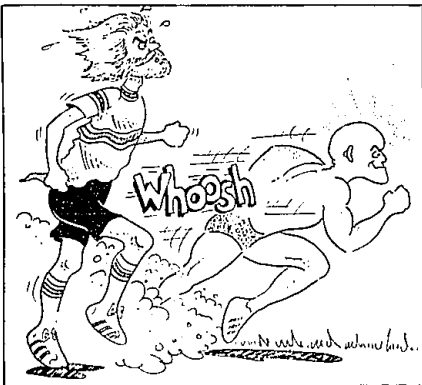




Long hair increases a runner's "wind drag" 6 percent, a loose cotton jersey by more than 4 percent.

Ultimate sprint: 102 floors up

D ID YOU KNOW that... According to a recent study, prescribed supervised exercise can be performed by cardiac patients at a low risk of major cardiovascular complications — one event every 81,000 patient-hours of exercise.



fitness
Barry Franklin

Perhaps the ultimate brief test of physical fitness is the annual race up 86 flights of stairs of the Empire State Building. Last year the winning time was 11 minutes, 53 seconds.

As compared with non-smokers, cigarette smokers have two to six times the risk of stroke at any given age or blood pressure. Thus, cigarette smoking appears to be an independent risk factor for stroke.

A California State University professor has discovered that changing "the shape a runner presents to the wind" can influence aerodynamic drag and performance.

For example, long hair increases wind drag by over 6 percent, a loose cotton jersey by over 4 percent. Although aerodynamic drag is only one variable, it may mean the difference between winning and losing a race.

Have you ever wondered why

your nervous friend can eat so much and stay so thin? Research has shown that fidgeters (i.e. people with nervous habits such as tapping their feet) may be burning anywhere from 200 to 850 extra calories a day!

Revolutionary new machines for measuring blood cholesterol are now available. The machines measure cholesterol values from a fingertip sample of blood and generally give results within four minutes. They are relatively accurate, inexpensive, require no special training to operate and, in sufficient quantity, analysis can be performed for about one dollar per test.

Barry A. Franklin, a West Bloomfield resident, is director of cardiac rehabilitation and exercise laboratories, William Beaumont Hospital, Royal Oak, and associate professor of physiology, Wayne State University School of Medicine.

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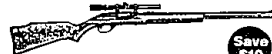
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MARLIN 30 AS 30-30 Scoped Rifle
Lever action, 6-shot magazine. **189⁹⁹** reg. 199.99



MARLIN 60 .22 cal. Scoped Rifle
Semi-automatic, cross-bolt safety. **79⁹⁹** reg. 99.99

REMINGTON Sportsman 12 12/20/MVR Pump Shotgun, reg. 219.99 **199.99**

REMINGTON 1100 12/20/MVR Auto. Shotgun, reg. 359.99 **359.99**

MARLIN 336 CS 30-30 Lever Action Rifle, reg. 209.99 **199.99**

MARLIN 336 CS .35 cal. Lever Action Rifle, reg. 209.99 **199.99**

RUGER 10/22/RB .22 cal. Semi-Auto. Rifle, reg. 129.99 **129.99**

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12 ga. Dove/Quail 8-shot, reg. 5.49 **4.49**

20 ga. Dove/Quail 8-shot, reg. 5.99 **4.49**

12 ga. Duck/Phoebe 6-shot, reg. 7.99 **6.49**

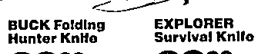
R30-30-2 170 gr., reg. 8.99 **7.99**

R35-R2 200 gr., reg. 10.99 **8.99**

R3006-4 180 gr., reg. 10.99 **9.99**

1500 .22 cal. HV, reg. 3.99 **2.99**

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New, easy adjusting draw length and more! **119⁹⁹** orig. 179.99

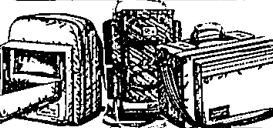
BEN PEARSON Compound Bow Kit **74⁹⁹** reg. 84.99

STEMMLER Game Getter Aluminum Arrows **19⁹⁹** reg. 24.99

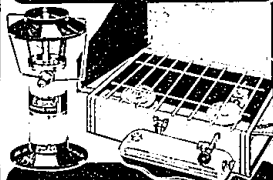
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