



fitness

Barry
Franklin

Wrong exercise can do you harm

ALTHOUGH it is generally agreed that physical activity is beneficial to health and well-being, it also is apparent that exercise may actually cause muscular or cardiac complications.

Previously inactive adults often have unrealistic impressions of safe and effective exercise practices. The amount of exercise needed to improve fitness is frequently overestimated. Undue fatigue, muscle soreness and injury often result. In rare instances, a life-threatening cardiac problem may occur.

Reports of cardiac complications associated with exercise have appeared in both the medical literature and the lay press. In fact, the American Heart Association's committee on exercise recently said, "For the sedentary individual, there is serious risk in the sudden, unregulated or injudicious use of strenuous exercise."

APPARENTLY, THIS cautionary note stems from three lines of evidence:

- 1) The risk of cardiovascular complications is transiently increased during vigorous exercise compared with that at other times. This appears to be particularly true among persons with heart disease and those who are unaccustomed to exercise.
- 2) Sudden strenuous exertion may result in serious abnormalities in the heart's electrical waveform, signaling an inadequate oxygen supply or potentially dangerous rhythm disturbances.
- 3) An increase in clotting may occur with sporadic, high-intensity exercise.

THESE RECOMMENDATIONS will help those who plan to initiate an exercise program:

- Check with your doctor if you plan to start a moderate intensity or strenuous exercise program. Although an exercise test is not necessary for everyone, it is generally recommended for apparently healthy individuals 45 and older or persons 35 and older with at least

'For the sedentary individual, there is serious risk in the sudden, unregulated and injudicious use of strenuous exercise.'

—American Heart Association

one of the following risk factors: high blood pressure, elevated cholesterol, family history of heart problems, diabetes, cigarette smoker.

- Get the right equipment: Plan to purchase a quality pair of gym shoes, warm-up suit, shorts, T-shirt, etc.

• Obtain good supervision. Supervised programs that offer competent exercise instructors are important in reducing exercise complications.

- Always warm up before, and cool down after, exercise. Avoid sudden strenuous exertion and abrupt cessation of vigorous exercise.

• Start gradually. If you plan to start jogging, start with a brisk walking program, and gradually progress to slow jogging over several weeks.

- Exercise regularly. Don't try to cram all of your exercise into one day per week — i.e., the weekend athlete.
- Avoid high intensity activity. High intensity activity may actually precipitate muscular or cardiac complications. As a general rule, the exercise should feel no more than "somewhat hard." The "talk test" is another simple way to determine if you are overdoing it: If you are unable to comfortably carry on a conversation during exercise, you are probably working too hard.

Barry A. Franklin, Ph.D., a Farmington Hills resident, is director of cardiac rehabilitation and exercise laboratories at William Beaumont Hospital, Royal Oak.

U-M dean: research funds pay off

The U.S. Department of Defense has awarded the University of Michigan three major contracts for basic research on high-speed computers, new types of structural materials and ship hydrodynamics.

The U-M contract proposals total \$32 million, but the exact amount of the contracts is still being negotiated.

"The success of the University of Michigan's College of Engineering in the University Research Initiative is a major victory for our faculty, who have competed head to head with all the other major research universities in the country for these awards," said Charles M. Vest, interim dean of the College of Engineering.

THE THREE U-M grant proposals would:

- Create a center for research on high-frequency microelectronics. It would explore the use of new materials to build much faster computer chips, which will eventually support signal processors and sophisticated machine vision systems.

The grant request would be spread over five years. It includes support for about 20 faculty members, sophisticated equipment for processing new materials and a fellowship program for as many as 44 graduate students.

- Investigate the structure of properties and the interrelationships for several classes of advanced structural materials, including structural ceramics and intermetallic alloys. The grant support would

involve several faculty members, equipment and research support.

- Support the investigation of a number of problems involving the movement of fluids around ships, with the long-term goal of improving

hull designs. The Space Physics Research Laboratory would build a new type of laser device to measure various properties of the surface of the water in the wakes of model ships.

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Continued from page 1 of 2

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