1989

EC89-425 Planning your Lifestyle : The Good Life Report : What is Fitness

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Walking For Physical Fitness

What is Fitness?

Many people know the benefits of regular, hard exercise, but still have trouble starting a fitness program. Others begin working out, only to stop weeks or months later.

How do people motivate themselves to exercise, and how do they find the will to persist?

A man who has exercised for fitness throughout the last 10 years, Dr. William T. Friedewald, associate director for disease prevention and health promotion at the National Institutes of Health, offers these ideas about keeping an exercise program going:

* Set a goal. Some people might want to look better in a bathing suit. Or they aspire to feel more fit or sleep better. Others might aspire to enter a contest or to get in shape to hike, or bike, or ski.

* Plan right exercises. Starting a running program or going to a health club may scare off some people. Dr. Friedewald, but just about anybody can walk. Choose exercises that are fun, convenient and effective. The workout should raise the heart rate to the proper level for at least 20 minutes three times a week.

* Follow a routine. Dr. Friedewald, who runs on Tuesdays, Thursdays, Saturdays and Sundays, says a routine ensures that no matter what else is going on, exercise will become—and remain—part of one's lifestyle.

* Find a partner. Partners inspire one another to exercise. "I run with a group on Saturday mornings," Dr. Friedewald said. "So on Thursdays, when I run alone, I don't slack off or stop running. If I did, I couldn't keep up with my friends on Saturdays."

How often? Regularity is the key. To be effective, most authorities recommend that you walk as briskly as your condition permits. The extra layer helps to trap proper body heat, always wear a cap during darkness so that drivers can see you. Face oncoming drivers can see you. Face oncoming drivers can see you. Face oncoming drivers can see you. Face oncoming drivers can see you. Face oncoming drivers can see you.

How far? The speed at which you walk is less important than the time you devote to it, although it is recommended that you walk briskly as your condition permits. The walk test" can help you find the right pace. You should be able to carry on a conversation while walking. If you are too breathless to talk, you're going too fast. When walking, you should develop dizziness, pain, nausea or other unusual symptoms, slow down or stop. If your problem persists, see your physician before walking again.

How often? Regularity is the key. To be effective, most authorities agree that you should walk five to six times a week to lose weight. Warm-up and cool-down: Begin each session with five to ten minutes of stretching exercises for the head, arms, shoulders, legs and ankles. These exercises will help you to a chance to limber up, get your circulation going and loosen up muscles and joints. All stretching should be done slowly without bouncing, jerky motions. After exercising, slow down gradually by walking slowly. If you have been walking briskly or jogging, repeat your stretching and limbering exercises to loosen up your muscles.

Footnote: A good pair of shoes is the only special equipment required for walking. Choose a shoe that is comfortable and provides good support. Cushioned shoes with a slightly elevated heel and arch supports are preferable. Good running shoes are good walking shoes. Select loose, comfortable clothes for your walks. In cold weather, it's better to wear several layers of light clothing than one or two heavy layers. The extra layers help to trap heat, and they are easy to shed if you get too warm. To maintain the proper body heat, always wear a cap during the cold weather.

GUIDELINES

Here are a few hints to help you develop a walking program:

1. Warm up before you begin, paying special attention to stretching the backs of the legs and thighs. Also, be sure to cool down slowly.

2. Don't push yourself. If you get tired, slow down. Try the "talk test." If you are too breathless to carry on a conversation, you're going too fast!

3. Walk regularly. If you don't exercise at least three times a week, you won't experience as many of the benefits of regular physical activity as you could, or make as much progress.

4. Watch out for dogs and cars. Wear light-colored clothes or a reflecting band during darkness so that drivers can see you. Face oncoming traffic and do not assume that drivers will notice you on the roadway.

5. Don't use your watch. You may want to start walking for just a few minutes and then gradually increase the time.

(Note the sample walking program.) Walking needs to be done for at least 30 minutes if your body is to achieve any "training effect."

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Ideas To Help You Burn Up Calories

* Look for ways to burn calories in your everyday routine. Take the stairs rather than the elevator whenever you can. When you drive, park a little farther away and walk to where you're going.

* Get up and move. If you have a desk job, get up, stretch, and move around several times during the day. Use part of your lunch break to take a brisk walk. Watching TV? Don't go to the kitchen for a snack during commercials. Instead, try standing up and moving around during those breaks.

* Exercise regularly. Briskly walking 1 mile everyday will take less than 20 minutes. But over 1 year, you may lose 14 pounds! Small changes add up to more weight lost or pounds kept off.

* If you like sports, you can burn even more calories. Join a fitness class with a friend, go swimming, or join a sports team. Even if you don't like sports, start walking more. Or about going dancing? Meet new people, have fun, and get some great exercise.

* Don't forget to exercise when you're traveling or on vacation. Pack comfortable walking shoes or a swimsuit. Get out and see the sights on foot instead of by car.

* No matter what exercise you choose, start slowly and build up over time. Walk a few blocks this week. Each week, add another block until you're getting a good workout. If you have any health problems, check with your physician first.

* Exercise is more than burning calories. For most people, exercise is fun, helps reduce stress, and keeps you in good shape. It makes you feel alive, and you'll have more energy. So find an activity you like, and you'll be fit for life.

Obesity Increases Risk

Scientific research has shown that the risk of serious chronic health problems is increased for obese people in comparison to those of normal body weight. Some of the physical complications that can occur more frequently among the obese include hypertension, stroke, diabetes mellitus, pulmonary disease, osteoarthritis, gout, and impairment of cardiac function. The risk factor survey defined obesity as a body weight greater than 120% of ideal body weight. In 1986, the prevalence of obesity with increasing age was high at 35% among 1982 survey respondents 45-54 years of age. In 1986, the prevalence of obesity was 35% among 1982 survey respondents 55-64 years of age. In 1986, the prevalence of obesity was 35% among 1982 survey respondents 55-64 years of age. In 1986, the prevalence of obesity was 35% among 1982 survey respondents 55-64 years of age. In 1986, the prevalence of obesity was 35% among 1982 survey respondents 55-64 years of age.
Your Lifestyle is the Key to Wellness

Today, most Americans die from heart disease, cancer, stroke and accidents. Many deaths can be PREVENTED by changes in lifestyle and health habits.

Ask Yourself — Do I use tobacco or abuse alcohol?
Do I get enough exercise?
Do I eat right and maintain my proper weight?
Am I under too much stress?

YOUR HEALTH DEPENDS A LOT ON YOU! DON'T SMOKE

Smoking causes most cases of lung cancer. It is also a leading cause of heart disease, emphysema, chronic bronchitis, stroke, etc. Cigarette smoking is dangerous to your health.

Tips To Help You Quit
* Get Rid of Reminders such as ashtrays and matches.
* Change Smoking Routines (for example, no cigarettes with coffee or after meals).
* Join a Support Group for support and help in quitting.
* Avoid Places where you usually smoke.

LIMIT ALCOHOL USE

Overuse can result in serious health problems, such as some kinds of cancer, heart problems, liver and brain damage, ulcers, and gastritis. Alcohol abuse is a major social problem, causing serious financial and job troubles. Drinking is also a major factor in deaths from car accidents.

Tips To Avoid Abuse
* Avoid Social Situations that encourage excessive drinking.
* Never Drink before driving.
* Be Alert for early signs of alcohol dependence — drinking alone, drinking to escape, etc.
* Get Help for drinking problems. Ask your physician to refer you to sources of help.

GET ENOUGH EXERCISE

Most physicians recommend at least 20 minutes of cardiovascular exercise 3 or more times a week.

BENEFITS of regular exercise:
* HEART pumps more efficiently; circulation improves.
* LUNGS are better able to process oxygen.
* FITNESS, muscle tone and endurance improve — digestion and sleep often improve, too.

WEIGHT and cholesterol level decrease (with proper diet).

EMOTIONAL HEALTH improves — you feel better about yourself.

EAT THE RIGHT FOODS in the right amounts.

Preventing Adolescent Drug Abuse

Alcohol is the most widely used drug among American youth. In surveys of high school seniors, 66% report having used alcohol in the past month. Alcohol is believed to be a major cause of all fatal and nonfatal traffic accidents involving teenage drivers. It is also linked to thousands of adolescent drownings, suicides, and injuries. This update focuses on the National Institute on Alcohol Abuse and Alcoholism’s (NIAAA) Literature Review on Alcohol and Youth, a report which challenges some longstanding beliefs about prevention of drug and alcohol abuse.

Highlights from the report:
* Youngsters who begin drinking before the age of 15 appear to be the strongest candidates for later alcohol abuse. Alarmingly, longitudinal studies are indicating that children are beginning to drink at increasingly early ages. Contrary to earlier conclusions, researchers now believe that drinking with family members at home can lead to later alcohol problems.
* A Canadian study found that the earlier they drink with the family at home the earlier they will drink outside the home.
* Researchers conclude that early prevention before youngsters face peer and media pressures, will be the most effective approach. The targeted audience for prevention efforts are 6-12 year-olds and their parents.
* Parents are the strongest prevention factor for 6-12 year-olds. Factors that seem to be important are:
  * Parental disapproval of alcohol use by the child.
  * Minnesota adolescents were asked, “If you came home from a party and your parents found out that you had been drinking, how upset do you think they would be?” Researchers concluded that the degree to which teens believed their parents would be upset was more strongly correlated with non-use of drugs than any other item (Wood, et al., 1984).
  * Strong family relationships
* Drug abuse is greatest in those families where there is:
  * a lack of closeness or bonding
  * a lack of parental involvement in children’s activities
  * a lack of or inconsistent discipline
  * Poor communication

“Drug abuse is thought to arise in part from failed coping efforts; in families in which constructive coping resources and responses have been formed and continued to develop, those demands that arise from predictable and unpredictable stresses and crises, family members do not generally abuse drugs... Well-organized, lovingly close families characterized by open communication and mutual respect may have members who briefly experience alcohol or marijuana but do not experience members who have serious, lasting drug habits.” (Needle et al.)

* Role modeling by adults of chemically-free problem solving and coping.

Realistic expectations for children—especially academic expectation.

Employers Sick Over "Illness Behavior" of Workers

Companies across the country are becoming concerned about the "illness behavior" of their employees. Employers are paying higher health insurance premiums each year and are losing valuable man-hours because of health problems that may be preventable in workers. In 1985, American companies spent an average of $2,560 per employee in health-care costs. In that same year, 60 billion health-care dollars were spent on cardiovascular disease alone. Companies have not become complacent, but have attacked the problem head-on.

In reality, companies are addressing employee lifestyles, or illness of employees. Richard Sloan and Jessie Gruman, in a recent article published in Personnel Administration, state that the objective of workplace health promotion programs is to contain the illness behavior of an employee, and not just the illness itself. Workplace health promotion or wellness programs are rapidly gaining popularity in companies all across the nation. Health promotion programs not only help companies strengthen their bottom lines of profit but also help employees improve lifestyles and overall health. Wellness programs address the issues of employee health and illness through preventive measures. For example, of seven identifiable risk factors for cardiovascular disease (CVD), only one cannot be addressed within a wellness program, and that factor is family history. Unhealthy lifestyles undoubtedly lead to physical and medical problems. Smoking, obesity, improper diet, the lack of exercise, high blood pressure, and driven, aggressive (type A) behavior patterns can all lead to CVD and other illnesses. All of these factors are addressed in wellness programs. Employees can be made aware of them, and can be given incentives to adopt healthy practices into their own lives. Anxiety and stress can also add to unhealthy lifestyles. For example, incompatibility between the worker and workplace can lead to stress, which may lead to illness symptoms, which may result in actual physical illness. Workers can be educated not only about unhealthy behavior, but also how to control anxiety and fears that may exacerbate unhealthy lifestyles.

Employees are encouraged to adopt healthy lifestyles not only for their employers' sake, but also for their personal sake and for the welfare of their family. The employer is encouraged to take home what is learned at the worksite health promotion meetings. If the entire family adopts wellness behaviors, all family members will have a built-in support system to perpetuate healthy lifestyles.

No single food or food group supplies all the nutrients you need; eat a VARIETY of foods.

MANAGE STRESS

Pressures, demands and worries that make you feel tense are facts of life. The key is to keep them within manageable limits. Some stress can be good, but too much can interfere with your normal activities and contribute to many medical problems — some serious. For example: fatigue, headaches, cramps, prolonged depression, heart disease, ulcers and colitis can result from stress.

Observe Benefits Of An Effective Exercise Program

1. Increase in mental alertness.
2. Improved memory.
3. Ability to study effectively and efficiently.
4. Ability to cope effectively with problems of stress.
5. Ability to communicate effectively.
6. Self-discipline leading to a healthier lifestyle.
7. Ability to affirm others.
8. Goals clarified to achieve greater spiritual development.
9. Increase in overall level of energy.
10. Decrease in the duration of illness.
11. Decrease in the duration and frequency of illness.
12. Am affirmed by others.
13. Ability to recognize feelings.
14. Ability to express feelings constructively.
15. Positive outlook on life.
17. Self-confidence.
20. Ability to use the relaxation response effectively.
22. Periods of depression decreased or eliminated.

James A. Yankel Graduate Assistant Human Development and the Family
Behavior Change Needs Family Support

There is an increased focus and interest in the family as a viable and important social institution. It is becoming more apparent that ability to balance the physical, spiritual, emotional, intellectual, social and occupational dimensions of life, to become out of balance, either lead to health and lifestyle problems.

Life in the Balance

The quality of your life may well depend on your ability to balance the physical, spiritual, emotional, intellectual, social and occupational dimensions of life, to become out of balance, either lead to health and lifestyle problems. Keith through emphasis or neglect, will become part of our everyday living.

Fred Leftgren, assistant chancellor at the University of Wisconsin, points out that with a proper balance in life one can prevent or reduce the amount of illness and reduce the risk of premature death. Keith Stehrn, M.D., a physician with Trinity Health Care in Minneapolis, MN, indicates that most illnesses are caused by an imbalance in body/mind/spirit.

If you feel that a change is necessary to improve the quality of your life, Molly Lottman, the Dietitian at Healthwise, Inc. in Boise, ID recommends that individuals take responsibility for their own health. She suggests one adopt a positive attitude and surround themselves with a supportive environment.

Change in lifestyle is a difficult process and should be initiated with small changes as opposed to dramatic changes. Small changes in lifestyle can lead to better health, more energy, and control and therefore will have a more lasting effect.

For example, when it comes to diet, she suggests eating 5 small meals a day instead of 3 large meals. In addition, exercise is important for the body and mind.

* Incorporate humor into your daily routine. Some of the best memories I have of growing up in my family-the times we'd spend sitting around the kitchen table after Sunday dinner, laughing about something trivial or reminding about something silly one of us did.

* Build a positive outlook. A positive attitude toward stress is to regard it as an opportunity to grow. Part of the response to a stress is to react, good or bad, depends upon the person's attitude toward stress, which can be at least in part, under the control of the individual. Being happy and positive is catching.

* Exercise. As well as being good for you, it's also a natural relaxant. Exercise can release stress. If you are in shape, you are more likely to handle the physical effects of stress.

* Diet. Good nutrition can prevent many maladies such as cancer, heart disease and osteoporosis. Even though it's easier to buy convenience foods, especially after having a trying day) try to eat fresh foods, lean meats, and foods low in salt and fat. You'll feel better!

The family can become a supportive environment encouraging members to change. Junk food, high calorie desserts, and high fat diets can be eliminated from the household for the entire family; not just one or two members. It can become a norm for the family and encourage behavioral change. Other significant factors associated with loss of health and well-being are smoking cigarettes (which is associated with a significant increase in morbidity and mortality rates), hypertension, alcohol use, blood cholesterol level, and seat belt use. It is important for family members to make changes in the every day way of doing things; to build new wellness norms together.

Choosing To Be Well

Abraham Lincoln once observed that “most folks are about as happy as they make up their minds to be.”

Dr. Leo Rottmann, of the University of Nebraska, would tell students in his Family Wellness course that “most folks are about as well as they make up their minds to be.”

His students learn that wellness is a matter of making healthy lifestyle choices and accepting self responsibility for implementing those choices.

Our culture is fascinated by the promise of medical “high technology” but many Americans are finding that the innocence cannot look to high tech medicine to increase their level of wellness or extend their life expectancy by more than two or three years.

Families and individuals who choose to adopt a healthy lifestyle and accept the responsibility for some rather simple changes, can expect to enjoy a significant increase in their level of wellness and extend their life expectancy by more than two or three years.

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Be Happy!

Living in the 20th century it's all cranked up to be. We have wonderful conveniences such as washing machines, automatic VCR’s, and microwave dinners. We are so busy these days with job demands and family activities that these conveniences are life savers.

Yes, modern life is fast, furious and fun. But it can also be exasperating. We are sometimes too busy to cook, so we pop a high salt, high fat dinner into the microwave because it's fast. We then becomeconstipated, and how people are reacting to similar types of stress. How can we achieve a sense of overall well being and balance in our lives, when it seems as though there are so many disincentives in our culture to do so?

First of all, it might help to learn to identify stress. After we can learn to recognize the signals of stress, we can begin to cope with it. Keep a daily diary of the things that make you feel stressed out. Look it over a couple of weeks you might find some simple things you do that creates problems.

* Talk to yourself. Have a little chat when things are driving you batty. Don’t let emotions get the better of you.

* Don’t fight what you can’t change. If your car breaks down, for example, realize that it’s not your fault, and that it happens to everyone sometimes. Make the best of it.

* Call a friend when things get you down. Have fun! Research has shown that people without friends and family are more likely to get sick or have bad moods.

* Incorporate humor into your daily routine. Some of the best memories I have of growing up in my family-the times we'd spend sitting around the kitchen table after Sunday dinner, laughing about something trivial or reminding about something silly one of us did.

* And finally, have a positive outlook. A positive attitude toward stress is to regard it as an opportunity to grow. Part of the response to a stress is to react, good or bad, depends upon the person's attitude toward stress, which can be at least in part, under the control of the individual. Being happy and positive is catching.

If you have a positive outlook, so will your children. It helps boost morale for the family and make a good example and are positive, even when things don't seem to be going well. Your family will feel better about themselves and have a warm feeling about their family ties.

A colleague once said a phrase to me which I always remembered and now incorporate into my daily life: We don’t just “have” good days, we “make” good days.

Healthy Heartbeats

Diane Crouch, Counselor, Division of Rehabilitation Services, State of Nebraska

**AGE**

**TARGET ZONE**

20 years 120-150 beats per minute

25 years 117-146 beats per minute

30 years 114-142 beats per minute

35 years 111-138 beats per minute

40 years 108-135 beats per minute

45 years 105-131 beats per minute

50 years 102-127 beats per minute

60 years 93-116 beats per minute

70 years 90-113 beats per minute

James Rigger Graduate Student Human Development, and Family Science

Dr. E. Kroutz Graduate Assistant Outdoors Adventures Program University of Nebraska

Graduate Student Human Development, and Family Science

Jana Rigger Graduate Student Human Development, and The Family.
Plant Your Garden Now

Frank Katch of the University of Massachusetts at Amherst found no improvement in cardiovascular fitness, flexibility or the levels of energy and calories expended. Furthermore, Katch says a table workout will not increase muscle strength in healthy people, since the tables do not provide the necessary resistance required to build muscle capacity.

Poor results also await those who bank on the electrical muscle stimulator (EMS), which is designed to shock you into shape, literally. EMS makes a muscle contract by delivering electrical currents, up to about 100 milliamperes or about one tenth the amount that flows through a 125-watt light bulb, to one or more muscles through contact pads placed on the skin. It is available from specialized health spas, for $20 to $25 for a 45-minute session. Like the tables, EMS will not build muscle strength because it does not provide resistance. Nor does it “achieve up to 1000 muscle contractions in sit-ups, push-ups and sit-downs,” a claim made by Body by Design, a now defunct Boston health salon specializing in EMS, and echoed throughout the world of EMS promoters. The Federal Trade Commission sent them all a letter last week when it signed a consent agreement with the former owners of Body by Design in which they agreed not to misrepresent any fitness program in the future.

Somewhere between the gimmicks and a real workout are the new supershort workouts. For decades, the gold standard for achieving any benefit from aerobic activity such as jogging swimming has been a minimum of 20 minutes of high-intensity exercise three times a week. Yet some authors and sports doctors claim you can reap benefits from workouts as short as 12 minutes. In a study of 22 women of average fitness who spent 12 minutes on a stationary bicycle three times a week, Dr. James Rippe of the University of Massachusetts Medical School found that their aerobic conditioning improved 10 percent to 15 percent. Nonetheless, his findings do not impress purists like Michael Pollock of the University of Florida, who cites scientific papers as evidence that 20 minutes a day three times a week is the minimum time necessary to improve the heart’s ability to pump blood and the muscles’ capacity to utilize oxygen.

The shortest of the shortcuts are pills and injections that can help you run faster and lift more weight without working harder. Among the most popular are anabolic steroids, synthetic versions of the male sex hormone testosterone, which aids in muscle growth. Steroids do seem to work but have been linked to liver damage and heart disease.

On the other hand, dosing with minerals, vitamins and amino acids and other supplements probably will not hurt you. But there is no scientific evidence that it will enhance strength or endurance either, despite claims made in “muscle magazines” and by manufacturers. Protein breaks down during digestion into 20 amino acids used by cells, among other things, to create new muscle tissue. That is why some people believe that loading up on amino acids and protein will help you build muscle. It is too soon to tell, says Peter Lemon, a professor of physiology at Kent State University and a recognized expert on protein supplements. Sports nutritionists agree.

Liquid assets. Athletes who should approach diets, power snacks and other so-called fitness foods skeptically. The only nutritional advice of proven value is to consume a diet high in carbohydrates and low in fat. Complex carbohydrates, found in grains, fruits and vegetables, prevent fatigue by maintaining the body’s energy sources—glucose in the blood and glycogen in muscles. When consumed during a lengthy workout, Gatorade, Exced and other drinks whose content is 6 percent to 7 percent carbohydrate can help you keep going by the point where you might normally poop out. They may even enhance performance. In a recent study, men consumed about a quart of one liquid every 20 minutes for 2 hours while exercising on a stationary bicycle. They rested for 30 minutes and then started to ride again. Those who drank a 6 percent carbohydrate solution rode significantly faster than those who ingested either a 2.12 percent carbohydrate solution. The study also confirmed that carbohydrate drinks, which digest slowly, do not cause cramps and nausea as doctors once believed. When exercising for fewer than 50 minutes, water will suffice.

Clearly, some shortcuts are alluring. But the time and money you’ll save by avoiding them can be better used to start a regimen that really will work.


FOR A HEALTHY HEART:
* aim for a blood cholesterol level under 200 mg/dl;
* keep your blood pressure under 140/90 mm Hg;
* control your weight;
* don’t smoke; and
* exercise regularly.

A fit body and strong heart demand tough workouts and no cutting corners. Were someone to invent a way to get a fabulous physique and a healthy heart without leaving the sofa, the world’s couch potatoes would embrace it like a bag of cheese puffs. For now, many of us considerably less work. Even fitness buffs who are very much in shape resort to pills and potions to increase muscle mass and endurance with less sweat. And while most of these fitness shortcuts should do some good, few of them work; some can cause serious damage.

Makers of “toning tables,” for example, would have you believe that all you need do is lie comfortably on different motorized tables that move your arms and legs to improve muscle strength, blood circulation and flexibility. Many health spas have such tables. But the only energy you expel is fishing $6 to $9 out of your wallet for each hour you spend being manipulated. In a study of 40 people who used the tables over 16 weeks for 50 minutes a day, 4 days a week, exercise physiologist

Spring is a time when many of us plant a garden for a multitude of reasons. Years ago I planted a garden but found that it was very hard for me to maintain. But last week I decided to try again and spent two days tilling, planting and watering. It was a peaceful time for me and I felt good about myself when I was done. Let us take a look at a garden and the efforts to have one in regard to your lifestyle. Bear with me because this comparison is hard to visualize sometimes. Living our lives in a healthy way requires planning just as we do for a garden. We want the fruits it produces, but we know that it will take a process of steps to obtain those fruits. The first step is planning what we want to reap. With my prior garden, I know that a variety of vegetables would be best for me and I got excited about that. Likewise, in our lives we know we need a variety of interests in our lives to feel productive. This is evident every day when all of us attempt to juggie the different aspects of our lives; such as exercise, eating right, relating to others, work, and our spirituality. It is difficult to do, and when we are not able to do that balancing act, sometimes we find ourselves out of sync which leads to illness. Having good health seems to require that balance of everything in our lives. This leads us to the second step of maintaining all of that we planted. I had planted a variety of vegetables but my main interest was in the tomatoes and cucumbers: two vegetables I love to eat. The others —

the carrots, the corn, and the peas, soon began to be overrun by weeds. I told myself that it really did not matter because I really did not eat them, but before I knew it the weeds were coming into my tomatoes and cucumbers!

This can happen in our lives when we create our life to be one-sided by my participation just in one or two areas and letting the others go. The "weeds" creep into our very being and we begin to ignore our health. With the use of EMS, we can maintain our balance. One quick way is to have one of these motorized tables that move the arm and leg muscle contractions is in sit-ups, push-ups and sit-downs, a claim made by Body by Design, a now defunct Boston health salon specializing in EMS, and echoed throughout the world of EMS promoters. The Federal Trade Commission sent them all a letter last week when it signed a consent agreement with the former owners of Body by Design in which they agreed not to misrepresent any fitness program in the future.

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QUITTING SMOKING AND THE FEAR OF FAT

Have you thought about quitting cigarette smoking, but are afraid of gaining weight? With careful planning, you can control your weight after quitting smoking. The following ideas can help.

* Drink a glass of water before meals.
* Have low-calorie snacks on hand like fruit, vegetables, popcorn without butter, bagels, and low-calorie sodas.
* Chew sugarless gum instead of eating sweet foods.
* Prevent the nagging when high-calorie foods may be hard to turn down.
* Start a walking program. Walk briskly for 20 minutes or more every day.
* When you feel the urge to smoke, go for a walk, talk to a friend, and remove yourself from the situation.

The fear of smoking should always be greater than the fear of fat.
When you or someone in your family becomes ill, there are authorities who tell us you don’t always spell the cause G-E-R-M-S. Often you can spell it S-T-R-E-S-S.

According to the Health Insurance Institute, behaviorists believe many major ailments such as heart disease, cancer, high blood pressure, diabetes and peptic ulcers frequently have nothing to do with germs.

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That’s because her visit represents a particular life-change event that the average person finds difficult to cope with. If, for example, as not always able to deal with a stress situation, then another, and another until they pile up. This is the point where your resistance falters, and you become susceptible to diseases caused by germs such as tuberculosis and viral infections. Such is the way life changes set things off.

Dr. Holmes, a pioneer in the study of psychosomatic medicine dating back nearly 40 years, explains it this way:

“The discovery that germs cause illness failed to unravel one important riddle—the mystery of illness’s onset: why does a person sickness at one time but not another?”

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“They reported,” Dr. Holmes says, “a wide range of events—death of a spouse, a visit by a mother-in-law, a change of job, divorce, birth of a child.”

He says they also discovered that events of ordinary life—marriage, birth of a child—could help trigger illness, “because the effort required to cope with these events is relatively intense. The S-T-R-E-S-S. The findings challenge our ideas about our health, and about the roles of biochemistry and sociology play in health...

“May be effective treatment of disease requires analysis of choice and actions, along with medical therapies.”

Consequently, Dr. Holmes and his associates have developed a “Social Readjustment Rating Scale” assigning a value to each life-change event.

The key here, says Dr. Holmes is that “the more change you have, the more likely you are to get sick.”

If a person’s score adds up to more than 300 points in a year, it increases the likelihood of serious illness such as a heart attack by almost 90 percent within the near future.

With 150 to 299 Life Change Units, Dr. Holmes says he can accurately predict that about 50 percent with this score will get sick in the near future, while those with less than 150 have a 30 percent chance of getting sick in the near future.

Dr. Holmes also points out that “the period of risk for becoming seriously ill is self-limited.” That is, if no new life crises intervenes, the risk declines sharply after about two years.

Here are the top 20 events on Dr. Holmes’s Social Readjustment Rating Scale, with the point count for each:

<table>
<thead>
<tr>
<th>Life Event</th>
<th>Mean Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Death of a spouse</td>
<td>100</td>
</tr>
<tr>
<td>Divorce</td>
<td>73</td>
</tr>
<tr>
<td>Marital separation</td>
<td>66</td>
</tr>
<tr>
<td>Jail term</td>
<td>63</td>
</tr>
<tr>
<td>Death of family member</td>
<td>63</td>
</tr>
<tr>
<td>Personal injury or illness</td>
<td>53</td>
</tr>
<tr>
<td>Medical surgery</td>
<td>19</td>
</tr>
<tr>
<td>Fired at work</td>
<td>47</td>
</tr>
<tr>
<td>Marital reconnection</td>
<td>45</td>
</tr>
<tr>
<td>Pregnancy</td>
<td>40</td>
</tr>
<tr>
<td>Sex difficulties</td>
<td>39</td>
</tr>
<tr>
<td>Gain new family member</td>
<td>89</td>
</tr>
<tr>
<td>Business reestablishment</td>
<td>39</td>
</tr>
<tr>
<td>Change in financial status</td>
<td>38</td>
</tr>
<tr>
<td>Death of close friend</td>
<td>37</td>
</tr>
<tr>
<td>Change to different type of work</td>
<td>36</td>
</tr>
<tr>
<td>Change in number of arguments with spouse</td>
<td>35</td>
</tr>
<tr>
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<td>31</td>
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Coping With Holiday Stress

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</tbody>
</table>
Program Opportunity: Emphasis is on lifestyle choices related to the depression and the enhancement of self-esteem.

The 4-H Youth Program in your county has three youth/adult discussion programs in print and available for families and groups. Each program can be 4-H or Extension Club connected or be an independent educational and enrichment effort in your community.

The underlying core of these materials relates to self-concept, self-esteem building. What can you do as a parent or adult to increase your own self-esteem and how can you help youth and others increase their levels of self-esteem? All centered on how to improve lifestyle behaviors and to better handle the wear and tear of life.

Ask to become involved in these programs through your County Extension Office:

The Stress Connection
Self-Care: A Prevention Program for Alcohol and Other Drug Problems
Dare To Be You

Desirable Body Weight Ranges

<table>
<thead>
<tr>
<th>Height*</th>
<th>Weight*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men (pounds)</td>
<td>Women (pounds)</td>
</tr>
<tr>
<td>4'10&quot;</td>
<td>92-121</td>
</tr>
<tr>
<td>4'11&quot;</td>
<td>95-124</td>
</tr>
<tr>
<td>5'0&quot;</td>
<td>98-127</td>
</tr>
<tr>
<td>5'1&quot;</td>
<td>105-134</td>
</tr>
<tr>
<td>5'2&quot;</td>
<td>108-137</td>
</tr>
<tr>
<td>5'3&quot;</td>
<td>111-141</td>
</tr>
<tr>
<td>5'4&quot;</td>
<td>114-145</td>
</tr>
<tr>
<td>5'5&quot;</td>
<td>117-149</td>
</tr>
<tr>
<td>5'6&quot;</td>
<td>121-154</td>
</tr>
<tr>
<td>5'7&quot;</td>
<td>125-159</td>
</tr>
<tr>
<td>5'8&quot;</td>
<td>129-163</td>
</tr>
<tr>
<td>5'9&quot;</td>
<td>133-167</td>
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<tr>
<td>5'10&quot;</td>
<td>137-172</td>
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<tr>
<td>6'0&quot;</td>
<td>141-177</td>
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<tr>
<td>6'1&quot;</td>
<td>145-182</td>
</tr>
<tr>
<td>6'2&quot;</td>
<td>149-187</td>
</tr>
<tr>
<td>6'3&quot;</td>
<td>153-192</td>
</tr>
</tbody>
</table>

*Height without shoes, weight without clothes.

NOTE: For women 18-25 years, subtract one pound for each inch under 5'9".

SOURCE: Adapted from the 1959 Metropolitan Desirable Weight Table.

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Hitch Your Child's Wagon To A Star

Family life educators at a recent conference in Lincoln expressed support for incorporating a family wellness focus into current curriculums. Until now, concentration of the group has been on teaching positive parenting skills and effective communication techniques to promote strong families. Prompted by the popularity of the wellness movement, several presenters at the gathering revealed how they have begun integrating the teaching of healthy lifestyles into their curriculums. One of these was quoted as saying, "The reality is that to remain strong and stable in today's fast-paced culture, maintaining a healthy lifestyle has become an integral part of family strengths and wellness."

She went on to comment that "life parents and children must develop, choosing and maintaining a healthy lifestyle is accomplished through themselves. It is important for children to have a high self-concept and feeling of adequacy. Parents can provide the encouragement and support to help our children develop a positive outlook during their young lives.

Children will come to value themselves as they have been valued by the significant people in their lives, treated with respect, they will respect themselves and others.

Help your child "hitch his wagon to a star" by becoming an involved, concerned, and caring parent. Help the children discover who they are by setting a good example for them to mirror. Accept your children for what they are, not for what they do. Feeling loved helps a child to accept a lack of skills without damage to self-esteem. Warm affection in itself does not guarantee that a child will feel valued, he or she also needs to feel understood.

Self-esteem benefits its possessor and everyone who encounters them. The self-confident person is more generous toward others. Let's give the children a chance to "hitch their wagon to a star," to be the best they can be by being the best parents we can be.

That man is a success who has lived well, laughed often and loved much; who has gained the respect of intelligent men and the love of children; who has filled his niche and accomplished his task; who leaves a world better than he found it, whether by an improved poppy, a perfect poem, or a rescued soul; who never lacked appreciation of earth's beauty or failed to express it; who looked for the best in others and gave the best he had.

R.L. Stevenson

Kim Beavers
Extension Agent
Home Economics
SW 4 Unit, University of Nebraska

"Family Wellness New Focus"

If you have high blood pressure, you may benefit from using less salt in your food. But that doesn't mean you have to eat bland food for the rest of your life. Variety is the spice of life. Use other spices to make your food tasty. Try lemon juice, rosemary, basil, oregano, or thyme on vegetables. Curry and dill are great on fish and poultry. Pepper and parsley taste wonderful on potatoes.

Cut down on your salt before using a salt substitute. Lots of spices don't contain salt and can really liven up your food. Remember, food doesn't have to be boring. Be creative, and spice it up.

HELPFUL HEART TIPS

You're on your way! You've chosen a heart healthy exercise that you enjoy. Here are a few helpful tips to get you started.

*Begin your exercise program slowly. If you're out of shape, it's best to start at an easy pace. Set fitness goals, and work toward them.
*Ask someone to join you. An exercise buddy is fun and can provide support.
*Decide on an outdoor or indoor activity. Switching activities now and then prevents boredom and adds variety to your exercise routine.
*Make exercise part of your life. Make time for your workout before work, during your lunch hour, or after work—whenever it's convenient for you.

Make a schedule, and stick to it.

---

The Good Life Report
Prepared and Developed by:
Leon H. Rottman, Ph.D.
Extension Specialist-Human Development

Edited by:
Terry Meisenbach
Extension Communications Specialist

Graphics and Layout by:
Rene Lanik
Illustrator

UNIVERSITY OF NEBRASKA COOPERATIVE EXTENSION
Taking Stock Of Your Stock

There's nothing better than a good ol' pot of stew. But it's what goes into the pot that makes the stew good. Every good cook knows that. We need to apply the same rule to ourselves and our families. We all want to be good, wholesome and healthy people but we most often don't get there. Here's a tool to assist in making that pot of stew even better.

You need to take stock of your stock. A written record of the items that make up the pot is the best place to start. So get a pencil and start your recipe. Be honest and list what's in you. Got a lot of worry and stress? List it and state the amount. But doesn't it?

There's nothing better than a good, something you'd like to have. But what is it? And how do you get it?

Wellness isn't any one thing; it's a combination of several components that make up your whole lifestyle. It's a very personal process and you're in charge. You are responsible. You are the one who makes the choices about your lifestyle.

Wellness can be yours even when you are sick because it is a balanced lifestyle that adapts to those circumstances you cannot control. It brings a positive attitude into daily living. It's good for you and those around you.

But it's not easy. It takes a lot of self-discipline to adopt and develop lifestyle habits that you know are good for you. Still, there are a lot of things you can control.

Experience has shown that lifestyle changes are tough; changes like losing some extra pounds, learning to cope with stress, quitting smoking, easing off on the alcohol, making some changes in your diet that would be good for your heart, or getting that exercise program started. A good place to start might be to make a list of everything you do to make a good pot of stew also. And as we all know, unless I write it down I don't remember all of it. It may even take me several days or weeks to remember all the ingredients.

The list can go on and on about what's in the pot. But let's just mention one more. What did your mom and dad put into the pot? We all carry their genes, their attitudes and their activity patterns. What's their pot of stew like? Look at your folks' stew and there will be a lot of discovery about your own.

Once you have the recipe written down, share it with your spouse and family. Find out about any secret ingredient they threw in or one you forgot. Then, like all good recipes, share it with a friend. Ask them to comment about it and make recommendations.

So, get your pen and paper. Start writing the recipe down. Take stock in your stock and enjoy your pot of stew.

George Williams
Stew Taster and Pastor
Lutheran Church
Ainsworth, NE

It's Your Move!

Coping With Stress
Diet
Exercise
Quit Smoking
Quiet Time
Humor
Family And Friendships

Wellness:
It's Your Move

"Wellness"—It has a nice ring, doesn't it? Sounds like something good, something you'd like to have. But what is it? And how do you get it?

Wellness isn't any one thing; it's a combination of several components that make up your whole lifestyle. It's a healthy and comfortable balance of your own social, emotional, intellectual, physical and spiritual characteristics. It's a very personal process and you're in charge. You are responsible. You are the one who makes the choices about your lifestyle.

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Experience has shown that lifestyle changes are tough; changes like losing some extra pounds, learning to cope with stress, quitting smoking, easing off on the alcohol, making some changes in your diet that would be good for your heart, or getting that exercise program started. A good place to start might be to schedule that physical exam that you've been putting off.

The first step in your wellness program is up to you. It's your move!

Byron Stoltzenberg
Extension Agent-Agriculture
Brown-Rock-Keara Paha
Cherry County

Adapt A Wellness Program For Your Lifestyle

In the hectic pace of life, it is often difficult to start and maintain a wellness program. As the fitness movement has increased its momentum, hundreds of thousands of people have adapted wellness behaviors into their lives. But for every one person who has successfully incorporated wellness practices into their lifestyle, there are several others who have tried to do so unsuccessfully.

The number of people trying to live a healthier lifestyle indicates that the public is educated as to the importance of wellness. However, people are not changing their lifestyles. As a result, the so-called health revolution is failing. The problem is finding a way to motivate the public to adopt healthier lifestyles.

Studies have demonstrated tremendous drop-out rates in many areas of wellness including dieting, jogging, heart disease prevention, physical conditioning, etc. The blame for these failures seems to rest with the whole of society. Our culture accepts and even expects behaviors which we know to be unhealthy. We drive when we could walk, drive without seatbelts, continue smoking, drink and drive, eat excessively and sit in front of the TV because these are normal.

Knowing the sources of these negative influences and dealing with them can help you to successfully change to a healthier lifestyle. Perhaps the most important step in beginning a wellness program is to find a support group. This group might be from the office, a local gym, some other organization or your family. The group should work together to identify negative norms and develop a comprehensive plan to eliminate these norms and implement more positive ones. The group becomes a source of evaluation, support and encouragement as you alter your lifestyle.

In their pamphlet Changing Our Health Culture: A Family Guide To Wellness and Positive Health, Robert F. Allen and Charlotte Kraft point out four principles important to the process. The group must remember they're all in it together. Don't dwell on who is to blame for a situation but rather figure out how to improve it. Make sure the group is working from good information. Finally, think of ways to make it fun.

By following the Lifegain Six-Step Plan as outlined by Allen and Kraft, your group can build a successful wellness program. The first step is to get the whole group together and discuss health practices on the members and the kind of influences on them. Next, set individual and group goals. Then all members must make a written or verbal commitment of time and resources necessary to attain the set goals. Group and individual plans should be set up. The fifth step is to put your new health practices into action in your daily life. The last step of the plan is to meet with the group regularly and to check with members individually between meetings to give each other encouragement and support. Our culture is well educated as to the benefits of healthy lifestyles. If we could now work to change the negative cultural norms which hinder the success of individual wellness programs, we might be able to rescue the floundering health revolution. A change toward a healthier culture must begin within these support groups.

Deborah Wille
Graduate Student
Human Development and the Family
University of Nebraska-Lincoln
Sample Walking Program

<table>
<thead>
<tr>
<th>Warmup</th>
<th>Target zone exercising</th>
<th>Cool down</th>
<th>Total time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Week 1:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>A: Walk slowly 5 min.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Then walk briskly 5 min.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Then walk slowly 5 min.</td>
</tr>
<tr>
<td>Session B</td>
<td>Repeat above pattern.</td>
<td></td>
<td>Week 2:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Walk slowly 5 min.</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Walk briskly 7 min.</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Walk slowly 5 min.</td>
</tr>
<tr>
<td>Session C</td>
<td>Repeat above pattern.</td>
<td></td>
<td>Week 3:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Walk slowly 5 min.</td>
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<td></td>
<td></td>
<td></td>
<td>Walk briskly 9 min.</td>
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<td></td>
<td></td>
<td></td>
<td>Walk slowly 5 min.</td>
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<tr>
<td></td>
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<td></td>
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<td></td>
<td></td>
<td>Walk slowly 5 min.</td>
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<td></td>
<td></td>
<td></td>
<td>Walk briskly 13 min.</td>
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<td></td>
<td></td>
<td></td>
<td>Walk slowly 5 min.</td>
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<td></td>
<td>Walk briskly 15 min.</td>
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<td></td>
<td></td>
<td></td>
<td>Walk slowly 5 min.</td>
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<td></td>
<td></td>
<td></td>
<td>Walk briskly 18 min.</td>
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<td></td>
<td></td>
<td></td>
<td>Walk slowly 5 min.</td>
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<td></td>
<td>Walk briskly 20 min.</td>
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<td></td>
<td>Walk slowly 5 min.</td>
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<td></td>
<td>Walk briskly 23 min.</td>
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<td></td>
<td>Walk slowly 5 min.</td>
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<tr>
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<td></td>
<td>Walk briskly 26 min.</td>
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<td>Walk slowly 5 min.</td>
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<td></td>
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<td></td>
<td>Walk briskly 28 min.</td>
</tr>
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<td></td>
<td></td>
<td></td>
<td>Walk slowly 5 min.</td>
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<tr>
<td></td>
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<td></td>
<td>Walk briskly 30 min.</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Walk slowly 5 min.</td>
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<tr>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

Source: Exercise and Your Heart, published by the National Institute of Health.

The Hibernation Response

Scientists are discovering that people may have the ability to cope with a shortage of food as small mammals. When there is a scarcity of food, and chronic dieters seem best able to adjust to shortages. When the body is deprived of food, it adapts by causing the individual to conserve energy, store fat, and become tired. A person deprived of food usually becomes hungry, irritable, and even lethargic. The process of severe calorie restriction runs counter to the dieter's attempt to lose weight. Studies have shown that people on very-low-calorie diets do not reduce their ability to store fat. It appears that extreme calorie restriction may even increase a dieter's ability to store fat. Many people who go on low-calorie diets stop losing weight after a few months. They stop dieting, return to normal food intake and quickly regain fat. Richard Keesey, a psychologist at the University of Wisconsin, and his colleagues put rats on starvation diets until they reached 81 percent of their normal weight. The rats were then allowed to eat the same amount of food they and the control group ate prior to the diet. During a week of eating, the “starved” rats gained almost as much more weight than the control rats on a similar diet. The starvation diet had reset their metabolism rate so they burned fewer calories and stored a higher proportion of food as fat. This may help to explain what happens to many dieters when they resume normal eating. Their body metabolism, which has changed to conserve energy, stores the excess calories for future periods of starvation.

Radon Poses Health Risk

There has been a lot of concern lately about radon because of Environmental Protection Agency’s recommendation that all homes be tested for it. Generally, Nebraska does not have as great a radon problem as some other states do. The Nebraska Health Department conducted a preliminary survey in 1986 and found that approximately 40 percent of the homes surveyed exceeded the recommended EPA standard of 4 picocuries per liter of air. This survey, however, was based on a relatively small number of homes across the state. Radon is a naturally-occurring radioactive gas which occurs in nature. You cannot see it, smell it, or taste it. It is the result of the natural breakdown of uranium in soils and rocks. In outdoor air, radon is diluted to low concentrations but inside an enclosed space (such as a home) radon can accumulate. Does radon pose a health risk? Exposure to elevated levels of radon is associated with an increased risk of developing lung cancer. Your risk of developing lung cancer from exposure to radon depends upon the concentration of radon and the length of time you are exposed. About 20,000 lung cancer deaths a year in the United States may be attributed to radon.

How does radon get into a home? Radon can move through small spaces in the soil and rock on which a house is built. It can seep into a home through dirt floors, cracks in concrete floors and walls, floor drains, and joints. How is radon detected? Since you cannot see or smell radon, special equipment is needed to detect it. If you want to test for radon in your home, you may do a preliminary screening with a charcoal canister. The canister should be placed in the basement for a period of 3 to 5 days, after which you must send it to a laboratory to be analyzed. Charcoal canisters cannot be obtained for $10-20 each from firms or individuals registered with the Nebraska Department of Health. The Health Department maintains a list of those who are qualified to offer radon testing services. Results from a single charcoal canister test will not be determinative. If the initial screening indicates the level of radon exceeds the EPA guideline, then you can use two or more charcoal canisters placed in the living areas of your home at periodic intervals over 12 months. This will give you a more accurate picture of the long-term concentration of radon in your home.

Another way of measuring radon following a screening is using a Track Etch or Alpha Track Detector. This device is left in a specific location in the home for a period of 3 months to one year before being analyzed by a laboratory. Costs can range up to $50 or more for each detection.

What should be done after the tests? Based on the test results, you may want to consider the installation of mitigation systems. Mitigation systems can be as simple as sealing cracks and joints and sealing the foundation with a heavy plastic membrane. They may be more expensive, such as a system that extracts radon from the home through a fan and ducting. Contact the Division of Radiological Health at the Nebraska Health Department, 402/471-2168, if you have questions concerning radon.

If you have your home tested and have questions about the results, the Radiological Health Division will be able to help you.

Finding Out About Side Effects

Almost all prescription medicines can cause side effects, some of which can be very severe and a few even fatal. In view of the danger, therefore, why are such drugs used? The answer, of course, is that the illnesses for which they’re given, if left untreated, would be even more dangerous. In deciding whether to use a drug, the doctor has to weigh the potential benefits against the potential risks, and then do what seems to balance to be the best for the patient. Problems arise, however, as the WALL STREET JOURNAL (May 20, 38 reports), because most doctors do not warn their patients about all of the potential hazards and most prescribed drugs do not have any accompanying literature that tells of the side effects that might occur. For most doctors there is not enough time for such discussions with every patient and, even if there were, many doctors would be reluctant to tell their patients about all of the potential risks lest they become too scared to accept the treatment. Now that drugs are coming so much more potent and effective, their potential to cause serious side effects tends to be much greater. It is recommended, therefore, that patients ask their doctors 5 things about drugs that have been told to take. These are its name, weak what it is supposed to do, how it should be taken and for how long, whether any foods, drinks or other medicines might react with it and should therefore be avoided, and whether it can cause any side effects. If the answer to the last question is yes, ask what to do if any of those side effects occur. In addition, patients should take some responsibility in finding out about medicines for themselves. Books that provide this information are now widely available.

Questions And Answers

Q: What Floats on Water But Can Make Your Heart Sink?
A: Fat! Especially saturated fat, which raises blood cholesterol more than anything else in your diet. Saturated fats are fats found in animal foods such as meat, poultry, and whole-milk dairy products like cream, milk, ice cream, and cheese. Other examples of saturated fat include lard, solid fats, and fats like vegetable oils—like coconut, palm kernel, and palm oil—also have a lot of saturated fat.

Q: How Low Can You Get Your Cholesterol Score?
A: How low can you get your blood cholesterol depends on you. Most people can lower their high blood cholesterol level by reducing the amount of fat, saturated fat, and dietary cholesterol in the food they eat. If you're overweight, losing weight can also help lower your high blood cholesterol, as well as your blood pressure.

Have your blood cholesterol checked by your doctor. Most people should have their blood cholesterol level under 200 mg/dL.

Q: Do You Get Cuffed Enough?
A: You need to have your blood pressure checked at least every 2 years if it's normal. If your blood pressure is high (140/90 mm Hg or higher) or you're on medication for blood pressure, you need to have it checked more often. Your doctor will tell you how often.

Q: Having Another Drink?
A: Doctors say if you have high blood pressure, you should have no more than two alcoholic drinks per day. Your blood pressure is harder to control if you drink more. Also, if you have high blood pressure, you need to reduce the amount of sodium (salt) in your food, get regular exercise, lose extra weight, and take your medicine every day.

Take control of your blood pressure.