

Exercise can be key ingredient in quitting

EXERCISING OPTIONS



MYRNA PARTRICH

I'm just gearing up now. Any suggestions?

Good for you! I wish you had given me more important information about yourself. You are correct using exercise to help you quit smoking. Exercise has been known to be a miracle drug for quitting smoking. However, let's start with other incentives that might also help.

I can summarize all I've read about the success of quitting smoking in two sentences: you need to make up your mind that you really want to quit; and you need to find the best way to quit — one that fits your lifestyle.

Please keep in mind that most people try a few times before they quit for good.

Let's start with some good reasons for quitting.

I want to be in control of my life. This is the bottom line issue. We all want to be in control. It is a helpless feeling to be dependent. Being in control gives you confidence and self-esteem.

Health: to lower your chances

of lung cancer, heart disease, etc.
 ■ Social Issue: smokers have an odor, discolored teeth, and can't even sit anywhere in a restaurant, etc.
 ■ Smoking is harmful to people around you, even your loved one.

■ Respecting your body. How about just feeling good?

Would you like to know what happens to your body when you quit smoking? I'm sure you already know that your risk of serious illness is much greater than non-smokers. Do you get more colds and flu and find they last longer than those of non-smokers? Yes, you will feel better once you quit — it might take a few weeks and a few tries. Be patient with yourself.

As I said earlier, exercise is a miracle drug for quitting smoking. Many smokers worry about gaining weight when they quit. Some people do gain weight after they quit, since they start to burn calories a little more slowly.

Unfortunately, food tastes better and people tend to use food instead of cigarettes for their oral satisfaction. Remember, a few extra pounds at first is much safer than smoking.

Exercise will not only speed up your metabolism, but will also act as a stress reducer during those harder moments. We have a lot of reformed smokers exercising four to five times a week.

At the moment of frustration, for example, do anything physical (even a stretch) to comfort

your feelings. Many people I know could never have quit without the help of exercise. I would recommend to most people to start at the beginner level so that they do not feel over stressed physically.

Smokers are often at a handicap at first. Being that you already exercise in my studio, and workout to your greatest potential. Please try to exercise five to six times a week for at least your first few months of non-smoking. This will get you through those bad times.

When I mentioned you need to find the best way to quit, I mean one that fits your lifestyle. You are actually changing your lifestyle a bit by making exercise even more important than before. You might want to re-access your diet as you start to take control.

The good habit of exercise will change your bad habit of smoking and put you on the right track to a healthier, happier way of life. Talk to me at the studio. I can always encourage you more.

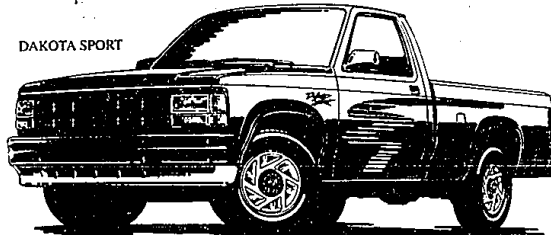
(Myrna Partrich, co-owner of The Workout Company in Bloomfield Hills and an appointee to the President's Council on Physical Fitness and to the Governor's Council on Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send your questions to: Sports Department,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

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OUTDOORS CALENDAR

DATES AND EVENTS

AUDUBON EVENTS

The Detroit Audubon Society will hold a trip to Crane Creek State Park and Ottawa National Wildlife Refuge beginning at 8 a.m. Saturday, March 27, 546-2929.

MIDWEST FLY FISHING EXPO

North America's oldest fly fishing show returns to the Southfield Civic Center on Saturday and Sunday. Guest speakers include Gary Berger and Chico Fernandez. The show also features over 80 exhibits with fly rods and reels, fly tying material, outfitters, books, videos, antique tackle, conservation organizations and more. Show hours are 10 a.m.-7 p.m. Saturday and 10 a.m.-6 p.m. Sunday. Admission is \$7 adults and children under 12 will be admitted free.

MICHIGAN DEER SPECTACULAR

The 1993 Michigan Deer Spectacular will be held Friday, Saturday and Sunday, at the Lansing Center. The show features a trophy deer, elk and bear display, more than 150 exhibits of hunting equipment and accessories, daily seminars and much more. Show hours are 4-9 p.m. Friday, 9 a.m. to 7 p.m. Saturday, and 9 a.m. to 5 p.m. Sunday. Admission is \$8 adult, \$2.50 youth and children under six will be admitted free, 1-800-324-DEER.

WILDLIFE ART FESTIVAL

The Michigan Wildlife Art Festival, featuring the work of 60 of America's premiere wildlife artists and more than 1,000 paintings, prints, carvings, etchings, bronzes, photography and scratchboard, will be held April 2-4 at the Southfield Pavilion. There will also be wildlife seminars, and displays by Michigan conservation organizations.

TURKEY SHOOT

The Black Powder Committee of the Western Wayne County Conservation Association will sponsor a turkey shoot on the club's walk-through black powder course in Plymouth Twp., beginning at 10 a.m. Sunday, April 4. The shoot is open to the public. Shooters may use their own equipment or make prior arrangements with WWCCA's "Bucksinners" to tryout the sport of muzzleloading. Fee is \$10 and turkeys, ham and chickens will be awarded as prizes to the top shooters, 453-9843.

SAFE HUNTER COURSE

The Wayne County Sportsmen's Club and the Michigan Department of Natural Resources will sponsor a course of instruction leading to a Michigan Safe Hunter Certificate, beginning at 8 a.m. Saturday and Sunday, April 24-25, at the Wayne County Sportsmen's Club in Romulus. Class fee is \$8 and participants must attend both sessions, 532-0285 or 534-2536.

SALMON STAKES

The 15th running of the River Crab Salmon Stakes, the state's longest-running salmon fishing tournament, will take place May 15 in St. Clair. Proceeds from \$10 raffle/entry tickets will benefit mental health agencies throughout the state, 329-2261.

DEADLINES

Rabbit season ends March 31. Fishing licenses expire March 31.

Entry deadline for the 1994 Michigan waterfowl and trout/salmon stamp design contests is April 30, (517) 373-1263.

FISHING CLUB MEETINGS

The Four Seasons Fishing Club meets 7:30 p.m. the first Wednesday of each month at the Maplewood Center in Garden City, 477-3816.

The Michigan Fly Fishing Club meets at 7 p.m. the first and third Wednesday of each month at the

Livonia Clarenceville Jr. High School, 420-2233.

Romeo B.A.S.S. Busters meet 7 p.m. the first Tuesday of each month at the Romeo Community Youth and Civic Center, 286-6469.

METROPARKS

MAPLE SUGARING

A maple featuring a walk to the sugarbush to view the process involved in collecting sap and converting it to maple sugar, will be held at various times Saturday and Sunday at Indian Springs. Participants should call for tour times, 625-7250.

MAPLE'S SWEET STORY

A continuous demonstration showing how maple trees are tapped and the sap is boiled down into maple syrup, will be held 12-3 p.m. Saturdays and Sundays through March at the Kensington Farm Center.

TRAVELS WITH A NATURALIST

Bert Szabo will present a photographic journey through the Beagle Channel in the southern tip of South America, the Falkland Islands and Easter Island in this mini class which begins at 7 p.m. Friday at Stony Creek.

BACKPACKING SEMINAR

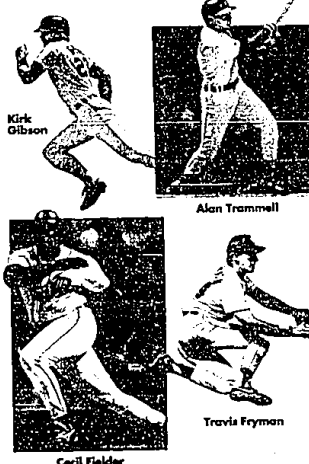
Participants in this mini class will learn the basics of backpacking including equipment, food and places to visit. The class begins at 10 a.m. Saturday at Indian Springs.

BACKPACKING ISLE ROYAL

A slide program highlighting the natural history of Isle Royal followed by a discussion on the types of equipment and transportation needed to backpack on the island will be covered in this program which begins at 1 p.m. Saturday at Indian Springs.

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GRAND SLAM	ALL 81 GAMES	The same great seat(s) in preferred locations for all 81 games.	\$1,154.00	\$891.00
TRIPLE PLAY	68 GAMES	All Sunday, weekday and weekend games, including Opening Day.	\$952.00	\$748.00
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are invited. The clinic features college coaches and players, along with top high school coaches.

The cost is \$15 per person (lunch provided), or \$10 coach/team rate (elights players or more \$12 each).

Also, for more information on the Winning Edge Football Camp, Aug. 1-6 at Orchard Lake St. Mary's College, call Walt Barylowicz at 544-0494.

Bowling bonanza

The 4th Annual Bowling Bonanza, hosted by Bob Allison, will return to West Bloomfield Lanes on Sunday, April 26, for two sessions, one beginning at 10 a.m. and the second at 2 p.m.

Sponsored by the Alzheimer's Association-Detroit Area Chapter, proceeds from the event will help benefit areas such as family support groups, telephone help

lines, counseling assistance, in-home respite, adult day care, patient support groups, community education and resources and promotion of research.

Registration forms, due by April 18, are now available. Each bowler is eligible for door prizes, and those collecting over a certain amount of dollars will be eligible for other special prizes. Each participant will bowl three games.

For further information, call 567-8277.