

Wellness

30% of hospitals move to new concept

Did you know that . . .

- Today, over 30 percent of all hospitals offer wellness or health-risk appraisal programs. Many more offer continuing education courses on nutrition, stress management, weight control, and fitness.

- Brown sugar offers no nutritional advantages over white sugar.

- In 1990 the two leading causes of death in the United States were influenza and pneumonia and tuberculosis, respectively; today, they are heart disease and cancer.

- A major scientific conference



fitness

Barry Franklin

was conducted by the National Heart, Lung and Blood Institute last year on the subject of blood cholesterol and heart disease. Conclusion: Persons over the age of 40 with a cholesterol level over 260 should be considered at high risk of heart disease.

- Many sports medicine physicians now recommend a five-step program that you should follow immediately after sports injuries, strains, and sprains to help relieve soreness, reduce pain and swelling, and speed up the healing process. These include: rest, ice, compression, elevation, and aspirin or buffered aspirin.

- A recent medical report noted that the prevalence of obesity among adolescents increases 2 percent for each hour of television viewed daily.

- When they gain weight, women generally add fat in the thighs first, then in the hips, stomach and upper torso — particularly the backs of the arms. When they lose weight, it usually comes off in reverse order — fat thighs being the last to go.

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1 in 8 has a marine engine

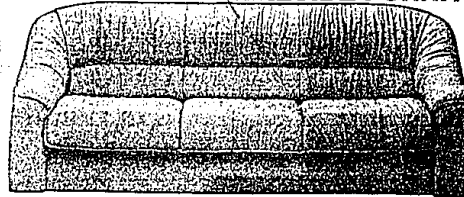
According to a market research survey by Champion Spark Plug Co., one of every eight U.S. families owns a marine engine and there are nearly 13 million boat engines in use in the nation.

By a large margin, the survey shows, boat owners' favorite use of their boat is for fishing.

Almost 82 percent of power boat owners participate in fishing, and outboard engine owners say they spend 61 percent of their boating time in search of fish.

The survey showed that 60 percent of power boat owners participate in "cruising." 31 percent enjoy water skiing, and 3 percent use their watercraft for hunting.

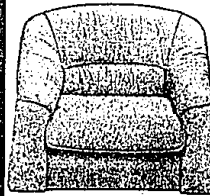
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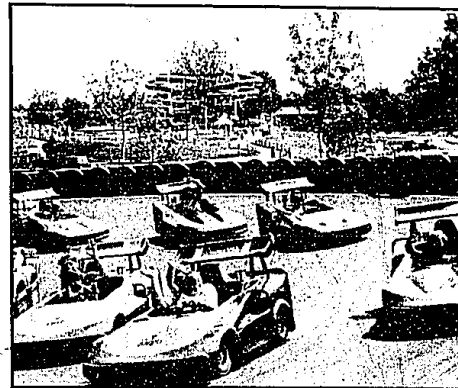
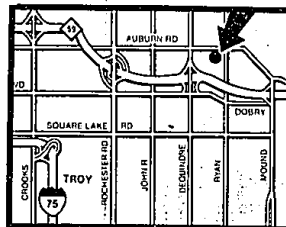
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