, emotional and political, that experience intersects with multiple embodied identities and that fitness cultures are profoundly important in shaping the body in wider contemporary culture. This is important reading for students, tutors and researchers working in sport and exercise studies, sociology of the body, health studies, leisure, cultural studies, gender and education. It is also a valuable resource for policy makers and practitioners within the fields of sport, leisure, health and education. ***Crusaders for Fitness*** James C. Whorton, 2014-07-14

To reveal the importance of a subject that has long suffered from scholarly neglect, Professor Whorton demonstrates that health reform campaigns were not mere fads but ideologies composed of a mixture of religious and scientific ideas and themes from the popular culture. Originally published in 1982, The Princeton Legacy Library uses the latest print-on-demand technology to again make available previously out-of-print books from the distinguished backlist of Princeton University Press. These editions preserve the original texts of these important books while presenting them in durable paperback and hardcover editions. The goal of the Princeton Legacy Library is to vastly increase access to the rich scholarly heritage found in the thousands of books published by Princeton University Press since its founding in 1905. **Crusaders for Fitness** James C. Whorton, 1982-01-01

Reviewing **Fitness In American Culture Images Of Health Sport And The Body 1830 194**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Fitness In American Culture Images Of Health Sport And The Body 1830 194**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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