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St. Cloud State University

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Human Performance Laboratory Center for Lifestyle Enhancement

Volume III, Number 1

Winter, 1982-83

Newsletter

Minnesota Life Expectancy Beats the Nation

This headline appeared in the St. Paul Pioneer Press a few weeks ago and should provide each Minnesotan with some degree of assurance that Minnesota is a healthy place to live. Now, some of you might question that at this time of year when our temperatures drop into the frigid zone. The newspaper article was based upon the recent Minnesota Department of Health publication, "Healthy People, The Minnesota Experience." The facts included within the document build a strong case for concluding that Minnesota is one of the healthiest places to live in the United States, e.g., Minnesota has led the states in life expectancy for the last three years.

The most important conclusion of the report, however, was that the reasons for our longevity lie not in our climate or excellent medical facilities, but in the ways we have chosen to lead our lives. Once again the importance of leading healthy lifestyles has been found to be of great significance. Furthermore, the report states, "There are three overwhelming reasons why a new, strong emphasis on prevention--at all- levels of government and by all our citizens--is essential. First, prevention can save lives. Second, prevention can improve the quality of life. Third, prevention can save dollars in the long run. In an era of escalating health costs, preventive action is cost - effective."

The report also presents a few simple measures that are within the grasp of most people which can enhance our prospects for good health:

- breaking or avoiding the cigarette smoking habit;
- avoiding the misuse of alcohol;
- adopting a diet which provides no more calories than needed to maintain proper body weight;
- engaging in moderate exercise on a regular basis;
- being screened at intervals appropriate for one' s age and sex for major disorders such as high blood pressure and certain cancers;
- observing speed laws and using seat belts;
- learning to cope effectively with stress; and
- getting adequate rest on a regular basis.

Did You Get Your Play Today?

Dr. George Sheehan believes that an important goal of education is to produce a responsible adult-without removing the child. Finding a way to play allows that little girl or boy an opportunity to express her or himself. Many feel that this is an important ingredient of a healthy lifestyle.

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Lowering the Slope of the Hill

I recently had the privilege of hearing a presentation by Dr. Jim Rhinertson, a physician at St. Louis, Park Medical Center. He had recently attended conferences in Norway and Sweden that were devoted to improving health and lifestyle.

He came back with the conferences' theme depicted in a logo in which a person is pushing a large stone up a hill. The stone represents all of our burdens and things which negatively affect our health such as smoking, excessive alcohol consumption, stress, poor nutrition, etc. Dr. Rhinertson said that the role of education is to teach each of us how to handle our load better so that we might not have to devote so much energy to the process. This requires self responsibility and each of us is encouraged to be responsible for developing our abilities to their fullest. We (health agencies) have been attempting to do this for years in this country, but Dr. Rhinertson pointed out that the Scandinavians have gone one step further. They are finding ways to reduce the slope of the hill, enabling their citizens to handle their burdens more effectively.

In our country we have not thought much about lowering the slope. Many believe that government, schools, business and industry must shoulder more of the responsibility in helping our citizens develop healthier lifestyles. For example, business and industry are beginning to take a more active role in providing health care opportunities for their employees; many have initiated programs in fitness, chemical dependency, nutrition and stress reduction.

Each of us can do our part in adjusting the slope of the hill by finding ways to support our friends and family members. While these attempts will never be easy, they are extremely important and worthwhile.

Thank you! Thank you!

Fund Raising

Our efforts to raise funds to help support our laboratory programs were quite successful last year. To date we have raised \$1,675 as a result of your generosity. The money was used to pay student salaries, purchase supplies and to repair our scale.

We again would like to ask for your support. As you know, the State's financial problems have really placed a crunch on higher education. Please remember that you may make donations to the St. Cloud State University Foundation for the Human Performance Laboratory, and that these gifts may be used as a tax deduction.

Aerobic Exercise

Our aerobic dance (exercise) class is in full swing. Approximately 31 people are skipping, hopping, and jumping their way to a healthier cardiovascular system and over-all feeling of well being. Stop by the wrestling gym at noon any Monday, Wednesday or Friday and you'll see how much fun we are having with this alternate form of exercise.

Re-evaluations

Has it been a year or more since your last test? Please feel free to call in and schedule an appointment. Our secretary is here from 8:30- a. m. -12:30 p.m. Monday-Friday. Phone 255-3105.



Where There's Smoke, There's a Rat!

By Art Buchwald

Despite the overwhelming evidence that smoking can cause cancer, heart disease and other fatal illnesses, there are still some physicians in the United States who maintain that all the facts are not in and that the medical profession is over-reacting. Most of these doctors are employed by the tobacco interests, and some people are skeptical about their research.

I don't happen to be one of them. I believe that just because a doctor is on the tobacco industry's payroll, it doesn't mean he is not as objective about smoking as someone who isn't.

Take my friend Dr. Heinrich Applebaum, who gets \$100,000 a year to defend the cigarette manufacturers' interests. He took me through his lab the other day.

There were hundreds of white rats in cages, jumping about and playing and munching on tobacco leaves.

"Have you ever seen happier rats in your life?" he asked me.

"Never," I admitted. "Do they all smoke?"

"A pack a day," he said proudly. "They don't get anything to eat unless they smoke first."

"And none of them contract cancer or heart disease?"

"They better not. If one of our rats gets sick, we throw it out of the program."

"But how do you know if smoking was not the cause of its illness if you throw it away?"

"It's a question of priorities. When you're looking for scientific answers to medical problems, you don't waste your time on sick rats."

A lab assistant came up and showed Dr. Applebaum a rat that seemed to be expiring.

"What do you think, Doctor?"

"Get it out of here. It could have yellow fever."

"It doesn't appear to have yellow fever."

"Then maybe it's typhus."

"Should I do an autopsy on it?"

"Who do you think you are--Dr. Noguchi? We're running a laboratory here, not a coroner's office."

The lab assistant disappeared.

Dr. Applebaum seemed upset. "I run into that all day long. Every time a rat comes down with something, some smart aleck tries to find out if it was caused by cigarettes. Nobody ever wants to leave well enough alone."

"Maybe they're just being thorough?" I suggested. "Haven't you ever found a rat that dies from a smoking-related disease?"

"Not since I've been working for the tobacco industry. When I took this job, they gave me carte blanche to find out all the facts, plus a bonus of \$25 for every rat I could prove dies of natural causes. I also get \$1,000 every time I go on television to attack the surgeon general's report on smoking. So I call them as I see them, because my scientific reputation is at stake."

"Then why is the entire medical establishment against you?"

"It's simple. If they blame smoking for somebody's heart attack they won't be sued for malpractice."

"Doctor, will you come over to cage 230? None of the rats seem to be moving." a lab assistant said.

We walked over. Dr. Applebaum said, "What have you been feeding them?"

"Milk and cheese," the assistant replied.

"Just as I suspected. Look for calcium kidney stones."

"Suppose I don't find any?"

"Then you can get yourself another job."



Rise and Shine

by Bev Oehrlein, Graduate Assistant

For all you exercisers out there who like to be up before the sun, remember, we offer a perfect opportunity for you to energize for the day. You guessed it--the morning fitness program! You probably are thinking that you would really have to love to exercise to do it at that time of the morning. Actually, I think some of my morning "family" is probably motivated by just the opposite--get it over with right away! For instance, there's Jan who runs half way around the track just so she can have the reward of walking the other half. Then, there's Vic who runs fast (too fast, I keep telling him) just so he gets his miles done sooner. And there's John who comes even when he doesn't want to because he knows I'll call him up and yell at him. And Marie--doesn't want me to talk to her because she needs to save her breath for the task at hand. Smile--I love you all!

Seriously, though, exercise can be a great way to start your day. The track is available to you at 6 a. m. every weekday. I am there on Mondays, Wednesdays, and Fridays, at which time the exercise bicycles are also available for your use. Plus, you get the added benefit of great music and stimulating camaraderie. What more can you ask for? (No, the answer is not more time to sleep in!) Come, join us!

WINTER QUARTER SCHEDULE--Dec. 7-21, 1982; Jan 3-Mar 2, 1983

| FACILITY | M | T | W | R | F | S | S | |
|------------------------|---------------------------------------|---------------------------------|----------|----------|----------|----------|---------|--|
| <u>Eastman Pool</u> | 11-12:30 | 11-12:30 | 11-12:30 | 11-12:30 | 11-12:30 | | | |
| Lap Swim | 4-6pm | 4-6pm | 4-6pm | 4-6pm | 4-6pm | | | |
| Open Swim | 6-9pm | 6-9pm | 6-9pm | 6-9pm | 6-9pm | | | |
| Saunas | 7am-9pm | 7am-9pm | 7am-9pm | 7am-9pm | | | | |
| <u>Halenbeck Hall</u> | | | | | | | | |
| Lap Swim | 6:30-7:30am | same time every weekday | | | | | | |
| Open Swim* | 12-1pm | 12-1pm | 12-1pm | 12-1pm | 12-1pm | 4-6pm | 4-6pm | |
| Saunas | 7am-9pm | 7am-9pm | 7am-9pm | 7am-9pm | 7am-9pm | | | |
| Weight Room | 6am-9pm | 6am-9pm | 6am-9pm | 6am-9pm | 6am-9pm | 12-3pm | 12-9pm | |
| <u>Halenbeck South</u> | | | | | | | | |
| **Track | 6-11pm | 6-11pm | 6-11pm | 6-11pm | 6-11pm | 10am-6pm | 12-11pm | |
| Racquetball Courts | -- See Daily Court Reservation Sheets | | | | | | | |
| Equipment Issue | 4-11pm | 4-11pm | 4-11pm | 4-11pm | 4-11pm | 10am-6pm | 12-11pm | |
| Office Hours | 6-11pm | 6-11pm | 6-11pm | 6-11pm | 6-11pm | Closed | Closed | |

*Pool Closed January 22 and 29

**Please honor varsity practice schedules and home competitions. Varsity events are scheduled 1/8, 15, 21, 22, 28, 2/4, 5, 11, 18, 19, 26. Practice from 2-6 pm, M-F.