



Author's Note:

After talking, advising and lecturing about jogging for so long, it is a relief at last to write about it.

We are interested in exercise, and especially jogging, for several reasons. First, it's generally accepted that moderate regular exercise benefits health. Unfortunately, a large number of American men and women over 30 do not exercise regularly, and in fact, lead sedentary lives.

Second, there are drawbacks to many of the available physical activities and sports. These shortcomings include: expense, convenience, time involved, availability of facilities, required skills and the regularity of participation. Other activities provide little actual exercise, or the exercise is intermittent, with rest being taken as soon as the person is a little tired or breathless. The result—little stress placed on the body to improve physical fitness, especially of the cardiovascular and respiratory systems.

Jogging, by contrast, has special advantages for adults. First, it's simple, requires no extensive skills, is convenient and involves a minimum of time each week.

Second, it is an excellent exercise from a physiological point of view because it places the moderate stress on the cardiovascular system and respiratory system so important to general health.

The third point—and the reason jogging is different—is that it alternates running and walking. This makes it possible to control the degree of exertion by controlling the distance, speed of running and amount of walking.

To summarize: jogging is a graduated program of moderate exercise which can be adapted to men and women of varying ages and levels of fitness.

A few final words: Jogging is a simple type of exercise, requiring no highly developed skills. Its great appeal is that it is so handy. Almost anyone can do it anywhere. Our concern is to keep it simple, not let it become hidden in some mystique full of rules and paraphernalia.

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Jogging

This article is about jogging, an exercise program of relaxed walking and running that will improve the level of physical fitness of nearly anyone from seven to 70.

There is nothing mysterious or revolutionary about it. Jogging is simply a unique application of the accepted principle that regular exercise in moderate amounts is good for most people.

Jogging is free. It is convenient and enjoyable. It is safe. It requires no special skills or equipment. And it can benefit nearly everyone who is not ill or disabled. At the same time, it has special benefits for the "over 30" and the "well over 30" groups who no longer *regularly* exercise. Through jogging they can recapture a level of physical fitness they thought they had lost forever.

And jogging is reasonable. You can grow fit without greatly changing your personal habits. Within reason, you can still eat what you like . . . take a drink. Remember only that good sense is the best guide to healthful living.

JOGGING IS DIFFERENT

Jogging is different from most popular physical fitness programs.

Unlike weight lifting, isometric exercises and calisthenics with their emphasis on muscle building, jogging works to improve the heart, lungs, and circulatory system. Other body muscles are exercised as well, but the great benefit comes from improving the way the heart and lungs work.

After all, when you're past 30, bulging biceps and pleasing pectorals may boost your ego, *but your life and health may depend upon how fit your heart and lungs are.*

WHY COMBINE WALKING AND RUNNING?

Jogging as a form of exercise has the advantage of alternate walking and running. Both walking and running are good exercises. Each has its advocates. Done separately, each may fall a bit short of what is needed—gradually increased stress on the heart and lungs. For the fit, walking may not be strenuous enough. For the average person, running may be too strenuous at the start.

By combining running and walking, nearly anyone can begin to jog safely and comfortably. The amount of exercise can be gradually increased. *You do not accidentally overexert yourself.* By gradually increasing the amount of running and pace, you eventually can train yourself to a level that will . . . well, astound you.

Remember, regular exercise should be part of a long-range health program. The benefits are short-

lived if you exercise only for a few months.

THREE DEFINITIONS OF JOGGING

Before going further, it might be helpful to look again at the term, jogging. Actually, it can be used three ways: (1) Jogging means a steady or an easy-paced run alternating with breath catching periods of walking; (2) it means a kind of running, generally a slow regular trot that has been described as the next step up from walking; and (3) it is a word that describes the entire program of physical fitness outlined in this article.

THE UNIQUE APPLICATION

The jogging program herein is based on medical observation, proven training principles and, equally important, the experience of other joggers.

Earlier, jogging was described as a *unique* application of the accepted principle that regular exercise in moderate amounts is good for most people. Many people have run for this reason but have had to rely on their own instincts to provide the right program. Now, for the first time, the training principles have been articulated, medical advice applied, and these factors organized into three usable plans complete with schedules.

SCHEDULES ARE THE HEART OF JOGGING

These schedules are the heart of the jogging program. They tell you how far, how fast and how often to jog. They leave little to chance. The schedules assume that, unlike the

runner, you may have to be your own coach and trainer. So everything is spelled out for you. *If you follow the instructions, you do not overwork.*

WHY SCHEDULES?

The jogging program is based on experience in the conditioning of runners and joggers. It uses schedules throughout the training period to establish a *permanent habit* of regular moderate exercise. So keep in mind as you begin that even world class runners train as you do by repeated practice of certain exercises.

With the coach they schedule certain exercises to get specific results. For example, different exercises might be designed to improve the runner's skill on the track, enlarge his lung capacity, affect general physical conditioning, and control breathing. Joggers' and runners' exercises are not based on whim or chance. They are the product of careful thought and scientific knowledge. There are good and sound reasons for how an exercise is performed, its duration and the number of times it is repeated.

It is beyond the scope of this article and probably beyond your interest to describe the physiological changes in runners through training. After all, you are primarily interested in how training will change your life and improve your health.

PRACTICAL ADVANTAGES OF JOGGING

Most men and women who are out of shape know it. They have a guilty feeling that they really ought to be doing something about it. What's lacking is the opportunity. The ease of taking up jogging solves that problem. Consider jogging's special, practical advantages:

IT'S FREE: Not a thing about jogging costs you a cent. True, you may have to spend some will power to start. That shouldn't bankrupt you. The chances are great for a wealth of good health.

NO SPECIAL EQUIPMENT: You, yourself, are the only equipment necessary. Many fitness programs cost a great deal before the first workout. Not so with jogging. Ladies with only high heels will need a pair of flats.

Jogging can be done by either sex at almost any level of physical fitness or age

NO SPECIAL FACILITIES: No gymnasium, barbells, pool, or muscle building gimmicks. Just open your door and you're in business. Jog anywhere, outside or indoors.

QUICK: There are 1,440 minutes in a day. For beginners, jogging takes about 30 minutes three days a week, or only 90 minutes out of 10,080 each week. If you're over 30 and unwilling to spend this minimum time for better fitness, you'd better be prepared to spend even more time being ill.

OLD AND YOUNG CAN DO IT: Anyone from seven to 70, not ill or disabled, can benefit from jogging's gradual moderate exercise. Thousands of joggers are proving this every day.

IT'S ENJOYABLE; IT'S FUN: People enjoy little things that bring big rewards. Jogging makes few demands. Usually progress is steady. You can enjoy the feeling of accomplishment.

WHAT'S IN IT FOR YOU?

What's in it for you may add up to quite a bit, if you care about your life. Frankly, jogging may prolong your life.

Now, if you still question the merits of jogging, consider these advantages:

IT'S SAFE: Jogging exercises are gradual. If you follow the workout schedules, *you do not over-exert*. Each jogging schedule starts at *your* level of fitness.

IMPROVES THE HEART AND LUNGS: The jogging exercises work at improving the heart, lungs, and circulatory system by gradually expanding their capacity to handle stress. Jogging conditions the rest of you too, but the benefit comes from the better way the heart and lungs work. Someday your life may depend upon their fitness.

YOU LOOK AND FEEL BETTER: Exercise stimulates circulation, tones the muscles and pro-

duces a more optimistic outlook. Jogging reduces the hips and thighs, firms, sagging muscles and flattens the abdomen. Also, those who are in good condition are more active sexually. There is a psychological element as well. If you look and feel better, you gain confidence. You feel more attractive.

HELPS YOU LOSE WEIGHT: Jogging is an aid to losing weight. Through jogging you can reduce the amount of fat and increase the amount of muscle. Jogging plus diet will guarantee you good weight loss.

BUILDS ENDURANCE AND CONFIDENCE: Jogging makes you more fit. You can confidently tackle your job, increase your work load, or set out to enjoy recreational activity without fear of overexerting your heart. The fit jogger is not among the heart attack victims during hunting season.

SMALLER WAISTLINE: Jogging helps redistribute weight. In controlled programs nearly all joggers reduced the size of the waistline. Women dropped down in dress size.

JOG ALONE OR WITH OTHERS: If you crave time alone, then jog by yourself. You can think without distraction or just put your mind to sleep. If you like the company of others, group jogging provides great companionship.

A LIFETIME OF BETTER HEALTH: Exercise should be a part of a long-range health program. Regular exercise year in and year out is what counts. Short term exercise gets short term results. Jogging is so accessible you can hardly avoid it.

EXERCISE AND HEALTH

For the sedentary adult, the most strenuous exercise may be a short walk to the bus stop or a stroll with the dog.

Yet, things haven't always been

this way. Man has been physically active throughout his history. It is only in the 20th century that technological progress has permitted a large proportion of the population to work at jobs requiring little physical activity. With the decrease in physical activity has come an increase in diseases of the blood vessels and the heart. The Metropolitan Life Insurance Company reports that in 1966, diseases of the heart and arteries accounted for more than half of the deaths in the United States.

PHYSICAL ACTIVITY AND "HEART ATTACKS"

A "heart attack" (in medical terms, a myocardial infarction) is the single biggest killer in the United States. There is no known drug or single way to prevent it. Even if you survive an attack, you may suffer marked disability and limitation of activity. The myocardium is the heart muscle and a myocardial infarction is caused by a blockage of the blood that flows through the coronary arteries to supply the heart muscle. A common cause of the blockage of the blood flow is a clot, or "coronary thrombosis," that forms in a coronary artery.

Unquestionably, many factors are involved in causing heart attacks. Lack of physical exercise is only one. But medical research indicates it may be among the most important. Heredity is also a factor. Though the physiological weaknesses inherited from one's parents cannot be changed, they may be offset somewhat by a higher level of physical fitness.

Recent medical reports have found that the least active men had more myocardial infarctions, and more were fatal. The most active men not only had a lower incidence of attacks, but their chances of survival were considerably greater. Both the incidence and severity of an initial myocardial infarction were reduced in the most active as compared to the least active men.

Men who did little walking had

It is free . . . it is easy . . . it is relaxing . . . it can be done alone or in groups . . . it is fun . . . it is good for the heart and lungs—the organs which may determine your life span . . .

almost twice the mortality rate of walkers. Men who rarely engage in sports also have nearly twice the mortality rate of more active men.

The reports suggest that a substantial reduction of deaths from myocardial infarctions might be achieved through a relatively small increase in physical activities of the inactive men in a given population.

It is believed that those who habitually are more physically active may develop a better blood supply to the heart muscle than those who are inactive.

From these reports it appears that regular exercise may be an important factor in reducing the risk of myocardial infarctions or "heart attacks" in men.



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