

Hungry? Chaw a stalk of celery



PHYSICAL FITNESS
BARRY FRANKLIN

Did you know...
The American Heart Association has labeled physical inactivity, or lack of exercise, as a fourth risk factor for coronary heart disease, along with cigarette smoking, high blood pressure and elevated blood cholesterol levels. This follows a similar pronouncement, several years ago, by the Centers for Disease Control.

According to a new landmark study, men with elevated iron levels in their blood are at increased risk for heart attacks. These findings suggest that stored iron levels may represent yet another risk factor for heart disease.
Celery is nearly calorie-free because of its high water content. An 8 inch stalk contains only 6 calories.
The death rate from heart attacks dropped 22 percent in the 1980s. Experts attribute the declines to advances in medical treatment as well as changes in life-style. Americans are smoking less, exercising more, and eating healthier than they were just a few years ago.
Chest pain (angina), heart at-

tacks, and sudden death occur commonly in young persons, aged 15 to 30 years, who are born with a rare genetic defect that results in abnormally high blood cholesterol levels, typically greater than 400. One such individual is even recorded as having had a heart attack as early as 18 months of age.
According to a recent report, use of a nicotine patch can double the chance for success when the smoker is truly motivated to quit. On the other hand, approximately

three out of every four persons who use the nicotine skin patch are still unable to kick the habit. Because of the possible link between heart attacks and nicotine overload, if you are wearing a nicotine patch, don't smoke.

For the last 30 years of his life, Nathan Pritikin followed a high complex carbohydrate, low fat, low cholesterol diet and his blood cholesterol decreased from 280 to 94. He also led a physically active life, running several miles each week. A post-mortem study of his heart revealed that his coronary arteries were free of cholesterol clogging deposits.

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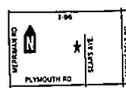
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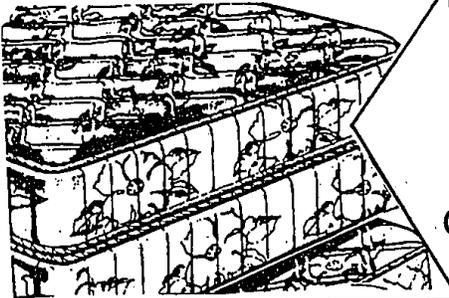
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County park hosts seniors yule dance

Senior citizens can waltz into the holiday season at a Victorian Christmas Dinner Dance.

Addison Oaks County Park will host the yuletide extravaganza on Friday, Dec. 11, from 11 a.m. to 3 p.m.

The celebration includes a roast beef dinner and dessert, Christmas carols, raffle for Christmas poinsettia plants and dancing to the sound of the Frank Venice band.

Cost is \$15 per person. Attendance is limited to 200. The registration deadline is Tuesday, Dec. 1.

The event is sponsored by the Oakland County Parks and Recreation Commission and Waterford Township Parks and Recreation Commission.

The Oakland County Parks and Recreation Commission actively seeks and supports participation by people with disabilities in its recreational programs and services. Participants are asked to call well in advance so their needs can be accommodated.

Addison Oaks County Park is on West Romeo Road, nine miles north of Rochester, near Oxford. For more information, call 858-0913 or 623-1649.

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