

No. 1 killer prevented by running

By DEB KILGORE

Cardiac exercise can save your life, says George T. Jessup, head of Texas A&M's aerobic program. Aerobic exercise prevents heart disease, the No. 1 killer in the nation, Jessup says. Each year almost 500,000 Americans die from heart and blood vessel disease, and 1 million more are crippled by heart disease.

Aerobics prevents heart disease because it builds a more powerful heart, more efficient lungs and a stronger vascular system by exercise, says the author of "The New Aerobics," Dr. Kenneth H. Cooper.

Aerobics refers to a variety of exercises that stimulate heart and lung activity long enough to produce beneficial body changes. Aerobics includes running, swimming, jogging and jogging are typical aerobic exercises. All these exercises have one thing in common — they make the blood a more efficient oxygen carrier (the main objective of aerobics).

There are other reasons for aerobics besides good health. Jessup says, "Girls run for trim figures and boys run because it's the latest thing. Some people run since they are good at it and exercise gives them pleasure."

After you get caught up in running, you do it because you enjoy it. Like the idea of pushing yourself to the outer limit."

William Husak, an aerobics instructor at A&M, says there are psychological reasons why people do aerobics. "Man enjoys aerobics and physical activity," he says.

HUSAK SAYS that runners often experience a "high" or euphoric feeling during their run. "Confidence, a better self-image, satisfaction can be achieved through running," he says.

People from age 7 to 70 enjoy running, Husak says. Whatever a runner sets as his goal, he can do it. "An individual thing," he added.

Students run since it is a quick way to get a good workout. Husak says, "Also, the kind of students who get want to be physically fit."

STUDENTS CAN easily run for three miles at a time about three days a week, says Jessup. "Running runners should run for a minimum of 15 to 20 minutes at a time, three days a week."

Training for regional marathon runners that I attend twice a year. I run seven miles a day for five days a week. Twice a week I run 10 to 15 miles.

To help students run correctly and derive more pleasure from running, Jessup suggests:

Buy shoes especially designed for running.

Run on your heels first and on your toes last.

Run on a smooth, level and soft surface.

Hold arms loosely and slightly away from the body.

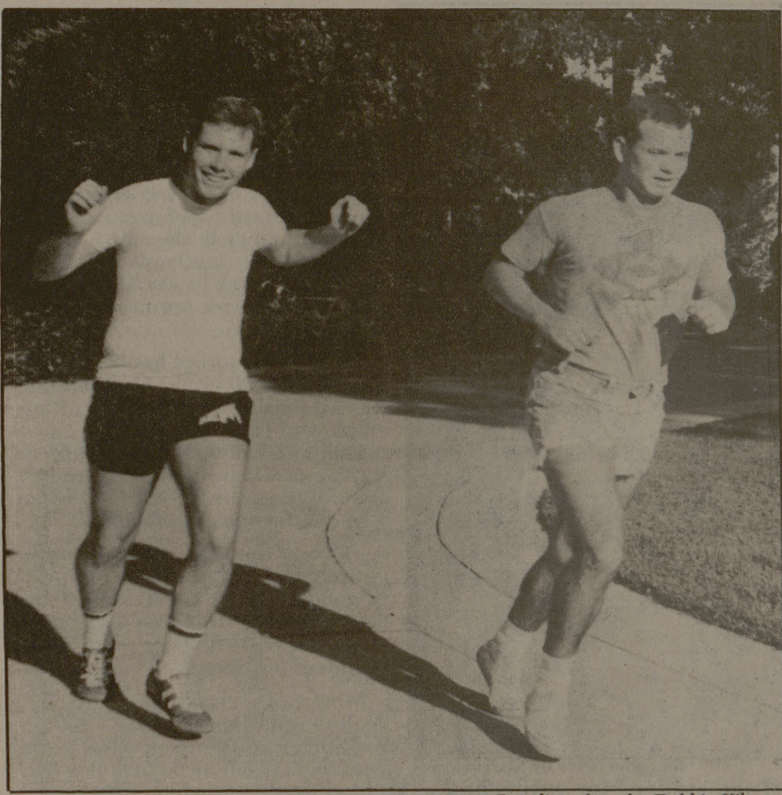
Slow down or stop when breathing becomes difficult; go at a conversational pace, where talking is possible.

Run with friends.

Run the same time each day, avoid noon heat.

Run different paths to avoid boredom.

TO GET students into a running program before they work, Jessup says he offers beginning aerobic classes for students and faculty and advanced aerobic classes for those who want to "go beyond beginning aerobics and seek individual goals."



Battalion photo by Debbie Kilgore

Jeff Pranglin and John Calhoun, both juniors at Texas A&M University, jog nightly around the Quadrangle to keep fit. Pranglin is majoring in engineering technology and Calhoun is a biology major.

Musicians to welcome Dr. Miller

Texas A&M student musical organizations will perform to celebrate the inauguration of President Jarvis Miller.

The President's Inaugural Concert will begin at 8 p.m. Monday, in Rudder Auditorium. Inaugural ceremonies will be at 10:30 a.m. Tuesday in G. Rollie White Coliseum.

The University Symphonic Band, Century Singers, Singing Cadets and Reveliers have arranged an hour program of light music for the concert. The performance is open to the public, admission free.

After performances by each of the groups, the 239 singers and musicians will take part in the grand finale, "The Battle Hymn of the Republic."

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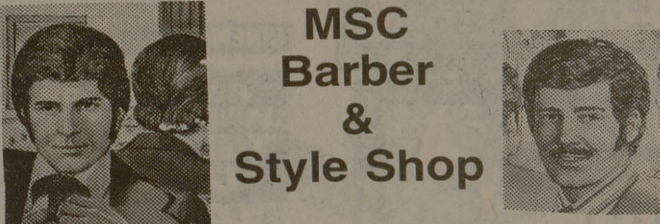
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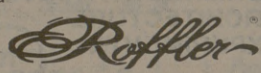
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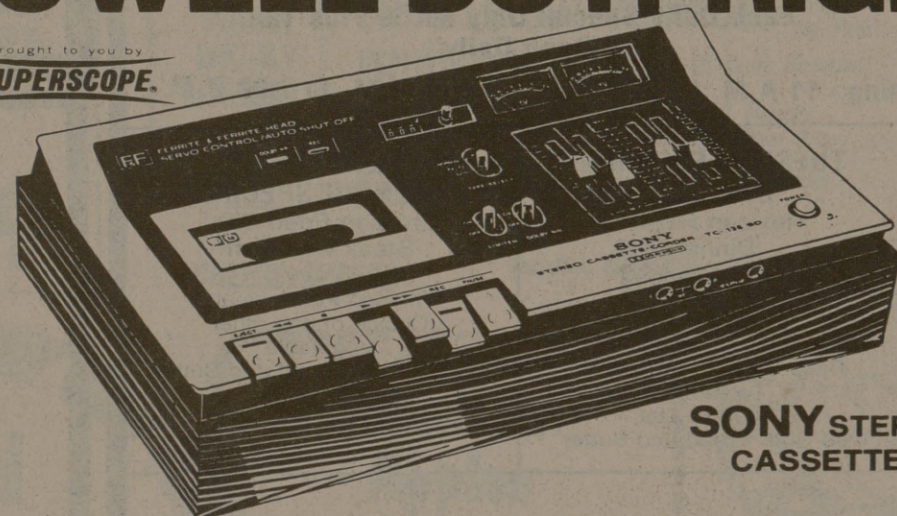
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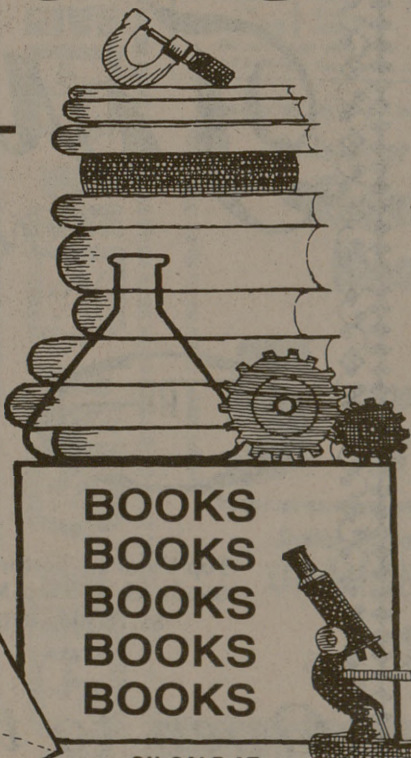
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