

**Olympic special**



**Speedy skaters:** Olympic short track speed skater Cathy Turner (In U.S.A. jacket), a gold and silver medalist in Albertville last winter, recently held a mini clinic for special olympians from the Birmingham-based FAR Conservatory of Therapeutic and Performing Arts. From left are Bob Canton of Troy, Paul Thomas of Beverly Hills, John Tracy of Royal Oak, Michael Courtright of Rochester Hills, Turner, Vicki Thomas of Beverly Hills, Sarah Dillon of Birmingham and Abigail Katchke of Southfield.

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Did you know that...  
• More than 40 percent of the calories in most common fast food breadsticks come from fat. Three sesame breadsticks contain approximately 160 calories and 7 grams of fat.  
• Vein grafts placed during heart bypass surgery tend to close more readily if the patient continues his/her cigarette-smoking habit.  
• Drunk drivers are not the only ones to blame when accidents occur. Approximately half of all adult pedestrians killed in traffic accidents in 1990 had been drinking alcohol, and more than a third were legally drunk.  
• Unfortunately, over 90 percent of dieters regain all or most of their lost weight within five years.

There is no good scientific evidence that eating before bedtime produces any greater increases in body weight and fat stores than when the same foods are eaten throughout the day. The calories you consume at night will simply be burned later on.  
According to one recent report, heart attack patients who were able to complete a low-level treadmill exercise test with no abnormalities could be safely sent home after only three days in the hospital.  
Americans bought more than 2 billion dollars worth of home exercise equipment in 1991. Unfortunately, surveys show that the great majority of buyers do not remain regular users.  
Hot coffee or cocoa don't really keep you warm in cold weather. Although hot fluids taste good and may have a psychological benefit, they don't do anything to increase body temperature.  
Several studies have now reported a higher rate of heart attacks in "shift" workers, whose jobs require irregular or rotating hours, as compared to day workers. Researchers speculate that this may reflect differences in smoking, dietary habits or psychological stress.

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