

Work Out To Work Up The Ladder

There was a time when the ownership of an MBA and a few suits by Valentino and Brook Brothers were just about all you needed to begin the corporate ladder ascent. Search the arsenal of today's career-oriented individual, however, and you are likely to find, right next to John Molloy's *How to Dress for Success*, Jim Fixx's book, *The Complete Runner*.

John Naisbitt, author of the best-seller, *Megatrends*, described America as a nation of clerks, 72% of whom process information. This was indeed a far cry from the 19th century farmer who worked from "can't see in the morning" to "can't see at night" with virtually no need for extra exercise. The food our foreparents ate came fresh from their own fields and the present practice of injecting cattle with antibiotics was unheard of.

With the futherance of technology, Americans became paper-pushers and saw the blue-collar factory days of the 1900s replaced by the white-collar jobs of the 1950s. It was during this period golf reigned as the most popular way to exercise and received the seal of approval by someone who played the game often - Dwight D. Eisenhower, President of the U.S. While many business deals are still negotiate on golf courses, jogging tracks are gaining in popularity as places suitable for corporate networking.

Jogging has not always been in vogue. In fact it was Frank Shorter's marathon (26.2 miles) victory in the 1972 Munich Olympic games that signaled the official beginning of the running boom in the U.S. Many heretofore sedentary individual flocked to the tracks, roads, and bridge paths in droves in an attempt to pummel flabby bodies and often flabbier minds into something called shape.

Sweating, a biological process long associated with citizens of the lower working class, was suddenly found to be in vogue among the nobility. The three-martini lunch,

Sleep In Comfort

From Leonard's Furniture Before you purchase any bedding lie down and take the comfort sleep bed test:

1. CHECK - the feel! Is it soft, medium or firm? Do you like it?

2. CHECK - for pressure points which cause restless, poor quality sleep. Roll onto your side with your arms parallel. This is an exaggerated test but if you feel uncomfortable pressure, you should try another mattress.

3. CHECK - for motion transfer and roll together. For a new mattress you should lie down and see if there is motion transfer or roll together. If you feel either, you should try another mattress.

4. CHECK - for comfort and support - the keys to any bedding purchase. Lie down for 10 - 15 minutes and see if you have selected the proper set.

There are several good reasons why you should buy 100 percent premium polyurethane bedding:

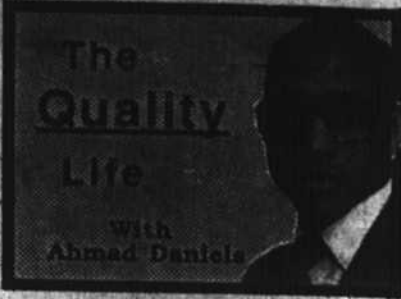
1. No transfer of motion or center roll created by two persons sleeping. If one partner is restless-tossing and turning-you will not be disturbed.

2. Non-allergenic foam is clean, dust-less and odorless. Foam is highly resistant to mildew and small organisms. It is ideal for common allergy sufferers.

3. Foam offers comfortable, even support. Premium quality foam conforms to your body shape and adjusts to your movements during the night.

4. Foam is light weight and easy to clean. It is easy to move for cleaning under the bed and for fitting sheets. It is also not harmed by water and detergents and foam is resistant to body odors.

5. Foam breathes. The cell structure of open foam exchanges air, therefore it is warmer in the winter and cooler in the summer.



The Quality Life
With Ahmad Daniels

Note: On Sunday, July 12, 4 p.m., the first meeting of the Charlotte Running and Walking Society will convene in the Blue Room at McDonald's Cafeteria located on Beatties Ford Rd. For additional information, call 393-5475.

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