

ATHLETIC GROUP	FITNESS LEVEL VO ₂ max (ml/kg/min)			
	30	50	70	90
Cross Country Skiers				
Elite Distance Runners				
Elite Cyclists				
Lightweight Men Rowers				
Elite Swimmers				
Race Walkers				
Champion Rope Skippers				
Pro Soccer Players				
Pro Racketball Players				
Pro Football Players				
Tennis Players				
Pro Basketball Players				
Body Builders				
Untrained Normals				
Grand National Drivers				

fitness

Barry Franklin



Who's fittest of them all?

Question: Isn't it true that elite cyclists have the highest cardiovascular or aerobic fitness of any athletic group? My friend claims that cross-country skiers are the most fit athletes in the world. A six-pack rides on your answer.

M.B., Southfield

Cardiovascular or aerobic fitness is defined as the ability to take in, transport and utilize oxygen. It is determined by a test of the maximal oxygen consumption (VO₂ max), preferably in a laboratory.

The laboratory test involves the estimation or direct measurement of an individual's oxygen consumption at peak exercise, usually on a treadmill or stationary bicycle.

Since a large person will generally have a large oxygen uptake, the value is usually divided by body weight so that people of various sizes may be compared.

This value is commonly expressed in milliliters of oxygen per kilogram of total body weight per

minute (ml/kg/min). Obviously, the higher the score the higher the level of aerobic fitness.

The variation in maximal oxygen consumption (VO₂ max) values for different athletic groups is shown in the figure. All athletes were males, of similar age, and considered to be elite or national caliber.

Note that the values are highest in those groups of athletes whose sport requires sustained rhythmic exercise. In contrast, lower values are noted in static or sprint-type sports.

It is interesting that grand national race car drivers have fitness levels actually below those found in untrained men!

The highest values of maximal oxygen consumption are reported for cross-country skiers, with long distance runners a close second. While elite cyclists have high levels of cardiovascular fitness, they tend to be slightly lower than those for skiers and runners.

You buy the beer!

The writer welcomes questions. Send them to this newspaper.



DO YOUR KIDS HAVE A WAY WITH CLAY?

Find out at Pottery-pourri '81 February 7—March 1. Bring your kids to Henry Ford Museum's pottery exhibit and see what feats of clay they can perform. Six wheels await little hands fashioning bowls and other clay creations.

Don't miss this rare opportunity for your children to work hand-in-hand with professional potters. These potters will also be working wheels, turning out reproductions of pieces from the Museum collection.

Plus... your family can get fired up participating in coil building and slab molding, and seeing slide presentations on dry clay mixing and kiln firing. So c'mon out and potter around at Pottery-pourri '81! While you're here, browse the Museum's fascinating galleries and giant Hall of Technology.

Call the Village Party Line—(313) 271-1976—for general information.

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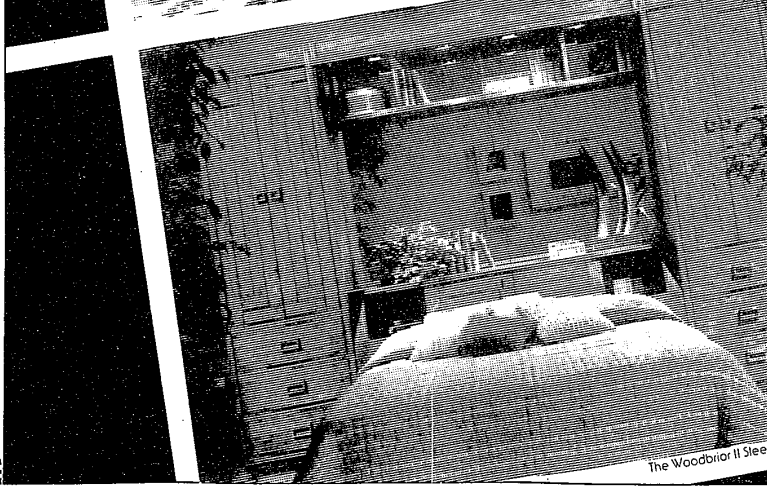
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DINING ROOM	\$1139	\$911
Rectangular table	310	248 each
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Armoire	499	399
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Light bridge (King)	145	116 each
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