

HEALTH QUESTION & ANSWER SESSION

- Q1 I've heard that cardiovascular exercise can prolong life. Is this true?
A Your heart is only good for so many beats, and that's it - don't waste them on exercise. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.
- Q2 Should I cut down on meat and eat more fruits and vegetables?
A You must grasp logical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than efficient mechanism of delivering vegetables to your system. Beef is also a good source of field grass (green leafy vegetables).
- Q3 Should I reduce my alcohol intake?
A No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!
- Q4 Aren't fried foods bad for your?
A You're not listening!! Foods are fried these days in vegetable oil. In fact they are permeated in it. How could getting more vegetables be bad for you?
- Q5 Is swimming good for your figure?
A If swimming is good for your figure, explain whales to me.
- Q6 Is getting in shape important for my lifestyle?
A Hey, "round" is a shape.
- Q7 Will sit ups prevent me from getting a little soft around the middle?
A Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit ups if you want a bigger stomach.

And remember Life should NOT be a journey to the grave with the intention of arriving in an attractive and well preserved body but rather to skid in sideways -- chardonay in one hand, chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO HOO, what a ride!