

# Jogging benefits mind and body

Do you ever wonder what's so great about jogging? Well, among other things, its effect on the respiratory and cardiovascular systems. During running, lung capacity, oxygen consumption and oxygen delivery become more efficient. The heart increases in size and strength and becomes a more efficient pump. The vascular system works better, allowing more blood and oxygen to reach body tissues.

Obviously, these changes take time, resulting from long periods of physical training. Individuals who are overweight, unaccustomed to physical exercise, or who suffer from certain ailments, should be examined by a physician before beginning a jogging program.

A second benefit of jogging — less spectacular, but still noticeable, is improved overall muscle tone in the legs and increased flexibility in various muscle groups.

Improved flexibility helps prevent injury and minimizes disability time.

Jogging alone, however, will not significantly change muscular flexibility. But exercising in conjunction with running will.

Jogging isn't the cure-all for overweight individuals. But in combination with an improved diet, a jogging program will aid the weight-loss process.

When you compare total caloric output with daily dietary input, the benefits of jogging are obvious.

We all hear our jogging friends comment about how good they feel, how young and active they seem, and about their desire to "take on the world."



jogging

Dr. Charles R. Young

This improved outlook on life is a real one, and a tremendous benefit of jogging. But more significant is the emotional and psychological release afforded the jogger.

During the run, many people find a sort of cleansing experience, a time when personal thought and contemplation take over and replace fatigue and boredom.

For these runners, jogging soon becomes a wonderfully beneficial program.

Nothing in the world is more comforting than being able to set aside the problems and tribulations of daily life, and for a few moments, enjoy oneself in a sort of utopian environment. The feeling is good, and the benefits are priceless.

Regardless of one's expectations or reasons, running can be most beneficial and an aid to health improvement.

For looking better, feeling better and functioning better in our daily lives, a jogging program is certainly an inexpensive price to pay.

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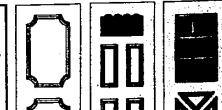
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## Public hearing on bus fare hikes

Southfield will host a Southeastern Michigan Transportation Authority (SEMTA) public hearing on a proposal to charge full fare on small bus countywide service during peak hours.

Peak hours, SEMTA officials said, are 6-9 a.m. and 3-6 p.m. on weekdays.

The public hearing will be 1:30 p.m. Sept. 17 at Southfield Parks and Recreation building, 26000 Evergreen. Three public hearings will be held in the region to present and hear comments

on the proposed change.

The SEMTA board of directors will meet in October to take final action on the proposed change in small bus fare policy following the review of public testimony received at the public hearings. The proposed fare policy change would go into effect Nov. 2.

The fare policy change was initially proposed to go into effect July 1. The SEMTA board delayed action for 60 days in June on the proposed

change to allow continued discussion of alternatives with elderly and handicapped customers and social service agencies.

"Charging the full fare during peak hours on small bus countywide services would increase revenues approximately \$184,000 annually," said SEMTA general manager Larry E. Salci.

"If small bus revenues cannot be raised by this amount, fares would have to be raised significantly," he said.

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