

Tof's Fitness Tips

3 Feb 97 

Two or three classmates told me to try this, ie bi-monthly or so, post a fitness tip to share with everyone. Actually we all have ideas on various exercises but here goes!! This is the best general exercise anyone can do - for spouses, children, etc. And it is good whether you run, walk, play golf or tennis--or play poker along with a couple of beers. Do it every morning and it will change your life (outlook). Lay flat,bring knees up so your feet are flat on the floor-shoulder width apart. Hands are along your side with palms down.Keep neck flat on the floor also. Breathe in deeply to the count of four (1000, 2000,...) and cause your stomach to expand when you do this. Then breathe out slowly to the count of eight. After eight, hold your breath and tuck your stomach in as best you can. Relax, and do 6 repetitions to complete the exercise. You can do this exercise before a stressful event too. Any pro athlete that knows about this exercise will admit that it is the very best. I learned it from a speed walker who represents the USA in the world games. If you like the idea of these tips let me know via e-mail cash@gwis2.circ.gwu.edu. Most tips will be only a few sentences but to explain this important it took a little space. Sorry-I do like to be brief. Next (if the demand is there):

How to really flatten the stomach w/o a lot of garbage exercises. One additional point-after tucking in your stomach-hold it for two seconds then continue with the next repetition.

11 Feb 97 

Overwhelming response to Tip#1 so I'll continue until you all tell me to knock it off.So here goes--abs as promised. All of our lives we have been doing situps incorrectly. We did them wrong as cadets,during basic,in our athletic clubs,elsewhere. And each of us has done tens of thousands of them.Wow!! Abs are the key to all physical fitness. When you do any physical activity(running,walking,tennis,cycling,whatever...) the gut is the first thing that gives way-then we weaken. Challenge yourself this year,no matter how large the tire is around your waist - "work on abs in "97". And I have "the way" to do it.

Buy an ABS trainer from Healthrider (cost =\$60). Make sure you get the 15 min workout video that goes with it. Take notes as you watch the video so you do the exercises in order and correctly. At first,you willfeel it (but that's good). After 2

weeks increase you repetitions accordingly. A good judge of when to stop a rep is when you feel "the burn". The video depicts 4 beginner and 6 advanced exercises.

Soon you will be doing them all, ie, 1 to 10 in order. The number of reps for each one is up to you. Do the warm up and cool down too. Remember, keep eyes on bar, don't let head rest touch floor, keep your back straight, feet flat on floor, and play music or TV. Those in the local area can call Roxy or Jonathan at (703)448-0015 which is Healthrider at Tyson's II mall.

I'm in training for the Virginia regionals in May , so I've been doing 400 crunches a day,7 days/wk. You don't have to do that many-3 times a week at your rate is fine. It works, guys and gals. It will flatten your tummy.

USMA Classroom capers:

Captain(Prof)-Are the exam questions giving you any trouble?

Plebe-No,sir.The questions are clear. It's the answers.

Next time will be very ,very brief on how to increase reps of any exercise.

17 Feb 97 

Happy Presidents' Day. Increasing reps is easy. Proper breathing is the answer.

We all have a tendency to really breathe out(pant,blowing out air), but we don't take enough in. Try to take in as much air as you breathe out. I increased reps by 5 just by doing this--and you'll last longer too(endurance). This goes for walking, running, ...and exercises (situps,curls,...). For exercises always breathe in at the beginning of the exercise and out at the end. For example, in doing crunches breathe in as you go up and out on the way down.Remember, equalize the amount of air in and out. It's the key.

Hostess: "Oh,do have another of these caviar sandwiches!"

George Lawton: "Thank you, no. They're delicious, but I've already had three."

Hostess: "You've already had seven, but who's counting?"

25 Feb 97 

A few replies and questions on breathing so let's continue this with a short explanation and another great breathing exercise. The reason I say that inhalation

is important(See tip#3) is because the deeper you breathe in,the better chance of the air reaching more of the 600 million air sacs we have in the lungs. The air coming in affects these air cells in the lungs causing a form of combustion with blood returning from the body along with waste products from all parts of our body- this all mixes with the fresh oxygen and releases carbon dioxide. Now the blood is purified and carried back to the heart.The gas and impure air are expelled when we breathe out. So now our heart pumps rich, red, and clean blood throughout our system. So it's best to emphasize the breathing in phase(per Tip#3).

Here's a good exercise(do it everyday): Feet apart, shoulder width, hands above knees, i.e., you are bent forward. Breathe in deeply through your nose, pushing your stomach out .Next, force air out through your mouth with a strong "haa" sound. Tighten your rib cage and stomach as you breathe out,g etting every bit of air out. Hold your breath, suck in your stomach - toward the back of your spine. Hold for 10 seconds (1000, 2000,...) without breathing. Relax and do 3 more reps.

West Point Barber: Would you mind turning the other side of your face toward me,Mister?

Plebe: Oh,are you through shaving this side?

Barber: No, but I can't stand the sight of blood.

5 Mar 97



This exercise is great to relieve tension. Sit or stand but keep spine straight.Sink your chin down to your chest-keeping shoulders down. Inhale while you roll your head to the right (right ear parallel to right shoulder). Roll head straight back,stretch chin upward. Keep shoulders down. Don't let them shrug upward toward your head. Exhale as you roll your head down toward your left shoulder. Roll down so your chin is again on your chest. Do this 5 times to right, 5 to left. It stimulates the thyroid gland which regulates metabolism.

Firsty: Smackhead! How do you spell Mississippi?

Plebe: (Shaking) Sir,the river or the state?

10 Mar 97



One classmate and his wife asked for a tip on digestion. Remember I'm no medical doctor or expert fitness buff. There are plenty of guys in our class that can provide

better tips than I. But here goes: Low intake of saturated animal fats-red meat results in poor digestion. Cut it out completely if you really have a problem. Good results will be quick coupled with these other points. The stomach can digest and make available for assimilation into muscle tissue only about 20-25 grams of protein per meal. So eat smaller meals (the real key), but more often- perhaps 5 meals a

day. An apple counts as a meal. Best stuff: legumes, potatoes, rice, fruit, salad green, green/yellow veggies, nuts, seeds, pasta, bran. Try fasting one day a week or once every two weeks. The results will astound you! Use fruit and vegetable juices for a 24 hour period rather than water (as some prescribe- bad poop). These juices accelerate the body's cleansing capacity by supplying minerals and ionic charges. Begin by eating only raw fruit and vegetables (never together) for 2 days, then the 24 hour fast. After that back to your norm. Better digestion is directly related to chewing thoroughly. By the way the fast gets rid of diseased cells and poisons replacing those with pure, fresh, new muscle tissue. During the fast avoid coffee and drugs.

My breakfast is oat bran cereal (hot) with raisins, dried cranberries (they are great) and 3 or 4 prunes (the key to regular and sound elimination and darn good digestion). All of that is microwaved hot. Added are: a banana (one a day for life- it's important for the joints), strawberries, blueberries, raspberries, ... Sometimes I use only a banana, but add as many of these neat fruits as you want. Man! You feel great after this breakfast. My other choice is the same routine except using oatmeal.

USMA PE Instructor: What marks did you get last semester in Physical Education?

2nd Classman: I didn't get any marks--only a few bruises! Best,

Chuck Toftoy

Re: the digestive system Eat one yogurt daily. The best is Dannon (Light) flavors - raspberry, blueberry, peach (forget the others). A Russian scientist who is number one in the world told me that if we all started out with yogurt daily as babies and up the line we would never get sick. There are 33 or so bacteria in the stomach that are essential and the yogurt helps that cause with its active bacteria. Helps digestion. Also the fasting I mentioned really flushes you out. You can lose weight too. The best way to lose weight is to not eat after 8pm (better for digestion too).

Best, Chuck

No joke here since this merely continues with #6.

17 Mar 97 

Really surprised at the positive reaction to the last tip (re:digestion,fasting,...). So this tip follows in regards to the value of drinking pure water each day. If you are not drinking 8 large glasses of water each day, please change your lifestyle now and do it. Why? Because pure water is the best detoxifying agent (only drink distilled water-Polar is the best). Perrier is OK too(no sodium). Otherwise your kidneys get clogged with toxins. Coffee, tea, soft drinks do not count as fluids in this fitness tip. Our muscle tissue is 70% water so the pure water breaks up the toxic elements and they are eliminated. We have a small polar water fountain that sits on our kitchen counter (about 18" x 18" x 18"). Supplied by Polar (the best tasting of all the pure water brands).

English Prof: Mr Schaeffer, Name a collective noun.

Plebe Schaeffer: Garbage truck,Sir! (proudly)

Take care everybody.Chuck Toftoy

P.S. This tip is really important because you are really taking good care of your kidneys.

24 Mar 97 

Astounding response to tip #7 (re:pure water). Jack Crandall said he drinks 96oz of pure water each day. Van Van Fleet liked the tip too and said that it also helps him to go "number 2" regularly. Lots of people have said that they have lower back pain,ie small of the back. Here is the best exercise for this problem. But first I must say I adapted this exercise from a friend who had severe lower back pain. He spent nearly \$30,000 over the years to correct the pain and found that one simple exercise cured the pain. Here it is: Stand straight, feet 2 or 3 inches apart. Hook your thumbs together and bend down toward your toes as far as you can, don't strain, and keep your knees locked (legs straight). Count to 30, then break your knees and come back up. Try this also in the shower where you can have the stream hit the small of your back. This exercise really works and should be done every day.

USMA History Prof: What great event occurred in 1492?

Plebe: Columbus discovered America.

Prof: Correct.And what happened in 1500?

Plebe: Hmm-m...America had its eighth birthday.

8 Apr 97



Take care of the ankles. Before you exercise do the following warm-up always: Lay down or sit and cross one leg over the other so one foot is dangling. Rotate ankle 5 times in a circular fashion, then reverse the direction 5 times. Next rotate your foot upward and the downward 5 times. Do this for each ankle. You'll never get an achilles heel problem and it helps those with arthritis. Don't forget we are warming up an area called the universal joint (where the ankle and heel joints come together). Our foot has 26 bones,33 articulations joined together by more than 100 ligaments. I do this without fail before any kind of exercise. I know people who have torn the achilles heel and they've told me that if they had done this particular exercise the tear would not have occurred. So we've got to warm up the achilles.

Daffynition of a committee: A group that keeps minutes and wastes hours!

Hang in there everybody. Best, The Tof

15 Apr 97



Getting tired of doing the same ole' exercises? Try setting up your own universal aerobic circuit. Set up 8, 10, or 12 stations of exercises you want to do (situps, bench press, pushups, rowing ,leg raises, curls,...). Do one set of 15 reps at each station, max 30 seconds at each station. In between each station do 30 seconds of aerobics (light running in place,stationary bike,jump rope,...). Do the circuit 3 times-build up to 5 times. Enjoy it. Check pulse so you are in target zone (pulse rate=beats for 15 seconds X 4).

By the way I got a mild case of shin splints the other day practicing for the running long jump. I didn't warm up enough. We've got to warm up for 5 minutes before we exercise,gang! First time this has happened to me in a long time. I know better.

George Lawton told me the other day,"I always do my hardest work before breakfast." I said,"What is that?" George:"Getting up."

Hang in there sport fans. Best, Chuck

7 May 97 

Take the Body Composition test-spouses too. It's worth it. You'll get %body water; total body water; percent lean, lean body weight; % fat, fat weight; weight recommendations and caloric recommendations. Then you will get exercise recommendations. All of these things you will receive immediately. Some of you know about this, but for others do it twice yearly or you won't know where you stand. And it only takes a few minutes!

Lawton: Doctor, you must do something for me. I snore so loudly, I wake myself up.

WRAMC Doctor: In that case Lawton, I would advise you to sleep in another room.

Hang in there gang. Chuck Toftoy

15 May 97 

Three classmates me for a tip on how to sleep more comfortably at night. The key is "position". The approved #1 sleeping position is the fetal position on your left side; next best is the fetal position on the right side; followed by sleeping on your stomach. Sleeping on your back will cause you to snore.

If your doctor approves take one melatonin tablet about 20 minutes before you retire. Also try reading in bed-I'm usually out cold after reading one page!!

Prosecutor: What were you doing on July 15th at 9pm?

Prisoner: I was eating a hamburger.

Prosecutor: What were you doing at 9:30pm?

Prisoner: I was taking bicarbonate of soda.

Prosecutor: Do you expect us to believe that?

Prisoner: You would if you had eaten one of those hamburgers!!

Hang in there everybody. Chuck Toftoy

31 May 97 

Medically, physically, and emotionally walking is better for you than running. Ask any doctor, particularly if you're recovering from an operation. The docs say walk,walk,walk...and as soon as you can. Walking also saves your knees,...Emotionally it's better because you can take in the environment easier than running. And when walking you don't have that scowl on your face like runners do.

But, you should try to speed walk. That's different than just taking a nice nature walk. Heels hit the ground first, arms swing no more than 6 inches in front, wrist of arm should slide by your waist on the way backward, thrust hip forward as you step. Let me know if you want more info on this because before you work on speed--you have to develop a little technique. Walking also works more muscles of the body, in a natural form, than running. I never knew I'd be saying all of this especially since I've done beaucoup triathlons and have run the Boston marathon--but gang it's true. Try it--you'll like it!!

Mary Jane: George,wake up--I hear a mouse squeaking.

George: (Blurry eyed) I'll oil it first thing in the morning.

Everybody start getting hyped for the 40th next year.

Hang in there.Chuck

7 Jun 97 

A classmate contacted me via e-mail in re:abs. In futherance of my previous tip on abs(which is the key),you can eliminate tires by doing the following: Get a pole,like a broom, and place it behind your neck--hands shoulder width apart. Bend to the left x repetitions,then right y repetitions. Next,twist left x repetitions,then right y repetitions. Keep your hips straight all this time(the key--watch out here). Do not let the hips bend,or dip. That's it. Keep it up and the tire(s) disappear. It's the only exercise that works for this problem. And continue to eat low fat, no sugar or salt.

Ordway (when he was a waiter working part-time): I couldn't help but notice,sir, that you brushed off your plate before being served.

Diner: It's just a habit I'm afraid. I'm a baseball umpire.

12 Jun 97 

Some of you are still running. Breathing is important as we all know quite well. But lots of us, including me, are breathing incorrectly. Breath in through your mouth and out through your mouth. That's it!! I learned this again this past week at the Va Senior Games in the 1500m speed walk. The winner was a former Olympian who told me you need to take in as much oxygen as you can and the nose doesn't do it.

I was breathing in through my nose and out my mouth and I did not have the stamina to catch the 2 guys in front of me. I believe I could have caught the 2nd place guy if my breathing had been correct. I did come in 3rd. Next year I'm going after both of those guys. But don't forget my earlier tip on breathing, ie try not to be continually breathing out hard. Try to equalize the in and out breaths. Remember that tip?

Dusty Rhodes: It's a funny thing--all dogs no matter how vicious, will come up to me and lick my hand.

Date: Maybe if you'd eat with a knife and fork, they wouldn't be so friendly.

10 Jul 97 

Classmates have asked me lately--how can we lower cholesterol? This is the easiest tip I've provided so far! Don't eat anything of animal origin-- that's it because cholesterol is only found in products of animal origin. Almost immediately after cutting out animal products your "C" will decrease, blood pressure will drop, and your pulse rate will be better off. And here's something that most people don't know: by doing this your joints will become less arthritic because your uric acid level will drop. Right now you may feel like you have arthritis, but actually it could be simply your diet. You don't have to become a vegetarian (yet that's the best way for all of us), however you could avoid flesh meals at some meals and/or avoid meat entirely on certain days. It will benefit you a lot.

Never take table salt or sugar! Never!! And cut out junk food. Eat grains, seeds, salads, fruit, fish, pasta, potatoes, green veggies, dry popcorn (my favorite), and rice. Lastly, never use commercial salad dressing. Get used to fruit and light yogurt for dessert.

USMA Science Prof: The light of the sun travels to us at a rate of about 186,000 miles a second.

Dumsmack Plebe: Yes, Sir but it's all downhill!

14 Jul 97



The best response to Fitness Tip #17 (re:cholesterol) was from Ray Riggan-Only one sentence: "How about getting a new heart?" Hey,what a tough guy Ray is-I remember going down to Richmond to visit him a couple of times while he was waiting for a heart. But we have a lot of fighters like Pete Young, Bill Tuttle, others... and spouses like Judy Sibert, Ann Kusek,others...They never give up. Our class is full of studs--too bad some aren't up at the school in AOG!!

Other responses to the last fitness tip will be answered quickly right here and now.

The reason I left off poultry is because, quite frankly, chicken and turkey are loaded with hormones and really don't do you much good. Still skinned chicken is a good choice after fish. Yes, garlic does help to reduce bad cholestrol and enhances the level of good cholestrol (per symposium conducted in Lundberg, Ger-1989). Garlic actually reduces blood pressure, thins blood, helps against arthritis and asthma...and is a tonic for sexual debility and impotency. More on vitamins next time. Don't forget you want your level (mg/dl) to be less than 200. The best way to lower the level is by diet, ie, limit fat intake to less than 30% of calories and eating less than 300mg cholesterol/day.

Phil Pryor: I got up at dawn yesterday to see the sun rise.

Lynn: Well, you couldn't have picked a better time!!

15 Jul 97



Yes vitamins can help. My recommendation is the Your Life Maximum Pak which has vitamins and minerals. Check with your doc first, but remember any vitamins not used are excreted anyway. But too much, particularly of the wrong kind can be injurious. As mentioned in Tip #18 I take one tablet of garlic per day(1250 mg).

Then in the early evening I take one tablet of Theragran-M the high potency multivitamin. Actually if you just took one of those it would be enough. If you had a long night (a few beers or whatever), down one Theragran-M before you go to bed and there will be no hangover in the morning. I take the Max Pak in the am.

Northern Eskimo: Glub, glub, glub.

Southern Eskimo: Glub, glub, glub, you all!!

Hang in there everybody-40th is near.Chuck

17 Jul 97 

To try to satisfy some responses on what to drink (remember an earlier tip on water?) here goes: The best drink is Crystal Light Raspberry Ice. It has 5 calories and tastes great. Forget all those drinks like Coke, Pepsi, Diet Pepsi -- soft drinks do you no good. Drink fruit juices. Others that are good are Safeway Select Clear (fruit drinks) - 80 calories; Snapple-120 cal, sugars-28gm; Organgina -20 cal; and the very best is Cranberry Juice Cocktail by Ocean Spray-140 cal, Sugars-34gm, carbo-34gm. The Cranberry one is my favorite for a restaurant or whatever. But to really not add cal,etc--stick to Crystal Light. It comes in powder form (make your own-it's cheaper) or in a bottle.

Receptionist: I'm sorry you can't see Roderic Ordway.

Visitor: Is he in conference?

Receptionist: No, he's busy!!

15 Jul 97 

Some of you are right about a veggie diet missing protein (re:last tip). But you need to eat egg [white] which is almost pure protein of superior biological quality-not fats at all either. Fish is high in protein. So are kidney beans, navy beans (watch out here!!), lima beans, pinto beans, soybeans, peanuts. Don't forget excess protein turns into fat. You need about 1/2 gram of protein/day per pound of body weight. So if you're 150 lbs,you need about 75g of protein daily. Too much will strain your liver and kidneys--and clog up your digestive system. Chicken broiled w/o skin is good too. Hope this helps you all that had questions about protein. One last point: I like to take about a cup of frozen peas, micro-wave them for 3-4 minutes,then put a little butter(light) on with cracked pepper. 2/3 cup of peas = 5 grams of protein.

Will Roosma: Waiter. I can't eat this stuff--call the manager.

Waiter: It's no use,Sir--he won't eat it either!

27 Jul 97 

Lots of request about what vitamins and minerals are in the YourLife Max Pak that I take each am. Here goes: Vitamins- A-5000 IU; C-1200 mg; D-200 IU; E-900 IU; B1-25mg; B2- 25mg; Niacin- 25mg; B6-25mg; Folate-200mcg; B12-25mg; Biotin-25mg; Pantothenic Acid-25mg Minerals- calcium-130mg; Iron-4.1mg; Phosphorus-100mg; Iodine-112.5mcg; Manganese-50 mg; Zinc-12.5mg; Selenium-12.5mcg; Copper-1.5mg; Manganese-1.5mg; Molybdenum-7.5mcg; Chloride-9mg; Potassium-10mg; Ginseng-250mg; Coenzyme-10mg.

These come in a cellophane packet. I just tear it open, down the 5 tablets with a full glass of water in one swoop. And that's it--down the ole' hatch. I do add a separate tablet of natural garlic(1250 mg) from Prime Natural Health Labs (Carson, Ca). At night I take one Theragran-M to back up any depleted vitamins and minerals loss during the day. There's nothing to this. Hope this answers all the specific questions.

Post Office Clerk: Is this package for you? The name is...obliterated.

Man: No, that can't be mine. My name is O'Brien!!

18 Aug 97



Classmates have asked if there are exercises for incontinence. Yes there are-- here goes. The best one is to stand in the shower with warm spray hitting your lower back. Put your hands up high against the shower wall. Raise yourself up on your toes and squeeze in your rectum muscles and feel the sphincter muscle tightening up. Do it about 15-20 times. That's the best one although it is not described in Kegel exercises. This helps to strengthen the pubococcygeus muscles. Keep the abs, thigh and buttocks muscles relaxed. Also you can tighten the PCG muscle and relax it quickly as another exercise. On the exercise you do in the shower (can be done standing or sitting anywhere too) hold the tightened position for 5 seconds. Try to do 4 sets per day, then increase the reps a little.

Actually the best exercise is that when you are ready to urinate, hold it, then let her rip, then hold it again, let her rip, etc.. truly that's the best one. It may hurt a little, but strain and hang in there.

Boss: Here is your pay for loafing on the job thirty-five hours.

Employee: Excuse me, sir--that should be forty hours!

A follow-up on last tip (re: Incontinence). Glad it helped a few of you all who responded (to be unnamed of course). After a radical prostatectomy you become 100% incontinent, then gradually it gets better--those exercises (Tip#22) help. After 11 weeks, I became 100% continent, but I worked at it as did Schwartzkopf (he and I talked about it at that time). Some are not so fortunate. But to respond to your points. Incontinence is a symptom or side-effect of another health problem

(neurologic disease, Parkinson's, stroke, spinal cord impairment, obstructed urination, some other surgeries, diabetes,... Drink plenty of fluids(earlier tip).

Some people who have a little incontinence (small spurt when you laugh, cut the cheese,cough,...) feel that they should cut back fluids.Wrong! This causes constipation which contributes to incontinence. Hang in there. Chuck

The principal gazed sternly at the problem child who had been sent to his office."This is the fifth time you've been in here this week,"he said."Now ,what have you to say for yourself?"

Child: "TGIF"

21 Aug 97 

Some spouses asked me about exercising when faced with extreme allergies. It's best not to workout between 5am and 10am,always breathe through your nose (natural filter), wash clothes after workout,exercise after rain (pollen is rinsed, ragweed especially), wear sunglasses (blocks junk in wind) ,stretch indoors then go out,keep track of daily pollen count (workout inside on bad days), take an antihistamine 30 minutes before your workout. And"hang tight".

Waiter: Sir, we are famous for snails here.

Pryor: I thought so. I've been served by one already!

21 Aug 97 

In regards to the last tip (re:allergies), Paul Vanture suggests to take "claritton"(via prescription) which causes no drowsiness. To tackle working out in humid weather-the best advice is "don't". But otherwise do the following:drink lots of fluids'wear loose light-colored clothes, watch humidity indicator level. As we get older,our sweat does not evaporate as quickly, thus heat cannot be released into the air. It remains trapped in our body. Humidity increases this problem.

John Schaffer: I once carried a 100 pound load on my back for 2 miles.

John Nunn: I'll bet it got heavier with every step,did'nt it?

Schaffer: No---it was ice.

1 Nov 97 

Classmates seem to be taking several pills...and would like this topic covered. You should get the book:Worst Pills-Best Pills .Call or write the Public Citizen's Health Research Group,2000 P. St NW(Suite 700),Washington,DC 20036. The book is incredible and very valuable.The cost is \$15.

My only comment on melatonin(per a question asked) is that it is safe to take 20 minutes before bedtime.You will definitely sleep better. It contains melatonin and Vit B-6. Hang in there . Chuck

I saw your wife yesterday.

What did she have to say?

Oh, nothing.Why?

Then, it couldn't have been my wife!!

1 Nov 97 

Yes get a flu shot.Check with your doc first, but I get one every year and I've never had the flu.I'll get mine next week-it's that time again! Those over 65 are definitely candidates for a flu shot according to most docs.Also those over 65 are in the zone for a pneumonia vacine too.

Waiter: How did you find the steak,sir?

Jody LeTowt: By accident.I moved the potato aside and there it was!

6 Nov 97 

What is our life expectancy? The probability a 65-year -old will live until age 70 is 95.5%; 75-88.5%; 80-78.0%; 85-63.0%; 90-43.9%; 95-24.2%; and to age 100-9.6%. But we've got to take care of ourselves or our aging will be controlled by a biological clock. A healthier lifestyle plus medical breakthroughs will override any

biological clock. You know what to do...so do it!!

Composer Eubie Blake said:"If I had known I was going to live this long, I would have taken better care of myself.: Blake lived to 100.

Andreson: Waiter,have you ever been to the zoo?

Waiter: No, sir.

Andreson: Well,you ought to go.You'd enjoy seeing the turtles whizzing by.

15 Nov 97 

Some classmates have asked about being fatigued/tired.Most of the time it comes from lack of iron. You need 15 milligrams of iron daily. So try getting it up to that level and hold it for two weeks.Watch the difference in your basic energy level...it should increase.Other supplements that aid in the production of red blood cells are Vit B6,magnesium,folic acid,and Vit E. Patty has taken 1,000 units of Vit E(orange chewables) for years and I've never known her to have a cold. The Vit pack I take everyday(covered a few tips ago) has 20mg of B6,100mg of magnesium,0.4mg of folic acid,and 400 IU of Vit E.What I like about the pack is that I down those 5 pills in the am and forget it!! It's done.

Pete Trainor (patient): Doctor, you must do something for me. I snore so loudly, I wake myself up.

Doctor: In that case, I would advise you to sleep in another room!!

16 Nov 97 

Sorry to inform you runners again, but according to medical surveys walking is better for you. Now I don't mean just strolling around the neighborhood,but really "walking". It is "the best overall activity for fitness" (quote from Martin Rudow...the national pro). Good walking means to work on good techniques... posture,head carriage,shoulder and torso action,arm action,range of motionarm swing and stride length, position of arms and hands,hip action,leg action,knee action,foot action,and foot placement. I've run the Boston Marathon,done beaucoup triathlons,but really this is it for us...both guys and gals. If you want to know more about techniques let email me!

First Classman: Sir,Do you really like your job,cleaning chimneys? (question asked

to Dale in the First Class Club a few years ago)

Dale Hruby: Soots me!!

17 Nov 97 

I agree with several of you..."don't overdo the vitamins"!That's why I like the vit pack described earlier.Yes you can take ginkgo biloba, but only take GINKOBA which is patented and is the highest quality.After 4

weeks you are supposed to improve memory and concentration.Take a tablet 3 times a day at mealtimes. Overall health is improved by increasing the natural blood flow of oxygen to the brain.Check with your doc.I'm using it now...but only GINKOBA,which you can get in the PX or drug store.

Palmer McGrew: Good news! I've saved enough money so we can go to Europe next spring.

Ceda: Wonderful! When are we leaving?

Palmer: As soon as I've saved enough money for us to come back,

