

consumer mailbag

Q. How should I increase my normal, balanced diet to compensate for my new exercise program?

A. Since the beginning of recorded time, athletes have looked for the food that would give them an advantage. Many coaches and health magazines stress one particular food to be successful.

However, many nutritionists today and particularly the American Dietetic Association recommend the same diet for athletes as for the general public. The diet should include a variety of foods from the four food groups with no more than 35 percent of the calories coming from fat and at least 55 percent coming from carbohydrates with the remainder from protein.

These three nutrients supply the needed energy, but complex carbohydrates (cereals, breads, pasta) are the major source of energy during exercise.

Carbohydrates provide the fuel for anaerobic exercise, such as sprinting, where muscles work faster than the heart and lungs can supply them with oxygen.

Fat and carbohydrates are burned during aerobic or endurance exercise, activities in which muscles



Terry Gibb

work more slowly permitting the heart and lungs to meet the demands for oxygen.

Many athletes and coaches believe that all athletes need increased protein. However, for nearly all athletes enough protein can be obtained from a well-balanced diet without increased protein intake or protein supplements. The only possible exception is an athlete in training stages of a muscle building program who may require slightly more protein.

An important fact overlooked by many athletes is the need for increased water intake during exercise or strenuous activity. Sedentary individuals will lose a quart of water daily just through perspiration. Athletes during exercise may lose two to four quarts (four to eight pounds of body weight) per hour.

Most of the energy released during strenuous activity is heat and must be disposed of through evaporation of sweat. If water intake is too low, not enough sweat is produced to cool the body and a rapid, dangerous increase in body temperature can result.

To determine water needs, the athlete should weigh him/herself before and after training and monitor water intake during the training session. For each pound lost, an extra pint of water should be consumed. Avoid sugary liquids because they reduce the speed at which water leaves the stomach.

If more than four quarts of water (eight pounds) are lost a day through sweat, the athlete may also need to replace sodium and potassium during exercise activities. According to the experts, the three determining factors of athletic ability are first, genes; second, physical training; and third, nutrition.

If you're eating a well-balanced diet, increasing your exercise activity should not be affected by your diet.

The Consumer Mailbag answers your questions. Address mail to The Consumer Mailbag, Concern Detroit, One Kennedy Square, 4th Floor, Detroit, MI 48226

Feline fanciers seek top cat this weekend

The Mid-Michigan Cat Fanciers Cat Show is set for Saturday and Sunday, March 16-17 at the S-G Pavilion at Meadowbrook on Oakland University's East Campus.

Times are from 9 a.m. to 6 p.m. Saturday and 9 a.m. to 5 p.m. Sunday on the Rochester campus.

The show features both champions and household pets including over 450 prize long and short hair cats in a six-ring judging. And, the rare Japanese bobtail will be highlighted at the show with examples from different parts of the country.

Tickets are \$5 for adults, \$4 for children and \$3 for seniors. Call 278-8554 (noon to 8 p.m.) or 654-2302 (evenings) for more information.

Jules R. Schubot Jewellers SPRING CLEANING SALE UP TO 70% OFF



Plastic reductions on our extensive inventory of fine jewelry, watches and gifts.



All sales tax cash check and credit only

March 16 thru March 22 Noon thru 8 p.m. Monday thru Saturday 10-6

Jules R. Schubot Jewellers
411 West River Road, Suite 112, Troy, MI 48063
(313) 464-0122

Cable show set on poison prevention

The Oakland County Pharmacists Association has produced a video to be used in conjunction with National Poison Prevention Week that begins Sunday, March 17.

The video, entitled "Your Pharmacist and You - Home Safe Home," employs pharmacists as actors and uses special effects to help educate viewers on accidental poisonings.

Produced with the assistance of West Bloomfield resident Larry Wasserman, the video has been distributed to all public access cable television stations.

figures are available, 60 deaths in the same age group were reported.

Officials attribute the decline in fatal poisonings to increased public awareness about the hazards of household poisonings, widespread use of child-resistant containers and the availability of emergency first aid from poison control specialists.

Additional information on National Poison Prevention Week is available through the Oakland County pharmacists at 683-5259.

CHILDREN ARE the victims in 65 percent of the 2 million non-fatal poisonings that occur in the United States each year, the video said.

National Poison Prevention Week was authorized by Congress in 1961, when nearly 500 youngsters, usually under the age of 5, died from accidentally swallowing household chemicals or medicines.

In 1988, the last year for which

figures are available, 60 deaths in the same age group were reported.

Officials attribute the decline in fatal poisonings to increased public awareness about the hazards of household poisonings, widespread use of child-resistant containers and the availability of emergency first aid from poison control specialists.

Additional information on National Poison Prevention Week is available through the Oakland County pharmacists at 683-5259.

Women lawyers discuss financial issues

With a downturn in the economy and war in the Middle East, how does an individual cope with the economic stresses? How should a person's income be spent or saved? What should be put away for future use? What decisions need to be made now to protect for the future?

Financial professionals Shirley Harris, Judith Trepeck and Yvonne Rundell will be available to discuss these and other financial planning issues at the next Women's Bar Association Seminar 4-6 p.m. Thursday, March 21, at the Bloomfield Township Library. Telephone and Lorie

Pine roads.

The fee is \$20 to WBA members and \$30 for non-members. For further information contact: Ingrid Farquharson, 30700 Telegraph, Suite 4550, Birmingham, Mich., 48010 or call 540-1222.

Prices that make it possible to feel at home in the office.

There are two ways to be sure you'll feel completely comfortable with your home office. Furnish it at a great savings. And create it yourself.

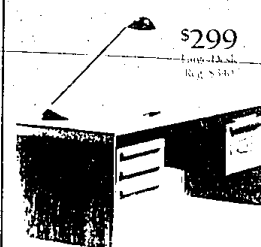

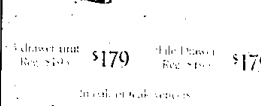
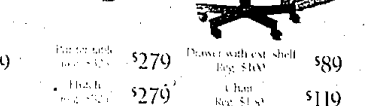
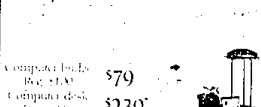
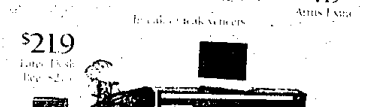
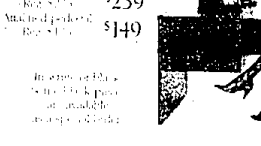

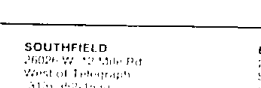
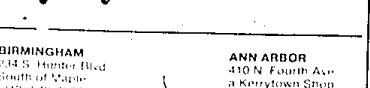
Fortunately, you can do both right now at Workbench. We have two modular desk systems, each with a variety of different components, so the possibilities are virtually limitless. From simple one desk set-ups, to computing centers to elaborate executive systems, they're all on sale.

So come into your nearest Workbench. Our staff will help you design an office you'll be certain to feel comfortable in.

At prices you'll feel comfortable with.

workbench
Raising Your Standard Of Living

All desks, desk chairs and bookcases on sale.

	
\$299 Low Desk Reg. \$349	\$289 Computer Desk Reg. \$329
	
\$179 Executive Chair Reg. \$199	\$179 Desk with chair Reg. \$199
	
\$279 Desk with chair Reg. \$329	\$279 Desk with chair Reg. \$329
	
\$219 Low Desk Reg. \$249	\$219 Low Desk Reg. \$249
	
\$79 Computer desk Reg. \$129	\$239 Computer desk Reg. \$279
\$149 Attached desk Reg. \$199	

The Fun's in Your Court Michigan!



Come in to a participating store today and see what Seagram has "in store" for you:

- Jump in for a Seagram's V.O. Collector's Glass. Your bonus with 750ml. purchase of Seagram's V.O.
- Score big at the Seagram basketball hoop and take a few shots on us.
- Celebrate basketball's centennial year with a fun filled brochure worth picking up.



SOUTHFIELD
3400 W. 12 Mile Rd.
West of Telegraph
248-0520-1000

BIRMINGHAM
234 S. Harbor Blvd.
South of Maple
(205) 940-1672

ANN ARBOR
410 N. Fourth Ave.
a Kerrytown Shop
(313) 668-4688

OPEN SUNDAYS - CHECK YOUR LOCAL STORE FOR HOURS