

Health & Fitness

Far from being a passing fad, the pursuit of health and well-being has quickly become a way of life for Americans of all ages. Low impact aerobics, high fiber diets and preventive medicine are just a few of the catch phrases for the health-conscious '80s...

Your grandmother jogs, your younger brother has become an expert on macrobiotic cuisine, and your best friend has just decided to take up body-building training. Your husband or wife is fanatical about attending an aerobics class and your friendly family physician has just informed you that your

cholesterol level is as high as your blood pressure. If this scenario sounds familiar, you are not alone. More than ever before, people are concerned with keeping themselves fit and

healthy. America is shaping up, and the ways and means to do so are becoming accessible to people of all ages and social strata. The rewards of being healthy are great. Feeling less tense, happier about one's body, and more energetic far outweigh the time and effort needed to start a fitness program. And, as if that weren't enough, new research now points to the over-

whelming benefits of exercising and eating correctly in relation to preventing disease.

So next time someone tells you that he or she is running a marathon, join in and put your best foot forward—at least put on your sneakers and walk a few blocks!



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