

Does Radio Control Flying Qualify as Exercise?

From the Eglin Aero Modellers, Fort Walton Beach, Florida

Is the flying of Radio Control aircraft considered adequate exercise? Arguments for and against are described below.

1. Almost every flier gets up at 6 a.m. to fly in the mild breezes of dawn. Problem: A person has to get up more than once before they are considered to be doing sit-ups.

2. RC fliers tend to have larger thumbs. Problem: There is no known association between cardiovascular fitness and large thumbs.

3. RC fliers often bend down or squat near their airplanes. Problem: It has been noticed that once they are down, they have a hard time getting up.

4. Some of the terminology sounds like exercise. For example, sport aerobatics, fuel, or gear. Problem: Terminology in and of itself is insufficient evidence of an adequate aerobic exercise program.

5. RC fliers often are seen walking in the desert. Problem: Generally, they only walk in the desert once a quarter, and that is not for exercise but to recover a downed aircraft.

6. Weight lifting involves a buddy to spot the lifter. Problem: Even though club members use a "buddy box" and often "spot" real airplanes, the concepts involved are quite different than those used in body building.

7. In an exercise program, an individual is known to sweat after about 20 minutes. RC fliers also are known to sweat after about 20 minutes. This is the only assertion where similarities exist between exercise programs and RC flying.

8. People who exercise usually have better eyesight. Fliers often have to see at great distances but generally cannot tell whether the object they are looking at is right side up.

9. Persons involved in exercise programs often are fixated on building the perfect shape. Similarly, RC builders are fixated on achieving the perfect shape, but in this case, we are talking about the aircraft, not the person. The individual may actually be way out of shape.

10. Those involved in exercise programs are concerned about weight gain. RC builders are equally concerned about weight gain, but again the focus is on the aircraft.

11. People who are successful in exercise programs generally work out at the same time of day, five times a week. RC fliers can be found at the field on the same days and times.

12. Conversations among those who exercise regularly often are laced with letter and number combinations, (B-6, B-12, the B complex). Similarly, RC flier conversations contain letter and number combinations (B-52, P-26).

And finally. There are two secrets to keep your marriage brimming.

1. Whenever you're wrong, admit it.
2. Whenever you're right, shut up.

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