

Exercise won't increase resistance to infection

D ID YOU know that... Although many fitness enthusiasts believe that exercise improves their resistance to infection, there is no conclusive evidence to support this claim. Moreover, athletes should be cautioned against exercise in the presence of fever or illness.



exercising options
Myrna Partrich

• There are more than 200 exercise videos on the market today. It is estimated, with two new ones coming out each week. There are now home exercise videos for older adults, pregnant women, disabled people and heart patients.

• There are about 10 teaspoons of sugar in a 12-ounce can of Pepsi! In fact, soda pop is the largest single source of sugar in the American diet.

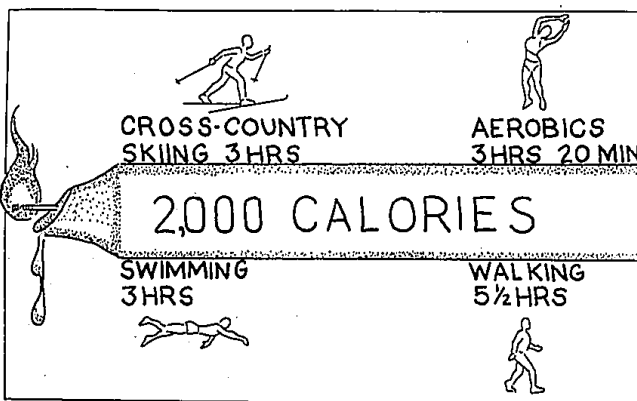
• About 25 percent of all sports injuries involve the knee.

• The results of a long-term clinical trial, involving thousands of heart patients with elevated blood cholesterol levels, showed that for every 1 percent the cholesterol level was reduced, the risk of heart attack was reduced by 2 percent. The patient who reduced blood cholesterol by 25 percent cut the risk of having a heart attack in half.

• According to a recent scientific report, nicotine chewing gum appears to help people attempting to stop smoking.

• Many experts now suggest that you expend about 2,000 calories a week on some form of exercise. Why? Research has shown that this amount of physical activity provides maximum protection against heart disease (see drawing).

Barry A. Franklin, Ph.D., is director of cardiac rehabilitation and exercise laboratories, William Beaumont Hospital, and associate professor of physiology, Wayne State University, School of Medicine.



Japanese honor scientist from OU

Venkat N. Reddy, director of Oakland University's Eye Research Institute, has won the cataract research award of the Cataract Research Foundation of Japan.

Reddy received a plaque and a prize worth \$8,000. The award was presented in December in Hawaii, at the fourth Congress of the U.S.-Japan Cataract Research Group.

Reddy is the second American to receive the prize in the two years it

has been awarded. The award, endowed by a Japanese oil company, goes to an individual who has made outstanding contributions in the field of cataract research.

"I have devoted nearly 30 years of my career to the study of the mechanism of cataract formation," Reddy said.

Among his recent research interests is a study of how the lens is able to protect itself against oxidation damage.

MSU astronomy course offered

Michigan State University is offering a course in Birmingham on exploring the solar system.

"Astronomy Beginners" will be held on five Thursday evenings 6:30-9:30, beginning Feb. 4, in the MSU Southeast Regional Center, housed in Groves High School.

The final course meeting, March 3, will be a guided tour through the heavens at Cranbrook Planetarium. Steve Dolidis, doctoral candidate in the MSU department of physics, will teach this course.

For registration information, call the MSU regional center at 645-5410.

Men, if you're about to turn 18, it's time to register with Selective Service at any U.S. Post Office.

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