

Here's a simple formula to count those calories

It takes fewer calories to maintain your weight as you grow older, according to Independence Health Plan. Calories are the units used to measure the energy your body requires to keep it going — even when you are asleep.

Just how many calories you use depends on many factors such as your weight, the amount of muscle work you do and what your body needs to keep you comfortably warm or cool. The more strenuous your activity, the more calories you require. Walking from room to room, for example, only uses about three calories a minute, while climbing stairs burns about 15 calories a minute.

Here's a simple formula to determine just how many calories you need to maintain the weight you had at age 18:

Take your present age and subtract 18 from it. Then multiply by 20. The result equals how many fewer calories you need today than you did at age 18.

Suppose you are now 28. Your age less 18 is 10, times 20 equals 200. That means you need 200 fewer calories today than you did when you were 18 to maintain the weight you were then.

On the average, 18-year-old men need 3,000 calories to maintain their weight and 18-year-old women need 2,100. Yours will have varied depending on factors mentioned above.

Body gives warnings

When doing any exercise, stay alert for warnings your body may give you, says Independence Health Plan. If you start to feel a pain, for instance, stop what you are doing.

Don't get to the point of breathlessness when you are exercising. As you begin breathing faster, always be sure you still are able to talk to a companion or hum to yourself.

It's a good idea to check your pulse rate often during exercise. A simple way to determine the exercising pulse rate you should maintain is to subtract your age from 220. Then calculate 70 percent to 85 percent of the number you arrived at.

For example, if you are 35, subtract

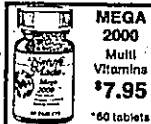
35 from 220, which equals 185. Your rate would be 70 to 85 percent of that, or 130 to 157 beats per minute. If you are just starting to get fit, use the lower figure (130).

To figure the exercising pulse rate you have achieved, stop your exercise and immediately take your pulse for 10 seconds. Multiply that number of beats by six, and you know the rate at which you are exercising. Do not exceed the pulse rate you should maintain.

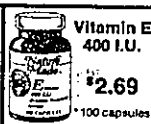
By maintaining your proper exercising pulse rate for at least 15 to 30 minutes per session, you will get the most out of your exercising. Just be sure to stop if your body tells you to stop.

NATURALLY GOOD!

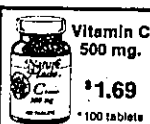
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Common sense approach

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"longevity is greatly determined by one's lifestyle," Belfie is a prototype of these philosophies.

This 54-year-old, 110-pound mother of four has promoted various aspects of physical fitness for most of her adult life. She founded and is president of Dynamic Energie Inc., a training and consulting organization established to help the public and private sector increase awareness and productivity by building skills in lifelong health habits.

Belfie, a graduate of Wayne State University with a master's degree in recreational therapy with emphasis on physiology and gerontology, teaches at Wayne State University, Southfield Civic Center, the Birmingham Community

House, Birmingham Barnum School and numerous locations in the tri-county area.

Belfie recently entered into an affiliation with Mary Glancz of Birmingham, European skin specialist. Belfie has introduced a "one-on-one" exercise program for both men and women in her studio at the Mary Glancz salon. Each "one-on-one" fitness program is designed to fit the needs of the individual and includes in-depth consultations on flexibility and endurance, nutrition habits, exercise levels and life style, as well as individual coaching and workout sessions. Appointments are scheduled 1-6 p.m. Monday through Thursday.

For more information, call 755-7150.

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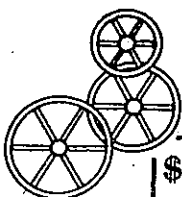
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