



Barry Franklin

# Plain walking is underrated in the 'battle of the bulge'

**Question:** As a women's health club director, I have long been an advocate of walking. Please comment on the merits of walking for improving physical fitness and reducing body weight.

**With all the current emphasis on jogging, most people do not really recognize the health benefits which can be derived from a program of regular walking.**

S.Z., West Bloomfield

"Walking is the best exercise of all," Dr. Albert Marchetti of Tampa, Fla. said. "But because it is so simple and at times even effortless, many people don't think of it as exercise."

Walking for health and fitness is particularly applicable for out-of-shape adults who want to start exercise programs, heart patients, senior citizens and obese persons who cannot jog.

Walking has several advantages over other forms of exercise. It offers an easily tolerable exercise intensity and fewer orthopedic problems of the legs and knees.

Finally, walking is a "companionable" activity which requires no special equipment other than a pair of well-fitted athletic shoes.

**RESEARCH** studies have shown that a program of regular walking can change your fitness level to that of an individual 10 to 20 years younger.

Furthermore, a recent comparative study of graded or hill walking, running and stationary bicycling showed them to be equally effective modes of conditioning.

Regular walking has also been shown to be a key weapon in the "battle of the bulge." Dr. Grant Gribing, an authority on obesity, put 11 markedly overweight women on a progressive walking regimen for one year and requested they not diet.

All the women lost weight, from 10 to 38 pounds, but no significant weight losses occurred until the women were walking 30 minutes a day or more.

These results show that obese people can take off weight and keep it off with regular walking — with or without dieting.

Although walking a given distance burns fewer calories than running that distance, the caloric expenditure may nevertheless be substantial. Walking burns about one-half a calorie per pound of body weight per mile.

In other words, a 160-pound man burns 80 calories (160 x .5) while walking one mile. So, the more you weigh or farther you walk, the greater the caloric expenditure.

**RECENTLY, SEVERAL** innovations to conventional walking have been suggested.

Swimming pool walking has been used successfully in weight reduction programs. Walking in shallow water requires considerably more energy than regular walking, while the buoyancy of the water serves to reduce stress on muscles and joints.

Walking with ankle weights or a backpack also offers another practical option for walkers who wish to lose weight and improve fitness.

Finally, a Detroit man has recently invented a hand-held weight device to be used in conjunction with walking. The device encourages rhythmic arm and torso as well as leg exercise, and increases the energy cost of conventional walking.

**SEVERAL SUGGESTIONS** are offered for increasing walking in daily living:

1. Avoid escalators and elevators. Take the steps whenever possible.
2. Park your car at the farthest end of the shopping center lot and walk to the store. (How often have you driven around the parking lot for several minutes in search of a parking place closer to the store entrance?)
3. Eliminate unnecessary extension phones in the home. Extra walking to a centrally located phone for each call will amount to a considerable caloric expenditure at the end of a year.
4. Park your car a distance from your place of work and walk.
5. Include a five-minute walk each evening for each television program watched during the day. For some people this may require walking many miles at the end of each day!
6. When you play golf, walk the course instead of riding in the motorized cart.

What's perhaps the best health advice to give a friend? Tell him to "Take a walk."

Questions may be sent to Dr. Franklin in care of this newspaper.

## UM tuition leap 16-19 percent?

"An unfortunately large increase in tuition" now estimated to be between 16 to 19 percent — will likely greet University of Michigan students next fall, UM regents heard last week.

"While we are reluctant to force this burden upon our students and their families, we may have no alternative," said Billy Frye, vice president for academic affairs.

The rate charged students who stay

in university residence halls next year has already been increased 9.8 percent. The school expects a general fund budget "shortfall" of \$11.1 million next year.

Michigan residents enrolled as freshmen or sophomores now pay \$682 a term, while state resident juniors and seniors are charged \$768. Non-resident lower level students pay \$2,060 and non-resident upper classmen, \$2,218.

## MOPED'S

**TRUCK LOAD SALE!**

**FREE TEST RIDES**



compare at \$549<sup>99</sup>

**FROM \$389<sup>95</sup>** JAWA 1980

MICH LARGEST SELECTION-PARTS-SERVICE-ACCESSORIES

**LA BARON'S SPORTS INC.** OPEN SUN. 11-4  
34711 DEQUINDRE South of 15 MILE

TROY 585-3536

IT'S WORTH THE DRIVE!!!  
ALL MAJOR BRANDS DISCOUNTED

**A Public Service Announcement FOR PET OWNERS**



**ANIMAL EMERGENCY ROOM**  
21421 Grand River  
(just West of Telegraph)  
255-2404

**BERNARD MANELI AND MANUEL FOX OF Diamond Jewelers Inc.**

WISH TO ANNOUNCE THAT THEY HAVE MOVED TO A NEW LOCATION AT 4085 WEST MAPLE AT TELEGRAPH BIRMINGHAM, MICHIGAN 48010 (313) 647-1470

YOU ARE CORDIALLY INVITED TO VISIT OUR NEW MODERN SHOWROOM

**ANIMAL BIRTH CONTROL**

Eliminates bothersome heat periods in females. Helps prevent running away by males. Help control overpopulation of dogs and cats. Have your pet spayed or neutered.

**Spay (Females) Special**

- Dogs - under 30 lbs.-routine .....\$39 over 30 lbs. - add \$1.00 per lb.
- Cats - all routine .....\$31 extra charge if in heat, pregnant, lactating

**Neuter (Males)**

- Dogs - under 30 lbs.-routine .....\$36 over 30 lbs. - add \$1.00 per lb.
- Cats - all routine .....\$19

\*Current Vaccinations Required (check with us for exceptions)

NINE MILE RD. ANIMAL HOSPITAL, P.C. (Corner 9 Mile and Telegraph) PHONE: 352-4560

**VIDEO PLUS**

**GOT A VIDEO MACHINE?**

BUYING — "9 TO 5"  
BUYING — "FAME"  
BUYING — "FLASH GORDON"?

**WHY BUY 'EM? RENT 'EM**

4 DAYS - \$5.00

WITH VP CLUB MEMBERSHIP NOW ONLY \$3.99

"Cheapest Rent in Town"

HUNDREDS OF MOVIES TO CHOOSE FROM IN STOCK - TAKE THEM OFF OUR SHELVES!!

EXAMPLES: Blues Brothers, Sweet Home, My Dog, My Doggy, Stunt Man, Crossing Smokey and the Bandit, Alvin, Deer Hunter

12 Mile at Evergreen Evergreen Plaza, Sld. 569-2330 OPEN 7 DAYS



## Gorman's Celebrates Its 41st Birthday!



### Pre-Season Savings To 30% During Gorman's Anniversary Sale!

In the mood for warm weather and lovely furniture to enjoy it in? Then you can't miss Gorman's "In The Mood Anniversary Sale" where you can get 30% off Woodard and Tropitone furniture including the beautiful Skoros set pictured above.

42" Table & 4 Chairs: WAS \$828 / NOW \$579  
48" Table & 4 Chairs: WAS \$862 / NOW \$599

Don't let these summer savings melt away. Come to Gorman's "In The Mood Anniversary Sale" from now until the end of April at Gorman's.

# GORMAN'S

SOUTHFIELD Telegraph at 12 Mile • 353-9880  
TROY W. Big Beaver at Crooks • 462-2070  
NOW IN FAIRLANE 260 Town Center Drive, Dearborn (ACROSS FROM FAIRLANE SHOPPING CENTER) • 336-0340  
All stores open daily 10 to 6: Mon., Thur., Fri, till 9  
Troy and Fairlane open Sunday Noon to 5:30.