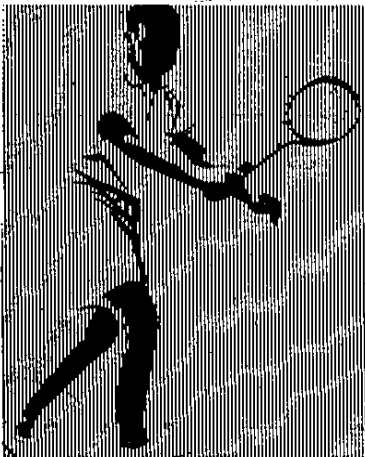


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According to a study sponsored by the President's Council on Physical Fitness and Sports, four out of five American adults report their physician had never told them to exercise.

An exercise proponent, Edward J. Yuiska of Body Dynamics International at Somerset Inn, Troy, says the nation is the fattest and least fit, which results in increased deaths due to heart attacks.

He quotes statistics that prior to 1900, medical research showed only a trace of heart attacks in adults in the United States. In 1972, there were more than 700,000; in 1973, more than a million.

"Heart disease is not inevitable," he says. It is preventable. You read about young people having heart attacks, even professional athletes. Something must be wrong with our life style. After high school and college we fall apart."

HE RECOMMENDS development of a program for youth to carry on as they grow older. A sur-



Exercise is important

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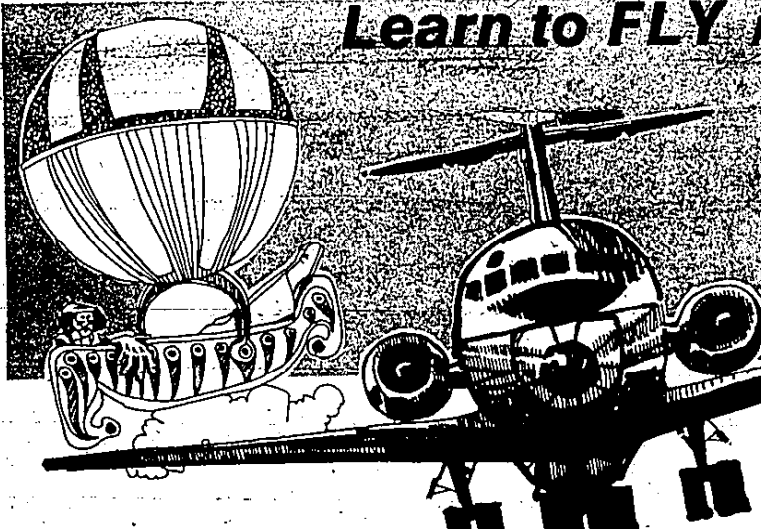
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