

## Says Troy doctor

# Americans lead world in physical unfitness

By MARY SALPUKAS  
You exercise regularly - golf, bowling, tennis doubles. You eat well - eggs, cheese, yogurt. You even take Vitamin E to lower your cholesterol. You think you've bettered your chances to stay out of the 50 per cent of Americans who die of heart disease or stroke.

But you really haven't helped yourself at all, said Dr. Joseph Arenda, who practices preventive cardiology in Troy and who spoke recently at the Birmingham YMCA. "The United States leads the world in heart disease," he said, "and it's preventable." But not by Vitamin E, which he said has no effect on cholesterol at all; not by our diet, which is rich in dairy products and fats, and not by exercise which demands little of the heart.

HEART AND lung functions improve only with exercises that increase demand for oxygen and blood, and many activities don't do that, he said. "We have the highest cholesterol consumption in the world," he said, "and we are the most physically unfit."  
Dr. Arenda, 33, who recently participated in the Boston Marathon, related how he too had fooled himself about what shape he was really in. "First, it was my glands. Then I was retaining water. Next it was my genetic endowment. I was condemned to be obese. I had big bones and muscles - finally I ran out of excuses. I

was just plain fat," he said.

THEN IN one year, he lost 80 pounds. He stopped "eating junk" and drinking milk and started exercising. "There's no doubt," he emphasized, "it works."

People need a new family lifestyle, said the tall, lean physician, one with good exercise, diet and no smoking. "A high standard of living does not mean quality of life," he said. A test comparing Austrian and American fitness showed the Austrians way ahead, he said.

"They must cycle, they ski, families walk an hour on Sunday afternoons," he said. "Here children often ride the bus to school, and by the time they are teenagers, so many drive."

By age 10, children are starting to develop plaque in their blood vessels, he said.

ONE STUDY showed only eight per cent of girls at age 14 physically fit.

"The vast majority of females have little exercise during their entire lives. To prepare, to exert, to be out of breath" is considered abnormal for women, he said.

When people do not exercise, he said, it leaves a void, the alternatives for which are smoking, drinking or drugs. When they do exercise, it is a "release for emotions and anxiety."

After marriage, the problem becomes more acute, he said, because

of sedentary jobs, "seven course meals" and a lack of team sports people have when they are younger.

"The average weight gain for a man that first year of marriage is 25 pounds," he said.

HE ADVISED the YMCA audience, of primarily over-30 adults, that if they don't plan to start eating and exercising right, make sure children do.

The difficulty is, he said, all the whole milk, eggs, dairy products and fatty meats and gravies at home and school, and deep-fried fast foods.

Added to that is that archery, weight-lifting, karate, bowling, doubles tennis, even calisthenics that don't make the heart work as hard as it should to keep it in good shape.

Dr. Arenda's solution is jogging at least one hour a week.

"It's cheap. All you need is shoes and you're ready to go," he said.

To get the same benefits in tennis, a person would have to play singles four and a half hours per week, he said.

If you are lethargic, it's probably because you are inactive, he said. "Inactivity is abnormal."

Once you start eating and exercising right - with caution to those over 40 to get a stress test before starting an exercise program - "you'll find physical exertion is better than a tranquilizer, helps mental self discipline. You can't buy your health," he said.

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RUTH MILLER

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Ruth Miller of Birmingham will be installed as president of the Greater Detroit Council of Pioneer Women at noon Thursday, June 5, at the Labor Zionist Institute, 28555 Middlebelt Road, Farmington.

Estelle Harold of Southfield will be chairperson of the day. Installing officer will be Frieda Leemon of Farmington, national vice president of Pioneer Women. Estelle Wilk Rappaport of Southfield is handling luncheon arrangements.

Other officers to be installed are Elsie Harold, executive vice president; Lillian Shapiro, vice president of Organization; Betty Rath, vice president of education; Dorothy Tendler, vice president of funds; Barbara Disner, co-vice president, funds; Sylvia Isaacs, treasurer; Margaret Huppert, financial secretary; Pearl Nusbaum, dues secretary; Naomi Ziets, recording secretary, and Sarah Kanter and Ethel Fischer, mailing secretaries.

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