

10/85

3) FITNESS

:60 PSA

THE RECENT DEATH OF MARATHON JOGGER JIM FIXX
RAISES QUESTIONS ABOUT FOLLOWING A FITNESS
PROGRAM IF YOU HAVE A FAMILY HISTORY OF HEART
DISEASE. ANYONE IN THAT CATEGORY SHOULD GET
A PHYSICAL, SAYS DR. JOSEPH KAUFMAN OF THE
UNIVERSITY OF NEVADA SCHOOL OF MEDICINE:

23.5 (but) there is no guarantee even with a
normal stress test that an individual is not
susceptible to coronary artery disease or
its consequences, such as Jim Fixx was. But
a good physical evaluation prior to embarking
on a physical conditioning program for a
middle aged individual that has not been
physically fit I think is essential.

WHILE WE CAN'T CHANGE OUR FAMILY HISTORIES, WE DO
HAVE CONTROL OVER OTHER FACTORS.

18.4 We know in general that there are certain
risk factors such as cigarette smoking that
are worse than other risk factors, but the
particular risk for an individual is going
to be the sum of many individual factors,
which have to be evaluated.

THIS IS HEALTHLINE, FROM THE UNIVERSITY OF NEVADA
SCHOOL OF MEDICINE.