

Wrong exercise can do you harm

agreed that physical activity is beneficial to health and well being, it also is aparent that exercise may actually ause muscular or cardiac complica-

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 litness is frequently overesinnated. 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 an injudicious use of strenuous
exercise."

APPARENTLY, THIS cautionary note stems from three lines of evi-

note stems from under mines or evidence:

1) The risk of cardiovascular complications is transfently 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.

persons with heart disease and those who are unaccustomed to exercise.

2) Suddent stremous exertion may result in serious abnormalities in the heart's electrical waveform, signifying an inadequate oxygen supply or potentially dangerous rhythm disturbances.

3) An increase in clotting may oc-cur with sporadic, high-intensity ex-ercise.

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

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 learn problems, diabetes, eigaretie 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.

ant in reducing exercise complications.

• Always warm up before, and
cool down after, exercise. Avoid sudden strenuous exertion and abrupt
cessalion of vigerous exercise.

• Start gradually. If you plan to
start jugging, 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 blab intensity activity.

any per week — I.e., the weekend at hiele.

A wold high intensity activity, may actually precipitate muscular or cardiac complications. As a general rule, the exercise should feel no more than 'Somewhat hard.' The "lalk test" is another simple way to determine if you are overdoing it. If you are unable to comfortably carry on a consultation of the complex consulta

Barry A. Franklin, Ph.D., a Farmington Hills resident, is di-rector of cardiac rehabilitation and exercise laboratories at Wil-liam Beaumont Hospital, Royal Oak.

U-M dean: research funds pay off

The U.S. Department of Defense has awarded the University of Michagan three major contracts for basic research on high-speed computers, or described the state of the property of the Contract proposals total 322 million, but the exact amount of the contract is still being negotiated.

the contracts is suit using insoluted.

"The nuccess 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 nwards," said Chaires M. Vest, interim dean of the College of Engineering.

THE THERE U-M grant proposals would:

THE THREE UM grant proposals would:

• Create a center for research on tigh-frequency microelectronics. It would explore the use of new materiate 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, so-

FREE COVERS

We Can Help

he Oxfor Institute

REUPHOLSTERING SALE

STATEWIDE REUPHOLSTERY

students.

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

NOTICE

HUNDREDS OF COUPLES TO RECEIVE DELUXE CRUISES TO THE MEXICAN REVERIA OR THE CARIBBEAN

You can now have a luxury cruise for 8 days and 7 nights in deluxe accompositions for only 199 per person. You can take this trip anylime from Jan. 10, 1987 until Dec. 31, 1988.

LIMITED AVAILABILITY
These cruises are available on a
first come, first serve basis to an
couple over 21 years of age.

Call (313) 569-4525

836-8900

Intervention
 Lumily Program
 Community Education

962-2658 (Detroit line)

Sofas from \$249* Chairs from \$149* Sofas from "249" Chairs from "149.5
Kitchen & Dining Chairs from "19.95
5 Day Service Available
10% Discount to Senior Cilizens
Check Our Prices on Carpoting and Plastic Covers
All Work Quaranteed
FREE in-Home Estimates

ALCOHOLISM HURTS MORE

THAN THE DRINKER

THE OXFORD INSTITUTE

Accredited by the Joint Commission on Accredit, Approved by Illiar Cross Illiar Shedd of Michigan Attribated with Saint John Hospital

825 W. Drahner Road • Oxford, Michigan 48051

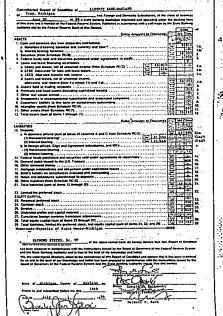
Medical Excellence and Human Understanding

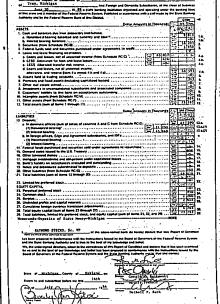
Confidential Lyaluation Residential Treatment Outpatient Services

Call for a Free Brochure

Involve several faculty members, equipment and student support, — Support the investigation of a number of problems involving the movement of fluids around salps, with the long-term goal of improving

bserver & Eccentric Newspapers' Call 591-0500 for route details





Weanswer cries for help from charities you know and cries from people you've néver met.

Your United Way gift helps many organizations in your community. But it also helps the children, the elderly, the homeless, helps the children, the elderly, the homeless, the destitute—the individual people who need individual responses to their problems and the people who need United Way to step in before a problem happens.

In fact, your United Way gift does more things for more people who really need help than any other single gift you can give.

Thanks to you, it works for all of us.

WHERE THERE'S A NEED, THERE'S AWAY. THE UNITED WAY



Invitation to A Michigan Family Reunion.

Michigan's Sesquicentennial is a wonderful opportunity to celebrate a number of things... not the least of which are family and friends. Because with so many things to see and do there will never be a better time to invite the people you love to the state you love. And to make the welcome official, if

would be delighted to send a letter of invitation and information about Michigan any out-of-state guest you name. Just call 1-800-MICHI or use the coupon. And make this a reunion you, you family and friends will alway

- :	Detent, vii 40232	Section of the second control of	* 17.3
to	Send our invitation to		`
L50	Name		
	Address		
r	City	Sine Zp	<u> </u>
s	On behalf of our family:		
	Name	No. 1 to A.	i.
	Caty	State Zip .	



