

fitness

Barry Franklin



Exercise cuts weight

QUESTION: Since there are so few calories expended during exercise, is it worthwhile to consider exercise as a factor in weight control?

You'll hear many misconceptions that minimize the effectiveness of physical activity in weight reduction. One misconception — that exercise requires relatively little caloric expenditure — could be discounted by noting the wide differences in daily caloric requirements between individuals.

Allowances vary from 2,400 calories for sedentary men to 6,000 or more calories for laborers, soldiers in the field, or endurance athletes, many of whom are among the leanest people in the world.

This range of caloric requirements should weaken the belief that physical activity plays a negligible role in the balance between energy intake and expenditure.

Exercise critics frequently claim that "a pound of body fat (equivalent to approximately 3,500 calories) can be worked off only by walking 36 hours, or splitting wood for seven hours, or playing volleyball for 11 hours."

These extremes of physical exercise discredit the possibility of losing weight by increased activity because they imply that the caloric cost of exercise depends entirely on one exercise session.

However, nutritionist Dr. Jean Mayer points out that the calorie-expenditure effects of exercise are additive. To this end, if we split the seven hours of wood chopping into one 15-minute period each day, we could lose approximately one pound of fat in only 28 days or 13 pounds per year.

Since we do not gain that "extra" five for 10 pounds in one day, it is unrealistic to expect to lose it with such expediency.

Project 'BEAR' aids motorists

"Project BEAR" (Broad Emergency Assistance Radio), now one year old, has proved an effective, economical and reliable way of providing motorist assistance along I-96 freeway between Grand Rapids and Detroit, state officials say.

Project BEAR is a cooperative effort by the State Police, MDOT, the Federal Communications Commission and the Federal Highway Administration. It uses the Citizens Band radio emergency channel 9 to provide direct communication between motorists and the State Police.

It is the first of its kind in the nation. Since it began in October, 1978, the sys-

tem has averaged 12 calls per day, triggering some form of aid or response to more than 4,000 motorists or emergency situations.

THE SYSTEM consists of 10 CB relay towers along the 140-mile stretch.

When a motorist anywhere on or near the freeway has a problem or sees another motorist in trouble, he or she uses channel 9 to communicate directly with the State Police radio dispatcher. The dispatcher then contacts a local State Police post or other service agency to handle the emergency.

Said MDOT Director John P. Woodford: "There was some concern at first that the system would not serve motor-

ists who did not have CB radios in their vehicles. However, a survey indicates that nearly 50 percent of the calls received are from motorists who are reporting other motorists' needs.

"This correlates with another survey that shows nearly half the vehicles traveling I-96 are equipped with CB radios."

THE MAJORITY of the calls received on Project BEAR are for motorist assistance, but state police also have responded to accidents, highway hazards and medical emergencies.

"We've found the system very helpful," said Lt. Bernard Schiebler of the State Police. "It enables us to arrive on a scene a lot faster. In some cases, a CBR's call has cut our arrival time by 15 minutes and, in a crisis, arriving just a few minutes earlier can make a difference."

"It's not the most ideal system, because at times atmospheric noise and 'skip' on the CB frequency causes problems relaying information, but for the money it's the best. Motorists are more apt to use their CB than stop and use a roadside call box."

Talent show for retarded at OU

The seventh annual Michigan Performing Arts Talent Show, sponsored by the Association for Retarded Citizens of Oakland County, will be held at 6:30 p.m. Saturday in Varner Hall on the Oakland University campus in Rochester.

All of the talent show participants are persons with mental retardation. Twenty acts from around the state will perform, including vocal acts, dance routines and instrumentals.

A 50 cents admission donation is requested.



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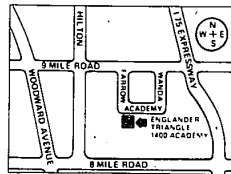
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