

# Gym Rat Rantings

by Bob Ring



## Pet Peeves

*So what gets the old Gym Rat really riled up? Here are a few of my pet peeves:*

Do you start receiving **magazine subscription renewal notices** months before your subscription runs out? With labels like, “save by renewing early,” “renew now and get a free subscription for a friend,” “last chance,” and “this is your last issue.” I swear I start getting these warnings within weeks of renewing for at least a year. My fellow exercisers, I have been subscribing steadily to one particular magazine for over 50 years – and they still put me through this. I won’t name the magazine, but the publisher is Hugh Hefner; I like the “articles.” Mr. Hefner is probably the only person at the magazine today who was there when I started my subscription in college. You’d think he’d give me a break!

I bought a 50-inch plasma TV last year to watch sports and the latest movies on DVD. Why, I ask you, does every movie I rent only fill a narrow strip across my giant screen? The small print on the DVD case says something about **widescreen DVD movie format**, “carefully preserving the original movie theater shape.” But I’m not in a huge movie theater! I’ll just bet that there are lawyers involved in this somewhere. And have you noticed that HBO, Cinemax, and Showtime don’t have any problems showing recent movies in full screen format?

We exercisers drink a lot of water. We should drink a lot of water; it’s important for us gym rats to stay hydrated. But **how much water per day should we drink?** My water bubble burst recently when I read that the traditional recommendation of at least eight 8-ounce glasses per day had absolutely no scientific basis. All that guilt I’ve been feeling for years about not reaching that goal! The only time I came close was the day before my colonoscopy ... However, my reduced guilt didn’t last long. A column in *USA Weekend* (newspaper magazine) passed on the latest recommendation that your daily water intake in ounces should be half of your body weight in pounds. So if you weigh 128 pounds, you should drink 64 ounces of water; that’s eight 8-ounce glasses a day. If you weigh less, you drink less, and if you weigh more ... On a good day, I weigh about 188 pounds and there’s no way I’m going to drink almost twelve 8-ounce glasses of water per day – guilt or not.