

Heart rate reduction - a key

Did you know that...
• Studies in animals indicate that the development of heart disease can be retarded by surgically lowering the heart rate for extended periods of time. These findings suggest that heart rate, in itself, may contribute to the disease process. It may also help to explain the cardiovascular benefits of regular exercise and heart-rate reducing medications.
• A one-pound head of lettuce, which is approximately 95 percent water, contains just 60 calories.
• There is no good scientific evidence that inhaling oxygen during athletic competition can improve performance. If benefits occur, they are more likely due to psychological rather than physiological reasons.
• It's becoming increasingly difficult to smoke in public places. More than 150 cities and 40 states



fitness
Barry Franklin

now have legislation restricting smoking in public places. Seventy-five percent of workplaces also have smoking restrictions and at least 12 percent have totally banned smoking.
• According to a recent medical survey, anabolic steroids (muscle-building drugs used to improve athletic performance or appearance) are used by approximately 7 percent of male high school seniors. These drugs have been shown to cause liver damage, impotence and sterility and

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have been linked to cancer, heart attacks and mental and emotional disorders.
• Excessive exposure to carbon monoxide can result in severe chest pain. Sometimes, in those prone to cardiovascular disease, it is mistaken for a heart attack. Why? Blood has a far greater affinity for carbon monoxide than oxygen. Consequently, if both gases are present in the environment, more carbon monoxide is "picked up" by the blood and less

oxygen gets to the heart. The result may be angina or chest pain.
• Dr. Mark Milner, a diet-conscious physician from Washington, D.C., studied the health value of airline meals on his recent flight across the country. He calculated that the breakfast and lunch that he was served contained a combined 2,600 calories, 900 milligrams of cholesterol, and 190 grams of fat. "Fortunately, I traveled coach," he wrote in the Journal of the American Medical Association. "Who knows what cardiac toxins await the first-class victim?"
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