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ABC News



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Synopsis

This text discusses the integration of computers into fitness and rehabilitation, specifically through the Wilson Ariel computerized exercise system. This system allows fitness machines to automatically adapt to the user's exercise needs, adding objectivity to the process. It provides a custom exercise or rehabilitation program for each individual, enabling them to exercise at their own pace and become experts at creating and analyzing their routines. Despite the benefits, the inventor, Dr. Gideon Ariel, emphasizes that the computer is a tool and not a replacement for a physical therapist. The system is a result of 18 years of biomechanical research.

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Audio transcription

Frame	#	Time	Spoken text
	0.	00:00:00	<i>You're watching KMGH-TV, Denver.</i>
	1.	00:00:06	<i>This is music with Mike Ahern, Debbie Knox, Channel 5, KTLA, Los Angeles, WTVC, TV9,</i>
	2.	00:00:14	<i>Chattanooga.</i>
	3.	00:00:15	<i>Until now, therapists and trainers decided how to set fitness machines.</i>
	4.	00:00:20	<i>Now because of the computers, the machines automatically and electronically adapt to</i>
	5.	00:00:24	<i>the patient's exercise needs.</i>
	6.	00:00:25	<i>But instead of taking responsibility away from exercise professionals, this adds an</i>
	7.	00:00:30	<i>important objectivity to the fitness and rehabilitation process.</i>
	8.	00:00:36	<i>Joe Brigelio, a Votion Township, New Jersey, is recovering after his fourth knee operation</i>
	9.	00:00:41	<i>by exercising on the computerized exercise system.</i>
	10.	00:00:44	<i>Maggie White of Miami is in for her daily workout.</i>
	11.	00:00:47	<i>She's also using the computerized exercise system.</i>
	12.	00:00:50	<i>This fusion of sports and medicine is becoming more popular as the equipment that serves</i>
	13.	00:00:55	<i>both becomes more sophisticated.</i>

Frame	#	Time	Spoken text
	14.	00:00:57	<i>Here to each individual, my workout is completely different from anyone else's and the machine</i>
	15.	00:01:04	<i>knows what I can do and how far I can do it.</i>
	16.	00:01:08	<i>That describes the essence of the Wilson Ariel computerized exercise system, its ability</i>
	17.	00:01:13	<i>to provide a custom design program of exercise or rehabilitation for each individual who</i>
	18.	00:01:18	<i>uses it.</i>
	19.	00:01:20	<i>Because of its design and instruction, almost anyone in rehabilitation or fitness can become</i>
	20.	00:01:25	<i>an expert at creating and analyzing exercise routines.</i>
	21.	00:01:29	<i>In addition, it allows Joe to exercise at his own pace without the constant supervision</i>
	22.	00:01:33	<i>of a physical therapist.</i>
	23.	00:01:35	<i>It gives you something to motivate yourself.</i>
	24.	00:01:38	<i>You don't need somebody standing here telling you you're not pushing.</i>
	25.	00:01:41	<i>You can look at the graft and it'll tell you you're not pushing hard enough.</i>
	26.	00:01:43	<i>Can computers replace the personal touch of the physical therapist, Dr. Gideon Ariel,</i>
	27.	00:01:48	<i>inventor of the Wilson Ariel computerized exercise system, doesn't think so.</i>
	28.	00:01:52	<i>The computer is not the physical therapist.</i>
	29.	00:01:55	<i>The computer is only the tool that provides the physical therapist a simple method to</i>
	30.	00:02:00	<i>implement his knowledge.</i>
	31.	00:02:03	<i>But as in so many other fields, this computer is quickly becoming a partner necessary for</i>
	32.	00:02:08	<i>the serious exerciser.</i>
	33.	00:02:09	<i>By the way, this computerized exercise system is the result of 18 years of biomechanical</i>
	34.	00:02:15	<i>research.</i>

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