

Fred Meyer for

Fitness

Save on clothes and shoes

Equipment to help you build muscles

Healthful vitamins and minerals

Wholesome, fresh fruits, vegetables and food.

Today is the day to make a promise to yourself to look better, feel better and eat better.

Getting into shape for 1987 can be easier than you think, when you know the basics for good health.

You know that you're supposed to eat right, exercise, get plenty of rest and take vitamins. You've heard all that a thousand times. Right. Well, keeping fit is more than all of this. Keeping fit means that you're deciding by and for yourself that YOU are going to make this the year you start your personal fitness program.

Fitness starts with the right food from the four food groups.

Experts recommend that you eat a balanced diet with servings of food from each of the food groups each day. Can you name the four food groups and figure out the puzzle below?

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2	etam	4	ryald

1. fruits and vegetables, 2. meat, 3. grains, 4. dairy



You'll find a large selection of natural vitamins and minerals in our Nutrition Center.

Vitamins are vital for your good health, and you'll find a large selection of natural vitamins and minerals including great-tasting, sugar-free chewable ones in our Nutrition Centers.

Clip this coupon and save money on vitamins.

Fred Meyer Coupon

Available in our Nutrition Center

Thompson
• **Pre-Teenplex Chewable** 4.99 Reg. 6.95
60 great-tasting, chewable tablets

or

• **Teenplex Tablets** 60 tablets 5.49 Reg. 7.99

Cash Value 1/20th of 1¢
Coupon Valid Jan. 1 through Jan. 31, 1987

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The right clothes, shoes and equipment can help make your workouts easier!

You'll find a large selection of comfortable clothes including sweat pants and tops, shoes for your favorite sport including ones specially designed for basketball, running, aerobics, walking and soccer, weight sets and dumbbells, bikes and exercise bikes, tennis rackets, baseballs, footballs, basketballs and soccer balls, and equipment and lots more. Come in today and discover all the fun activities that you can do with your family and friends.

Fast food doesn't have to be junk food!

You'll find a wide variety of delicious, nutritious snacks including your favorite fruits and vegetables, and drinks in our Grocery Departments and Nutrition Centers!



Fred Bear, Toy Expert

Fred Bear's Fitness Tips

1. Warming Up

Help protect yourself from injuries by warming up and stretching out before you start exercising. Try running in place or riding your exercise bike before you start working out!

2. Bike Benefits

Whether you decide to bicycle outdoors with your family and friends or ride an exercise bike indoors, you've chosen a great way to build up the muscles in your body and improve your cardiovascular fitness.

3. Your Training Heart Rate

To strengthen your heart and lungs, aerobically, you need to raise your pulse rate to 70% to 80% of your maximum attainable heart rate and keep it there for 12 minutes. To estimate your maximum heart rate, subtract your age from the number 220, (if you're 15, your maximum attainable heart rate is 205). Your target training rate is between 158 and 176 beats per minute.

4. Take Time to Relax

Relaxing on a regular basis is an important part of your total fitness program. Relaxing is not only enjoyable, research indicates that relaxation can help increase your levels of physical energy and mental concentration and that relaxation can help improve your ability to handle stress.

5. Smart Snacking

Next time you feel the urge to reach for a sugar-packed, high-calorie snack, stop and ask yourself what you can eat instead. Sensible snacking is just as easy and just as satisfying. Look for snacks that are high in calcium, iron, fiber, and other nutrients. Fruits and nuts make great snacks!

Fred Meyer

ONE-STOP SHOPPING CENTERS

Open until 10 PM
7 Days a Week