

From Dance To Nautilus To Body Building

By John Szozda

All her life Celeste Beerman has been active but, as a woman, she said she didn't know how to bottle her energy to her satisfaction.

First, it was dance. She's worked in New York and earned a Master's Degree in dance from the University of Utah. Dance satisfied her craving for movement, but she found the discipline somewhat confining. Not confining enough to abandon her career as a choreographer and instructor at BGSU, but restricting enough to try running in 1978.

For two years, Celeste ran seven days a week. She won a number of local runs and probably would have stayed with it if not for a friend who took her through a Nautilus workout in 1980. She liked what she found and has been at it since.

What does she like about this unique cam and chain system that has become a popular form of weight training for professional athletes? "It provides constant resistance against the full range of muscle movement," she says as if reading the brochure. "It stretches and strengthens at the same time. I find it so effective, I recommend it to the dancers in my classes."

Celeste also likes Nautilus because of the flexibility it produces and because it puts her in touch with individual muscles, both needed for dance.

Bodybuilding whets appetite

Although she is dedicated to the Nautilus system, it hasn't dulled her appetite for a new challenge. She is combining a freeweight and Nautilus program together to compete in a bodybuilding contest in Youngstown in August.

This new avenue for her talent was

stumbled upon when Celeste did a choreography project for a music festival at BGSU. The dance called for a number of Greek gods. Celeste enlisted the aid of area bodybuilders. It was in combining dance, music and bodybuilding that Celeste saw a new art form and a new passion.

Being involved on a daily basis with both dance and bodybuilding has given Celeste insights into both arts.

"As far as posing in bodybuilding, dance worked against me. It's all soft touch....composed....delicate...I found I needed to be more forceful and aggressive in posing," she explained. "Where the dancing has helped me is in grace and movement from pose to pose.

"On the other side, I've found the bodybuilding experience has made me a more forceful, aggressive dancer. And, I

like that."

Outlet for creativity

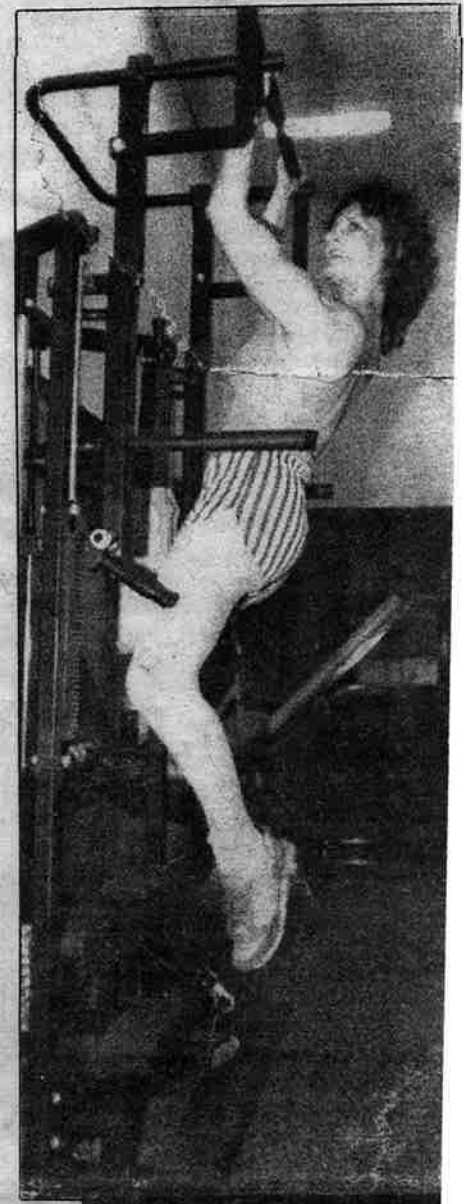
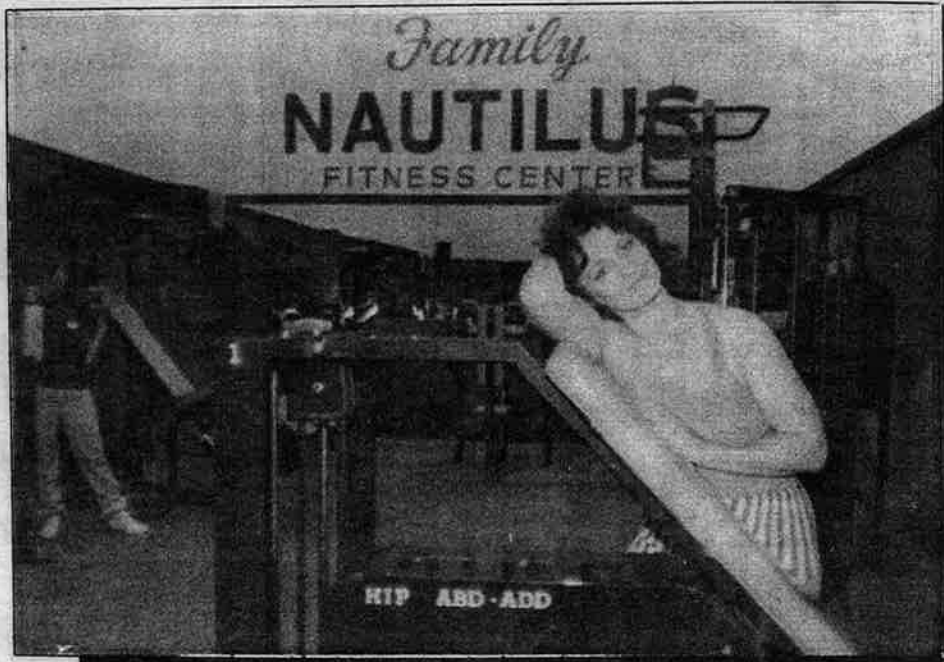
Not only has bodybuilding helped Celeste in dancing, it has also been an outlet for her creativity.

"Where it (creativity) comes in to play is from moving from pose to pose in a routine. You want to milk the audience...to show intricate muscular definition....It's somewhat of a cross between a barroom brawl and a ballet...You want to be as sensuous as you can, but as muscular too...."

Celeste has been working out with Nautilus three to four days a week at the Racquet Connection in Perrysburg. She also lifts free weights regularly in a gym in Bowling Green.

One change from dance to bodybuilding that Celeste hasn't quite warmed up to, is that she must adhere to a

strict diet plan for bodybuilding. It means an increase in her intake of meat and carbohydrates. As a dancer she was a "vegetable person" but, then again, as Celeste looks at it, it's just one more challenge.



Celeste works on the curl machine (lower left) and the chin up bar (right).