

**HEALTH**

**TIPS TO BE FIT**

**Getting teens started with fitness**

*By Vince & Yolanda  
Special to Sentinel-Voice*

Most teenagers spend too much time watching television and playing video games and not enough time being active. Television and video games can be fun, but to be fit your body needs to run, jump, stretch and do work. Mounting evidence shows that heart disease and many other serious illnesses can begin as early as age 10.

To get fit you need to do both aerobic exercises as well as toning and strengthening exercises along with meeting all your nutritional needs.

Aerobic exercise primarily works the heart, lungs and circulatory system. Aerobic workouts will also help you burn body fat if you do 30 minutes or more of continuous movement. It takes your body 20 minutes to switch to the fat burning stage during a workout. Try to get in at least 30 to 45 minutes of aerobic exercise three to four times a week. Try to keep your aerobic workout under 60 minutes. This way you won't overdo it and you'll decrease your risk of injury due to repetitive stress. Thirty to 45 minutes is ideal, but you may have to start below 10 minutes and increase your workout time gradually.

Some examples of aerobic exercise include 30 minutes or more of brisk walking, jogging, bicycling, swimming, walking in a pool, aerobic dance and jumping rope. If you're trying to lose weight, aerobic workouts with good eating habits will help you see results within a few weeks.

To get started with a walking or jogging program start with 10 minutes. Add two minutes each week until you reach 30 to 45 minutes. To determine how far you should walk or jog for your age divide your age by three. One mile in 20 minutes is a good pace for five to eight year olds and one mile in 12 minutes is a pace good for a child over nine.

Riding your bike is a great form of aerobic exercise. But, you should follow some safety tips. More than two million people under the age of 18 receive bicycles for gifts each year. And each day one child

dies from a bicycle injury. Most of these injuries can be avoided.

When you ride a bicycle for fun or exercise remember to start with short distances at a steady pace. Build on your distance, speed and time. To get the most out of your cycling, you should adjust your seat so that your legs are fully extended when the pedal is at the bottom of your bike. At the top, the toes should be tilted back and the heel slightly down. You should always pedal with the ball of the foot and not your toes.

You also need to do some toning and strength building exercises for a totally fit body. Calisthenic, resistance training with weights or machines will strengthen and tone your body. Weight training for teens is a good way to help strengthen and shape the body, but there are some exercises you should avoid. If you're under 18 you should never do heavy weight bearing exercises such as deadlifts, behind the neck presses, bent lateral raises, deadlifts, clean and jerk, standing toe raises and squats with weights on the back. These exercises place too much stress on the spine and joint areas because your bones are still growing and not completely fused. Your bones are not completely fused until about age 18.

If you've never exercised before, find a beginner exercise group. A professional can help you get started. If you want to give it a try on your own, start a walking program. Walk every other day. Do calisthenic exercises on the day you don't walk. Do at least one exercise for each body part. Start your program slowly and be consistent. Keep a diary to keep track of your progress. After a few months you may want to get into weight training.

A good diet will get you off to a great start in your quest for a fit body. Just after waking, have a glass of pure fruit juice. After a shower have a whole grain cereal such as oatmeal or corn grits with whole grain toast. For lunch pack a protein like tuna, chicken or turkey with a salad. These three meals will go a long way in fueling your body with an abundance

of vitamins, minerals and energy to keep you going. You should avoid sugary, high sodium and high fat foods.

You should consume between 12 to 15 calories per pound of body weight daily. Eating four to six small meals a day stimulates your metabolism to burn calories instead of shutting down to store fat. You should have two servings of protein, three servings of fruit, four servings of grains, four to six servings of vegetables and four servings of a dairy product.

If you have never worked out or you're out of shape see your doctor to get his approval to start a program.

**New prostate treatment working**

*Special to Sentinel-Voice*

The early results are encouraging in an experimental treatment for prostate cancer, a major cause of cancer deaths among men.

Following testing in mice, 25 men from around the U.S. are being treated with an experimental gene therapy that appears to have caused prostate tumors to stop growing, said Dr. Peter T. Scardino, a urologist at Baylor College of Medicine and The Methodist Hospital, both in Houston.

The program, directed by Scardino and Dr. Timothy C. Thompson, targets patients who had undergone radiation treatment only to see the cancer return to the prostate.

Biopsies and ultrasound were used to provide a "road map" to the exact location of the cancer in the prostates.

Each man's prostate was injected with a "suicide gene," which cause cells to produce an enzyme called thymidine kinase, or TK. When the drug ganciclovir is administered, it combines with TK to cause the tumor cells to

cease reproduction. This can kill the cancer, Dr. James R. Herman said.

"Thus far, none of the patients have experienced any significant toxicity to the treatment," said Scardino, chairman of Baylor's Urology Department, "and in every case there has been either stabilization of the cancer or, in some case, actual decreases in prostate specific antigen, or PSA, the means of measuring prostate-cancer growth."

These very early results are encouraging, and the U.S. Food and Drug Administration has okayed a Phase I continuation and an increase in ganciclovir dosage, said Dr. Estuardo Aguilar, the Baylor/Methodist liaison with the FDA. For the men involved in the study, there is new optimism, and it has given them the rewarding feeling of participating in what eventually may be seen as a genuine advance in prostate cancer treatment. "I'm hopeful that what we're up to will make a difference," said patient Cliff R. Hartman of Vancouver, Wash.

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