

YSU profs give jogging hints

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YOUNGSTOWN—Two Youngstown State University professors have offered hints and suggestions that may cause any one of us to become the next "Rocky Balboa" of the jogging world.

According to Dr. Gordon E. Longmuir, health and physical education associate professor at YSU, jogging is not an activity to be doing "just because your associates are doing it."

"Unlike tennis, jogging is hard work. But anyone who does it consistently over a period of time will stay with it," said Longmuir.

Dr. Steve A. Graf of YSU's psychology department, who runs anywhere from 10 to 15 miles a day, says we have been sports-oriented "if only from a voyeuristic point of view, while jogging or running makes it more possible for anyone to see the benefits of regular exercise."

Learning what the sport of jogging is all about and what it can do for you can be conquered in a very brief period of time.

"In jogging," said Longmuir, "there's no problem—if you can walk, you can jog."

He said many people find they become successful at it quickly and as a result, things begin to "steamroll."

"Once they find out it's not all that tough to do, after progressive work over six, eight, ten weeks, the feats that can be accomplished both in terms of physical and psychological feelings can be extremely rewarding," he said.

For the beginning jogger, both YSU instructors are emphatic about going through a rigid physical examination, including an exercise stress test.

"The older you are," said Longmuir, "the more crucial that becomes, particularly after the age of 30."

"That's where more mistakes are made and you can kill it from the standpoint of hurting yourself physically as well as psychologically," said Longmuir.

The physiological benefits achieved in the sport of jogging have, according to both professors, slowed down the process of aging and prevented the traditional types of cardio-vascular diseases.

By running four or five times a week, cholesterol intake is manhandled by the human body. Longmuir says you won't have the "same fatty deposits building up in the interior walls of the arteries."

Proponents like Graf and Longmuir say jogging can serve as a method to release stress or tension, to deal with anxieties and frustrations, and may create "a new awareness of life around you."

Running indoors can also prove to be beneficial for others. Longmuir says he detests running inside, but Graf, who also prefers being outdoors, states that a repetitiveness could be the reason some people "get into it."

"After awhile you become detached from run-

ing. You may be able to think out a problem or even live out a fantasy. It's almost like an in-motion meditation, except physiologically, your metabolism is working a lot differently," said Graf.