

# Potbelly linked to heart disease

DID YOU know that...

• Actor James Garner (of "Rockford Files") recently underwent coronary artery bypass surgery. The 60-year-old spokesman for the beef industry's TV advertising campaign, "Beef, Real Food for Real People," blamed his heart problem on a long-standing cigarette habit. Irony, isn't it?

• Research studies in both Sweden and the United States have now shown a link between potbellies and heart disease. To determine if you're at risk, divide your waist by your hip measurement. Values of more than 1.0 for men and 0.8 for women are



**fitness**  
**Barry Franklin**

considered abnormal.

• Research scientists at the University of Michigan say they have "a better idea" for the millions of softball players in the United States. According to their previous studies, sliding causes 71 percent of recreational softball injuries.

The researchers studied softball games to see if simply changing bases would lower injury rates. Astonishingly, injuries occurred about 23 times more frequently with conventional stationary bases than with those designed to "break away" when hit by a sliding player.

• Children of obese mothers will probably become overweight adults — even if they were adopted by lean or normal weight parents.

• The average American husband and wife gain 18 and 23 pounds, respectively, by their 13th wedding anniversary.

• You should exhale as you lift

heavy objects to reduce the strain on your heart. Researchers say that breathing out, during the lift and in on the recovery, can limit the raise in blood pressure.

• A new book titled "Choices for a Healthy Heart" by Joseph C. Pisatella (Workman Publishing, New York) tells you everything you need to know to take control of your heart health-altering behavior patterns, losing weight, exercising appropriately, and lowering your cholesterol. This accurate, entertaining, and informative book is the best that I have ever read on this topic.



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## Volunteers are needed

Lighthouse Caregivers, 109 Williams, Pontiac, needs volunteers in northern Oakland County to provide one-on-one assistance to seniors and handicapped people, enabling them to remain in their homes. Transport and visit a person from their church or geographic area. Call Rosellen Lyle, 9 a.m. to 5 p.m. weekdays.

visiting, helping in the dining room or gift shop, and assisting with special programs or outings. Call Iris Mickel at 532-7112 weekdays 9 a.m. to 4 p.m.

For information on other opportunities or if your organization needs volunteers, call The Center for Volunteerism, United Community Services of Metropolitan Detroit, 228-9429 weekdays, or write 1212 Griswold, Detroit, 48226-1988.

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