

**HEART BEATS.  
LOWER IS BETTER.**  
At rest, the adult heart averages 72 beats per minute. Rigorous physical activity considerably increases the rate.

And strengthens the heart while it's at it. Its "resting rate" slows down because it can pump the same amount of blood to the body with fewer beats.

Of course, a heart that is beating 50 times a minute will "wear out" slower than a heart beating 80 times a minute.

**TO LOWER YOUR HEART RATE,  
DILATE MORE OF YOUR HEART.**  
By making a higher demand on your heart, it will adjust to the increased demand and become geared to a higher energy-producing level.

**IS YOUR HEART IN WHAT YOU'RE DOING?**  
All muscles — including the heart — suffer when they're not used regularly.

Do the activities you are currently participating in exercise your heart, or help your health?  
Aerobics, LifeCycles, racquetball, jogging, etc., do both: exercise your heart and help your health.

Find out by sitting down, relaxing for a few minutes, then taking your pulse like a doctor does.

Count the number of beats you can feel during 10 seconds. Multiply that number by six. And that is your heart rate per minute.

## HOW DOES YOUR HEART RATE?

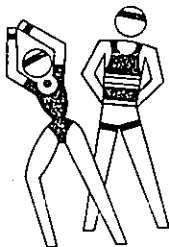
**Maple Courts Athletic Club**  
Discover Fitness & Friends  
230 W. Maple Road • Troy  
362-3777



**WHAT IS YOUR TRAINING PULSE RATE?**  
To determine the pulse rate you should be working at during vigorous activity, subtract your age from 220 and multiply by 75%.

For example, 220 minus 20 years equals 200; 200 times 75% equals a training pulse rate of 150 beats per minute.

**WHERE TO IMPROVE YOUR HEART RATE**  
You can't beat a membership at Maple Courts to give you the consistent workouts your heart needs to stay healthy. Our professionals will help you decide on a program to meet your specific health needs and body type.



**WE'RE NOT ALL WORK AND NO PLAY.**  
You may also want to participate in special club functions and tournaments specially planned for your health and enjoyment.

**WHAT ARE YOU WAITING FOR?**  
Stop in today, one of our courteous staff members would be glad to show you our facilities.

Regardless of who you are, or your interests, getting your heart into Maple Courts is one of the most important things you could do for your physical fitness and mental well-being.

## FIRST AID:



### Do you know what to do in an emergency?

Crittenton Hospital is proud to present its Emergency Handbook/Directory covering every first aid topic we hope you never have to know; all written in easy-to-understand language.

To receive your FREE copy, simply send your name and address to: FIRST AID, Public Relations, Crittenton Hospital, 1101 W. University Drive, Rochester, MI 48063 or call Public Relations at 652-5269.

**CRITTENTON HOSPITAL**

1101 W. UNIVERSITY DRIVE • ROCHESTER, MI 48063

## Celebrate our improved shape.



## Free Gifts (\$88 Value)\*

The newly remodeled Elaine Powers in Troy is in better shape than ever. Celebrate the Grand Re-opening. Join our Premier Program at any Detroit area Elaine Powers now, and get a free gift pack worth \$88.

Our remodeled Troy club has all new weight training equipment and the latest computerized LifeCycles.

With the Premier Program you get unlimited Powercise® workouts 7 days a week. Join now and we'll include free

wrist weights, free leg warmers, free 21 day supply of SHAPE, Elaine Powers Weight Loss Formula™ and 6 free months of Powercise.

But hurry, offer ends soon. So sign up today, and get even more than you figured on.

### Elaine Powers Fitness Clubs

"The workout that works."

\*Free gifts available with supplies last, when you sign up for our Premier Program.

<p><b>*FARMINGTON HILLS</b> Orchard 12 Shopping Center 27873 Orchard Lk. Road at 12 Mile <b>553-2600</b></p>	<p><b>*LIVONIA</b> 16000 Middlebelt, between 5 &amp; 6 Mile Roads <b>261-1560</b></p>
<p><b>ROYAL OAK</b> Northwood Shopping Center 13 Mile &amp; Woodward <b>288-4370</b></p>	<p><b>WEST DEARBORN</b> 22015 Michigan Ave. 1 Mile E. of Telegraph <b>277-4000</b></p>
<p><b>GREEN 8 SHOPPING CENTER</b> 21190 Greenfield Road between 8 &amp; 9 Mile Roads <b>968-5470</b></p>	<p><b>PONTIAC</b> North Oaks Plaza 2430 Elizabeth Lake Road <b>681-5010</b></p>
<p><b>*TROY</b> 3839 Rochester Road <b>524-2882</b></p>	<p><b>WESTLAND</b> Birch Hill Shopping Center 166 S. Merriman Road, corner of Cherry Hill <b>326-7500</b></p>

\*Prices slightly higher at these locations