

Jogging

Huffing and puffing to better health

By MEREDITH ANN CREWS
Staff Writer

The long list of claimed benefits include longevity, stronger heart muscles, reduction of heart rate, stronger lungs, alleviation of menstrual cramps, reduction of blood pressure, relief from insomnia, reduction of body fat and alleviation of mental stress or depression.

Jeffrey Carroll, a recent UNC graduate, said he has been jogging four miles a day since December and plans to gradually increase his running distance.

"Jogging has kept me from going crazy at times. When I was worried about exams or other school pressures I would jog and feel much better about

myself. It's a way of letting my emotions filter through to replace anxiety attacks," he said.

Jennifer Joy, a Chapel Hill resident, started jogging to lose weight and firm her muscles.

"Jogging decreases my appetite. It has also helped me sleep better and I wake up feeling more refreshed," she said.

Another reason for the increasing popularity of jogging is that no experience, special coordination or instruction is required of the beginning jogger. Also, no equipment, other than a good pair of jogging shoes, needs to be purchased. A jogger never has to join a

country club, wait for a court, wear a helmet or find a foursome.

The jogging boom has definitely hit the Chapel Hill area. Hackney's at University Mall and The Athletic Attic report a large increase in jogging shoe sales.

Jogging shoes in the Chapel Hill area can cost anywhere from \$20-\$50. Most are made of nylon, and in rare cases, light leather.

Dev Slingluff, assistant manager of Hackney's at University Mall, said the ideal jogging shoe has a three-level sole, with a wedge style to keep the jogger's weight forward. He said some of the shoes have a wider heel at the bottom for stability and ripples in the sole for greater traction.

Boyd L. Newnam, an associate professor in the Department of Physical Education, said a jogging shoe should have two firm soles for support with a soft sole in the middle for running on hard surfaces.

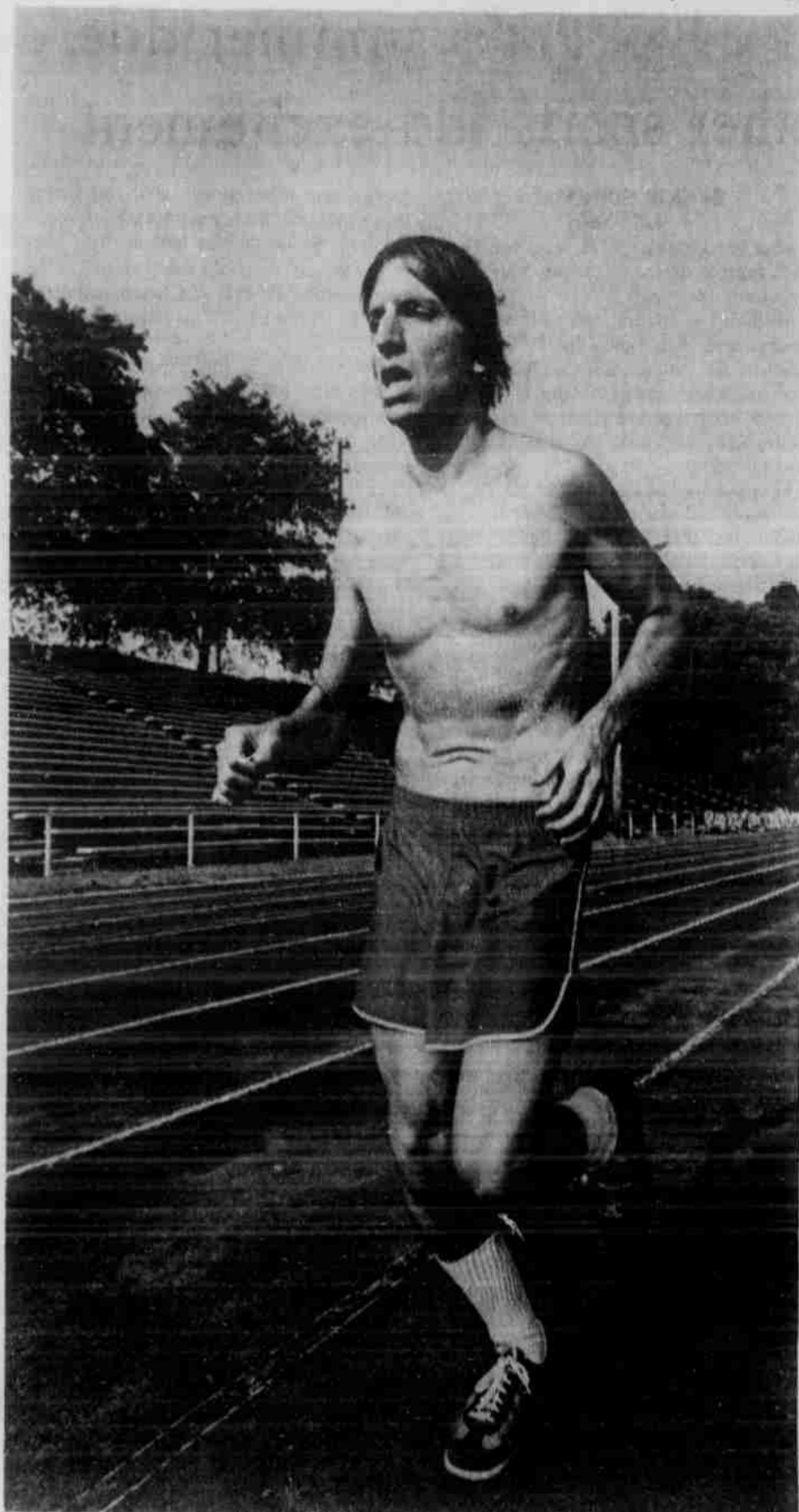
Dr. Robert B. Lindsay of the Sports Medicine Clinic at the Student Health Service agreed that good shoes are essential in preventing injuries or shin splints.

"The safety of any sport, including jogging, depends upon conditioning, technique and equipment. Injuries can be prevented if a jogger has a good pair of shoes and avoids jogging on paved surfaces," Lindsay said.

"Also, it's good to use some common sense. A jogger should watch where he's running to avoid spraining an ankle," Lindsay added.

Another thing to avoid is running on highways or streets. A spokesman from the Chapel Hill Police Department said that most of the trouble with joggers comes from traffic problems caused by joggers on Highway 54.

People interested in jogging can sign up for a jogging course in the Department of Physical Education. Also, a competitive team of runners recently formed the UNC Godiva Track Club. The club sponsors events during the spring and fall for persons interested in competing in a less organized sports event.



Staff photo by L. C. Barbour

However, beginning joggers should keep in mind some suggestions given by Dr. Robert B. Lindsay of the Sports Medicine Clinic:

- (1) buy a good pair of jogging shoes
- (2) gradually increase jogging distance
- (3) get medical clearance if you have a heart condition or if you are middle-

aged (4) try and run on grass rather than pavement and (5) watch where you're going.

America's obsession with jogging, whether for reasons of health, narcissism, peace of mind, or keeping up with the Joneses, could be the most beneficial trend Americans have had for a long time.

Diet Cholesterol, fats can kill

By DON MONKERUD
Pacific News Service

SANTA BARBARA, Calif. — Is jogging the way to a strong heart, good blood circulation and a long life?

It may be, but if you jog and still eat the usual American high-fat diet you could be running down the road to disaster, says Nathan Pritikin of the Longevity Research Institute here. You might be inviting a heart attack.

Pritikin says that pushing yourself away from the dinner table may be the most needed and most difficult exercise of all.

Most Americans eat too much. Almost 80 million of us are overweight to some degree, and this directly affects our health and longevity.

Still worse, we eat too much of the wrong foods. Our diet is too high on fats (42 per cent of our food calories are typically from fats) and on cholesterol. So we're prime candidates for cardio-vascular disease no matter how vigorously we jog, Pritikin says.

"Running doesn't burn off cholesterol," he says. "If you eat more than 10 per cent fat in your diet, you are going to close your arteries even if you are running."

To steer us to a more wholesome course, Pritikin recommends we shift toward a diet that stresses fresh fruits and vegetables. It consists of 10 per cent protein, 10 per cent fats and 80 per cent carbohydrates, and minimally refined foods, free of extra salt and sugar. The diet is meant to keep arteries open and so prevent high blood pressure and heart attacks.

Lima beans are preferable to T-bone steak, he says, because they are higher in protein and lower in fat. But if the beans prove unpalatable to you, at least try chicken, turkey or lean fish such as halibut or snapper instead of feed-lot fattened beef.

Pritikin recommends reducing fats and oils by allowing only one quarter pound of lean meat a day, going easy on cooking and salad oils, eating only non-fat dairy foods, shunning olives, avocados and nuts. High-cholesterol eggs, shellfish and organ meats are to be avoided; also sugar, molasses, honey, salt, coffee and tea. Canned or frozen fruits and vegetables are to be avoided because they often contain extra sugar or salt.

A sample day's menu might consist of: For breakfast, oranges, apples or strawberries, whole rolled oatmeal with banana and skim milk, tomato juice and sourdough bread toast.

For lunch, a salad with buttermilk dressing (strained to remove butterfat), rice and beans, tomatoes, and a sandwich with 100 per cent skim milk cheese (sold as hoop, pot, baker's or farmer's cheese).

Dinner might include a mixed green salad, salmon loaf, brown rice, split pea soup, sourdough bread, baked potato with mock sour cream (made with skim milk and nonfat buttermilk) and skim milk.

For between meals, fruit, bread slices and unsalted crackers would be allowed.

For most Americans, it would be all right to stray onto the forbidden list sometimes, Pritikin says. The main point is to remember to generally follow a low-fat low-cholesterol diet.

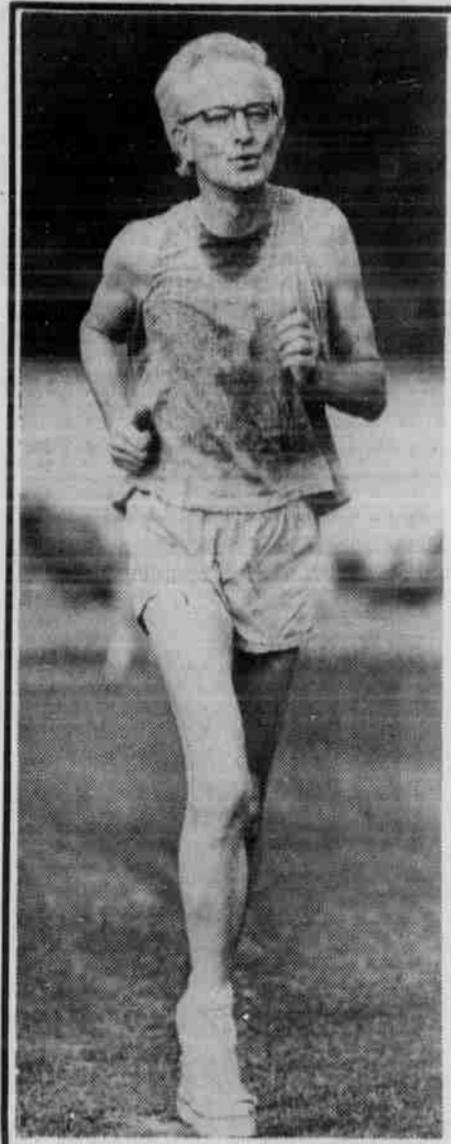
Pritikin believes that following the diet will, among other things, help prevent artery closure, which is the principal cause of death in the country, killing one million a year.

Accumulations of fat and cholesterol form plaques of diseased patches on the arteries' inside walls. These plaques grow until they clog the blood vessels like rust clogging water pipes. The heart begins to pump blood at higher pressure, leading to hypertension.

Sometimes the plaques break off and float through the arteries until they reach a narrow opening and shut off all blood flow, like a cork in a bottle. If this happens in the coronary arteries, you have a heart attack.

Pritikin says running can break off plaques.

"That's why you read about someone dropping off dead while exercising," he says. "They broke off a plaque which bounced up and down as you run just like a bow of Jello. It floated until it reached a passage it couldn't pass through and then completely stopped the heart."



Staff photo by L. C. Barbour

Jogging-mania

Jogging has swept the country the last several years as many people have searched for ways to lose weight, lengthen their lives and feel better. And Chapel Hill is no exception, as one can easily discover by stopping by Fetzer Field, driving by Finley Golf Course or passing through an apartment complex. Some doctors and dieticians, however, have warned that it does little good to job all afternoon and then sit down to a dinner table covered with high-fat, high-cholesterol food.

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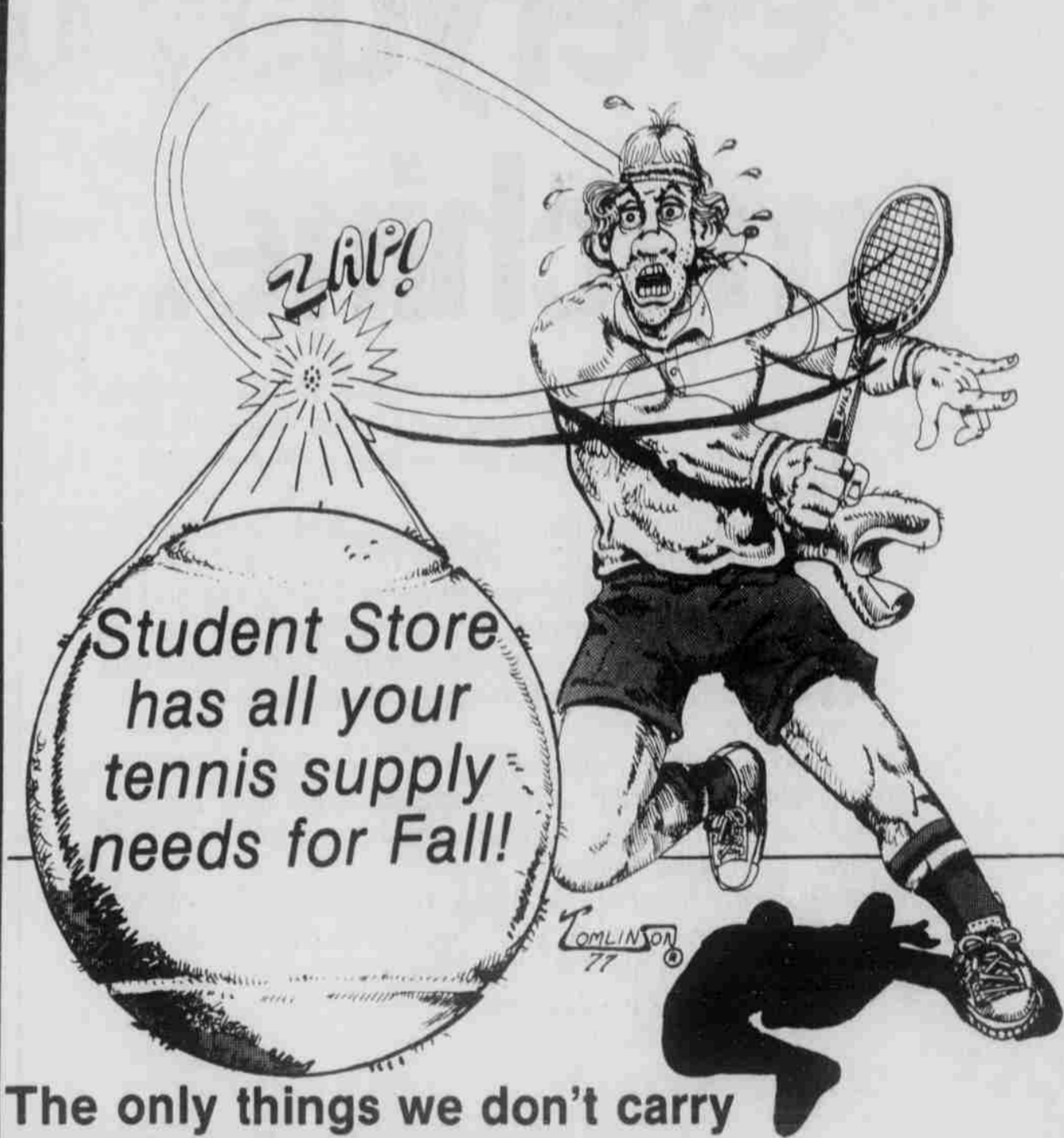
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