7-24-1968

Joggers evaluate own fitness in Missoula program

University of Montana--Missoula. Office of University Relations

Follow this and additional works at: http://scholarworks.umt.edu/newsreleases

Recommended Citation

http://scholarworks.umt.edu/newsreleases/3872

This News Article is brought to you for free and open access by the University Relations at ScholarWorks at University of Montana. It has been accepted for inclusion in University of Montana News Releases by an authorized administrator of ScholarWorks at University of Montana. For more information, please contact scholarworks@mail.lib.umt.edu.
MISSOULA joggers will have the opportunity to evaluate changes in physical fitness that result from participation in the jogging program begun several weeks ago on the University of Montana campus.

The jogging program was launched July 8 by several UM faculty members to help Missoulians become more physically fit. More than 100 people now jog three nights a week, Monday, Wednesday and Friday.

The new test to be made available for a personal fitness evaluation is one developed by Dr. Brian J. Sharkey, UM assistant professor of health and physical education and a jogging coordinator, in cooperation with the Equipment Development and Testing Center of the U.S. Forest Service.

Interested joggers may utilize this opportunity by coming to Room 202 of the Adams Field House from 8 a.m.-5 p.m. weekdays, Dr. Sharkey said.

Exercise and meals should be avoided immediately prior to taking this test, which is not overly strenuous for most individuals, Dr. Sharkey emphasized.

Recent evidence indicates that hard-driving, competitive individuals are more prone to heart disease, according to Dr. John L. Dayries, UM assistant professor of health and physical education and another program coordinator.

UM track coach Harley W. Lewis, who also has been involved in setting up the jogging program at the University, defines jogging as being "just faster than a walk."

Dr. Dayries pointed out that one of the psychological benefits of exercise may equal or exceed the physiological and medical effects.

Exercise has been found to reduce tensions for those in highly competitive situations, Dr. Dayries indicated. Increased physical fitness seems to improve one's self-image. This improved self-concept seems to allow for more effective adjustment to life situations, he added.

A personally selected year-round program of physical activity and sports is a positive approach to physical and mental health and to a longer prime of life, according to University jogging program coordinators. ####