

fitness

Barry Franklin



Body balances calories

Question: Please explain what is meant by the "basal metabolic rate." How is it related to the regulation of body weight?

M.C. Southfield

The body has a wonderful control center in the brain which regulates energy balance to maintain a fairly constant weight. When energy intake (calories) equals energy expenditure (calories), the scale is balanced, and body weight is maintained.

While energy intake is determined by the amount and kinds of food you eat, your energy expenditure is influenced by two factors — basal metabolic rate (BMR) and daily physical activity.

THE BMR refers to the amount of fuel or calories the body burns at rest. This is the energy required to maintain body temperature and vital body processes when the engine is "idling."

Two major factors which affect the BMR are body weight and composition. In general, the more you weigh, the greater the BMR.

Since fat tissue uses less energy than muscle, a fat person burns fewer calories at rest than a lean individual of the same weight. This accounts in part for the 5 to 10 percent lower calories needs of women, since women generally have more fat and less muscle than men of comparable height and weight. The energy required for the BMR can be estimated

by multiplying the body weight in pounds by 11 for men, and 10 for women. For example, a 154-pound man will require 1,694 calories every day (154 x 11) in order to simply lie quietly in bed. Similarly, the 125-pound woman would burn 1,250 calories at complete rest.

Any physical activity above the resting level will require extra calories. For the physically active person, the total daily caloric expenditure may be two or more times the BMR. For most people, however, physical activity adds only a small amount to the basal energy requirement.

CONSIDERING the battle of weight control, it is unfortunate that the BMR declines slowly as we age. Most authorities attribute this to the decrease in muscle mass and increase in fat weight which often occurs in middle and later life.

Since the aging body burns fewer calories to maintain vital body processes, if the caloric intake remains constant, you will inevitably gain weight.

As a result, most nutritionists recommend reducing the caloric intake or increasing the degree of physical activity as we age.

The writer is co-director of cardiac rehabilitation at Sinai Hospital and on the medical faculty at Wayne State University. Questions may be sent to him in care of this newspaper.

U-D panels view economy of the 1980s

Several business, labor, political and educational leaders will discuss the changing Detroit economy and how the business world can react to it at a special one-day conference on "Detroit: Managing the Uncertain '80s" April 4 at the University of Detroit.

Speakers for the conference, sponsored by the U-D College of Business and Administration for the Detroit business community, will include General Motors President F. James McDonald and John Riccardio, chairman of New Detroit Inc.

Three panel discussions will analyze the variety of factors affecting Detroit's economic outlook for the 80s.

Sen. Don Riegle, U.S. Rep. Jim Blanchard, UAW Vice President Marc Sepp, SEMTA General Manager Larry Salci and Detroit Renaissance Corp. President Robert McCabe will participate in a discussion on the role government and labor must play in the reindustrialization and recovery of the economy.

The third panel discussion will examine the direction education will follow to help conquer the city's economic problems during the decade. U-D business faculty members Michael Bernacchi, Ken Kono, Donald Byrne and Nicolas DeGrazia will participate.

A panel discussion on the impact of economic change on trade, industry,

commerce and jobs in Detroit will feature speakers Dave Littmann of Manufacturers National Bank; Frank Hennessey of Handleman Co.; Martha Seger of the State of Michigan Financial Institutions Bureau and Abe Venable of the Detroit Port Authority.

Lunch and an informal reception with participants following the conference are included in the \$25 registration fee. Pre-registration is encouraged by March 27. To register, send a check with your name and address to Dean Sam Barone, College of Business and Administration, University of Detroit, 400 W. McNichols, Detroit 48221. Checks should be made payable to University of Detroit.

Give them something to giggle about... their photo with the Easter Bunny.



Easter Market Happenings

Twelve Oaks Mall cordially invites you to join The Easter Parade. The Easter Bunny will lead our Easter Parade Sunday, April 5 2:00 p.m. Center Court

"Jelly Bean Junction" In the "Enchanted Easterland" Photos are available. Free Gifts for everyone! April 5-April 18 Center Court

Monday-Saturday 10:00 a.m.-9:00 p.m. Sunday 12:00 p.m.-5:00 p.m.

twelve oaks mall

Located on Novi Road, North of I-96 Stroller Rental Available Monday-Saturday Hours are 10:00 a.m.-9:00 p.m. Sunday Noon-5:00 p.m.

Gorman's Celebrates Its 41st Birthday!



Save 25% On Drexel's Contemporary Chairs And Sectionals During Our Anniversary Sale!

In the mood for comfort, versatility and beauty? Then you can't help stopping by Gorman's and saving on our contemporary chairs and sectionals. Custom covered with your choice of fabrics, they'll add a whole new dimension to your home and a whole new standard of luxury. And at a 25% savings! So don't miss Gorman's "In The Mood Anniversary Sale" for savings like these and more!



	WAS	NOW
CHAIR, LEFT	\$389	\$289
SECTIONAL SOFA		
Armless Section	\$369	\$277
Corner Section	\$444	\$333
Ottoman	\$225	\$169
CHAIR, RIGHT	\$359	\$269

Come to our In The Mood Anniversary Party!

Wednesday, April 8, 7-11pm
A Benefit For The USO • Admission: 1 War Bond (\$10)
Dancing with WSU Jazz Lab Band • RSVP: 353-9880

GORMAN'S

SOUTHFIELD Telegraph at 12 Mile • 353-9880
TROY W. Big Beaver at Crooks • 649-2070
NOW IN FAIRLANE 260 Town Center Drive, Dearborn
(ACROSS FROM FAIRLANE SHOPPING CENTER) • 336-0340
All stores open daily 10 to 6: Mon., Thur., Fri. till 9
Troy and Fairlane open Sunday Noon to 5:30.