

A few tips about aerobic activity

EXERCISING OPTIONS



MYRNA PARRICH

Dear Myrna: I do aerobic exercise five times a week and have a number of questions that I hope you will be able to answer. My first question has to do with eating before aerobic exercise. What are the disadvantages other than an uncomfortable feeling? I usually exercise in the morning, but not until after breakfast.

I also have a question concerning your heart rate. I try to do different types of aerobic exercise during the week. When I do aerobic dance my heart rate ranges from 21 to 26 beats during a 10-second interval.

I am 38 years old. When I walk, however, my heart rate does not exceed 15 beats during a 10-second interval. This is at a very brisk pace with arms in steady motion. Am I doing myself any good by walking?

Also, I participate in both walking and aerobic exercise for one hour, including warm up and cool down, yet I am much more tired after walking. Do you have any idea why? My final question has to do with the winners of the best exercise videos selected on March 25, 1991. Please list these for me.

I like your questions. This shows you care about yourself enough to devote the effort to ask my advice.

First of all, eating before exercise is a very individual issue. Generally, eating before exercise will produce an uncomfortable situation. There are many variables, however, such as how much breakfast you eat, what kind of breakfast in terms of digestion and how hard you exercise.

I am assuming you are a low impact person. You already indicated you are a walker. You will not feel as uncomfortable in low impact as in high impact. I mentioned, we are all different. I cannot eat breakfast before I teach class. I need at least two hours of digestion before my vigorous movement.

Do you ever get stitches (pain in your side, above you waist)? Eating before exercise can cause this diaphragm cramping.

As far as calorie burning, there has been no medical proof to show a difference in timing your food intake versus your activity.

Second question: Walking is a wonderful activity. Speed walking (almost at a run) taking a big stride with arms moving naturally at your side. Do you walk this way? Your heart rate should be elevated substantially at this pace.

Walking serves as a great cross-trainer for other activities such as aerobic dance, swimming, biking, etc. You certainly are doing yourself good if you walk as I have described.

Why are you more tired after a walk? Maybe for a variety of reasons. Weather plays a part. Hot or too cold can add stress to your walk. When in aerobic dance the music keeps you high — each movement has energy, which produces your high also.

You are in a group activity which will also keep you mentally elevated as well. This sense of energy may give you the energy you don't get in

walking. The mental high, many endorphins produced, can carry you for hours.

Finally, the subject of exercise videos, which I have never cared for. The Workout Co. has had many opportunities to make an exercise video for home use. We have not simply because our theory has always been hands on teacher to student. Teaching people to exercise using good technique to avoid injury has been our number one priority.

Therefore, I cannot recommend a particular video. Best exercise videos are not always rated by exercise experts in the field. They are usually rated by entertainment type people. I guess there is something to that, too.

(Myrna Parrich, co-owner of The Workout Company, is Bloomfield Township and a member of the President's Council on Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send your questions to: Sports Department, Myrna Parrich, 805 E. Maple, Birmingham, 48009.)

ABC set to honor new president

10-PIN ALLEY



AL HARRISON

The general public is invited to attend the installation dinner and dance honoring Tom McKay at the Airport Radisson Hotel on June 6.

Tom will be installed as the 7th President of the American Bowling Congress. Tickets are \$35 and will include cocktails from 6-7 p.m. and dinner at 7 p.m., followed by dancing.

At age 61, Tom has been involved with the Greater Detroit Bowling Association for more than half his life. He began working for the association in 1955 and became the secretary-treasurer in 1965.

Elected to the Detroit Bowling Hall of Fame in 1980, Tom received the Judge John D. Watts Memorial award in 1982 and has served as vice president of the ABC since that time.

McKay also has earned many bowling accomplishments, including a pair of 299's and one 298. He had a 211 average in 1979-80.

Tom has been a vital force for the strength and integrity of bowling in this area. He is most deserving to the highest office in the bowling world.

Think of it. Approximately 2.75 million people belong to the ABC. This is the largest membership in any athletic organization in the world.

The responsibilities of overseeing this is enormous and Tom has handled the job.

For information regarding tickets call 773-6350.

The results are in on the Pro-Am event for the 1992 Michigan Classic Tournament at Satellite Bowl. The winner of the top prize was Shirley Steel, a resident of Plymouth and a senior league bowler.

Shirley outperformed a field of 632 other amateur bowlers to capture the crown.

Steel rolled a 729 series in the 9-pin No Tap format, including a 300 game. Her top partners were Cheryl Daniels, Donna Adams and Katie Susany.

Steel is a retired medical librarian and has taken bowling seriously. She plays in four leagues and the NABL. The leagues are Morning Stars (Woodland Lakes), Coffer and Foster's (Cherry Hill) Match Play Invitational and Ball and Chain (Plaza Lakes). She also won the Charities Tournament at Merri Bowl.

Summer leagues are now started in all of the local bowling centers. There may still be a few openings. If you hurry Bowling is good at all conditioned fun in the summer.

OUTDOORS CALENDAR

IMPORTANT DATES AND EVENTS

- May 30 — Rotulus Metro Archery Club is offering free outdoor instruction for youths under age 16 beginning 9 a.m. each Saturday, 941-0486.
- May 30 — Great Lakes Bow Fishing Championships will be held on Saginaw Bay at Cassville, 6800-35 THUMB.
- May 30 — Otsego Lake Association Fishing Contest will be held in Gaylord, (517) 732-1951.
- May 30 — 1-Day Crappie Tournament "Classic" Qualifying Tournament will be held on Houghton Lake, (800) 35-THUMB.
- May 30-31 — Pro Bass Fishermen Association Tournaments will be held in Boy City, (617) 893-1222.
- May 31 — Wellston Bass Tournament will be held in Wellston, (616) 848-4579.
- June 1 — Deadline for advanced campsite reservations at Addison Oaks County Park, 693-2432.
- June 2 — Romeo B.A.S.S. Busters will hold its monthly meeting 7 p.m. at the Romeo Community Youth and Civic Center. New members are welcome, 286-6469.
- June 3 — Monthly meeting of the family-oriented Four Seasons Fishing Club will be held at the Maplewood Center in Garden City. New members are welcome, 477-3816.
- June 5-6 — Lake Huron Sportfishing Association Handicapped Fishing Tournament will be held in Oshtemo, (517) 739-7322.
- June 6 — Bass Blastoff will be held on Cass Lake in West Bloomfield, 960-8333.
- June 6-7 — Free Fishing Weekend, in which residents and visitors to the state may fish Michigan inland and Great Lakes waters without a fishing license or trout/salmon stamp.
- June 13 — Walleye Fishing Tournament begins 6 a.m. at Lake Erie Metropark in Brownstown Township, 373-5020.
- June 14 — Royal Oak Archers will hold a 3D shoot beginning 8 a.m. on its walk-through range in Lake Orion, 683-1369 or 693-9709.
- June 18 — Western Wayne County Conservation Association will hold a 3D archery shoot on its walk-through range in Plymouth Township, 453-9843.
- June 27-28 — 1992 American Airgun Field Target Association National Championships will be held at the Western Wayne County Conservation Association in Plymouth Township, 532-0285.
- Park Reptiles, a program using live animals to teach about some of the park's reptiles and amphibians, begins 1 p.m. Saturday at Indian Springs.

METROPARKS

• Snakes: an opportunity to learn about one of nature's most misunderstood creatures, begins 2 p.m. Sunday, May 31, at Stony Creek.

• Wildflower Sketching, a nature program in which participants will learn to sketch spring wildflowers, begins 2 p.m. Sunday at Kensington. Participants should bring a sketch pad and pencils.

• Free Entry Day, in which park users won't need a motor vehicle permit to enter any of the Huron-Clinton Metroparks, will be held Friday, June 19, at all parks.

• Most Metropark programs are free, while some require a nominal charge. Advance registration is required. A motor vehicle permit is required, 1-800-47-PARKS.

OAKLAND COUNTY PARKS

• Magic Michigan, a nature program in which families can discover the magic of Michigan through crafts and games, begins 1 p.m. Saturday at Independence Oaks.

• Little Green Thumbs, a program in which co-explorers ages 6-

8 can learn about gardening, begins 1:30 p.m. Saturday, June 6, at Independence Oaks.

• Canoe With the Chorus, an indoor program on spring wildlife sounds followed by a naturalist-led canoe tour of Crooked Lake, begins 7 p.m. Saturday, June 13, at Independence Oaks.

Fishing

from page 1B

"I've gone to fishing shows and lectures with my husband and he's 'way over my head,'" admitted Robert, who lives in Farmington Hills. "I feel intimidated sometimes because the men have fished all their lives and know all the answers. Sometimes I'm too nervous to ask any questions, but not here. This class is great."

Derek has offered classes on such topics as ice fishing, family fishing and caribou hunting through the community education programs in Farmington, West Bloomfield and St. Clair Shores.

"I hope students can gain a better appreciation for the outdoors after

taking one of the classes," Derek said.

In the women's fishing class, Derek covers such topics as basic fishing strategy, where and when to fish, setting up a rod and reel, casting, fish identification, licensing and the importance of fishing regulations, ethics, different types of tackle and what each is used for, even taxidermy and fish recipes.

"I've had over 100 women come through the class in the four years we've offered it," Derek said. "We've had moms, grandmothers and little kids come through the class."

The popularity of fishing among women is on the rise. It is no longer

uncommon to see women fishing alongside of their husband or boyfriend or out with other women. There's even a women's-only bass fishing club called Bass 'N' Gals, which promotes fishing and tournaments among women.

Farmington's Jerrie Lapham agrees the popularity of the sport is increasing among women.

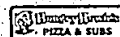
"I fish on Rainbow Lake near Lansing and I see women out there a lot. My mother-in-law fishes all the time," Lapham said. "I've been fishing for three years with my father-in-law. I enjoy going out to the lake, and I thought I'd come down here and learn a little more about it."

Hungry Howie's

WANTED - MANAGEMENT STAFF

Looking for a career challenge? The management career opportunities at Hungry Howie's have never been better. Must have management or multi-unit supervisory experience. Mail resume or employment history to corporate office.

The opportunities are unlimited!



35301 Schoolcraft Road
Livonia, Michigan 48150

WHY PUT OFF THAT NEW GARAGE DOOR OPENER

Have a pro install it now. And save!



1/2 H.P. HEAVY-DUTY
REG. \$292.96
NOW \$269.00
ONLY



FREE!
EXTRA REMOTE CONTROL
Operates multi-car families.
Reg. \$25.95

Lift-Master is Made By
The World's Largest Manufacturer
Of Garage Door Openers

Lift-Master
The Professional Line



11 MILE AT COOLIDGE • BERKLEY • 399-9900
Roseville W. Bloomfield Livonia Waterford
776-2210 855-6970 523-0007 674-4915
Detroit Trenton Troy Mt. Clemens
843-8601 671-3003 526-3497 465-2110

PRICE SLASHED!

Save time and money with
BOLENS
One Step
Mulching Mower

From the makers of the Original
Mulching Mower!

- Recycles clippings and leaves
into free lawn fertilizer
- Eliminates raking,
bagging, etc.
- Solves disposal problems
- Complete line up to choose from
- Ask about NO MONEY
DOWN Financing!

3 YEAR WARRANTY

Bolens

"WE SERVICE WHAT WE SELL" SINCE 1948!

MANUS POWER MOWERS

3116 N. WOODWARD, 2 Blocks South of 13 Mile
549-2440
Mon.-Fri. 9-5, Sat. 9-4, Sun. 10-3

GO CARTS • MINI BIKES

MOPEDS\$595⁰⁰
1 & 2 SEATERS\$429⁰⁰
ATVs\$689⁰⁰
MINI BIKES\$399⁰⁰
POLARIS ATVs
Save Hundreds!

LaBARON'S SPORTS

34711 Dequindre, Troy, S. of I-5 Mile • 585-3535
Mo., Th., F., Sa., Su. • 10-9, Tu., W., Sat., Su., Closed Sun.

Help protect your home!

\$195⁰⁰

Home connection required
Half price until June 30 only!

Unbelievable Value!

Professionally installed ADT Safesite® Security System

- 2 door contacts
- Wireless motion detector
- Electronic motion detector
- Helps detect intruders
- Interior siren
- Helps alert your neighbors
- Electronic control unit with keypad
- As simple to use as a telephone
- Window stickers
- 3 tone remote for the alarm
- Central Station Monitoring
- 24 hr. service

Valid until June 30, 1992

Call ADT today at 1-800-ADT-4100 and help protect your home for

\$200⁰⁰ Half Price \$200⁰⁰

ADT