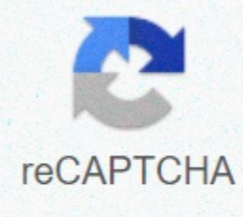




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## Maths frameworking 2.3

It's easy to think of mathematics as a kind of storybook witchcraft - a powerful secret language known to few, dominated by inhuman agents (like your calculator) and supporting the very fabric of the universe. Even if we avoid this hyperbole, the fact remains: Many of us are mathematically illiterate in a world that runs on mathematics. When was the last time you seriously crunched some numbers with just pen and paper? In his book *The Geometry of Paradise*, Mark A. Peterson described the people of medieval Europe as a non-thematic culture in possession of sophisticated mathematics. The next day's mathematicians certainly honed their skills, but mostly out of love for mathematical abstractions. They used few practical applications with him and, according to Peterson, they didn't really understand what the math was. Today, the field of mathematics is much more vibrant than it was in the Middle Ages, but it still eludes an alarming number of those who depend on it. On the one hand, math certainly has a way to solve idles these days through quick-key Google calculators and searches. However, for many individuals, mathematical anxiety begins with the inadequate teaching of non-mathematicians who have trouble conveying enthusiasm and practicality. Factor in overcrowded classes, and it is not surprising that so many students do not cling to the logical core of mathematics. In fact, only 40 percent of 4th and 34 percent of 8th year students in the U.S. are proficient in math, according to Arne Duncan, U.S. secretary of education speaking at the National Council of Math Teachers in April 2011. The ramifications of mathematical illiteracy are very real. In 2005, the U.S. National Academies identified the country's decline in mathematical education as a serious detrimental effect on its scientific, technological and economic prowess [source: Mullich]. So let's demystify the world of mathematics. A world without mathematics is unimaginable. It's a part of who we are. It's the analytical juice of our left brain and, in the words of physicist Richard Feynman, even a fool can use it. Here's a quote from the late great scientist's book *The Pleasure of Finding Things: What We've Been Able to Work On Nature May Seem Abstract and Threatening to Someone Who Hasn't Studied, but Were Fools Who Did, and in the Next Generation, All Fools Will Understand*. There is a tendency for pomposity in all this, to make it deep and deep. In this article, let's take a very broad look at the world of numbers. What are they, and what do mathematics really do? Men know that numbers are usually useless. I remember the score of the first test that take in fifth grade (59, open book), the number of home runs George Foster hit in 1977 (52, and I like Mike Schmidt), the miles my car has in him right now (173,482.6), and the points I scored during my eighth grade basketball season But when I need to remember the important numbers, the digits of life and death, my brain becomes a strainer. BMI, HDL, LDL, PSA, blood pressure, blood sugar, resting heart rate, heart rate objectiu.no I can keep everything straight. So I asked the experts: What numbers are essential to a man's health and as memorable as Heather Graham's measurements (36-28-34)Here they are: seven numbers that won't win you any bar bets, but it can help you lose weight, prevent prostate cancer, and beat heart disease like Vince Ferragamo's career passing yard (11,336) could never.24 Almonds.Eat before dinner , and you will lose weight. A study by Purdue University showed that people who ate nuts high in monounsaturated fat felt full an hour and a half longer than the sissies that ate rice cakes. With 9 grams of monounsaturated fat, an ounce of almonds is enough to prevent most guys from going ballistic at dinner, the time when they are more likely to eat, says Elizabeth Ward, R.D., a nutritional consultant in Massachusetts. And the odds are the weight you lose will be left out. The researchers found that of two groups of people who lost weight, those who ate a diet high in jumpsuits were still thin after 18 months, while those who went low in fat quickly became fattened. How to nail this number: Wash the nuts with 8 ounces of water; this will make you eat more than 24 before your appetite suppression powers can set you off. 7:30 Mile.check your clock at the end of a mile race. If it shows 7 minutes, 30 seconds or less, you are at low risk of a heart attack, says Paul D. Thompson, M.D., director of preventive cardiology at Hartford Hospital, in Connecticut. Poor exercise performance is one of the best predictors of heart disease risk, says Dr. Thompson, who analyzed research from the Cooper Institute of Aerobics. The faster you can run, the longer you'll live. And the higher the volume of stroke in your blood cor.la by heartbeat. Even if you had a heart attack, a higher volume of stroke would probably mean you would survive it, says Dr. Thompson. How to nail this number: Practice quarter-mile intervals. Run a little faster than your mile-long pace for a quarter of a mile, then walk for 3 minutes. Repeat seven more times. Do it twice a week. Quarter-mile intervals are the best because you use a combination of speed and endurance, which makes you faster, says Dr. Thompson. 3 days a week. This is how often weights need to be lifted to help prevent diabetes. Finnish researchers found that when men at risk of diabetes trained with weights three times a week, their insulin sensitivity improved by 23 percent, compared to no change in training aerobically. Insulin sensitivity is key to helping your body process sugar (glucose). Unlike resistance training, resistance training results in an increase in Mass. More muscle can help increase glucose removal, says Edward Horton, M.D., director of clinical research at the Joslin Diabetes Center in Boston. How to nail this number: Making the circuit training program is used in Finnish research: Going to a gym and training large muscle groups --back, abs, arms and legs-- doing eight to 10 reps at each exercise station, resting for 30 seconds, and then moving on to the next season. Repeat twice more for a total of three sets. 10 minutes. Spend that amount of time in icing after a race to save your knees from osteoarthritis. Weight exercises, such as running or playing basketball, removing blood and a lubricant called synoly fluid in the joints. And that's good.while you're exercising. But if the extra synod fluid and blood stick around too long, the cartilage can crack, and osteoarthritis will eventually develop. That's why the post-exercise icing is so critical: Ice causes extra fluid to move away from joints, and then its lymphatic system filters it out, says Kevin Olds, C.S.C.S., M.S.P.T., a physical therapist in Memphis. How to nail this number: Keep a few instant cold packs in your gym bag. (Cramer cold packages are \$18 for a box of 16.) In a pinch, put a cold soda mind just below the patella, right in the patellar tendon, olds says. This is where the joint line is. 8 Ounces of OJ. Drink both at breakfast, lunch and dinner to avoid a stroke. Downing OJ-the non-concentrate-daily type is still the easiest way to increase your high density lipoprotein cholesterol (HDL) and in turn reduce your risk of stroke. When researchers at Columbia University measured the HDL levels of 1,444 people, they found that people with higher levels had a significantly reduced risk of an ischemic stroke, the type that affects most men. HDL cholesterol is the garbage truck circulation, says Dr. Thompson. If you have a lot of garbage trucks, they can take out all the garbage. This includes garbage that causes impotence. How to nail this number: Make it easier to stomach. If the acidity of the OJ is too much, try Tropicana Pure Premium Low Acid orange juice. Did you miss a glass? Snacking at a special Hershey's dark chocolate bar (the regular size, 1.45-ounce), the amount of researchers at Pennsylvania State University's chocolate found an increase in HDL levels by 4 percent. 6 Pullups.A fit man weighing between 170 and 200 pounds should be able to do this many. (If you're lighter, it's 10. Heavy? Four.) Pullup is the perfect exercise to measure its strength because it forces you to his whole body, says Michael Mejia, C.S.C.S., men's health exercise adviser. Men who can do this many shouldn't find too many situations they can't physically achieve. But six means six perfect pullups. Keep your hands apart, palms facing out, and legs together. When the chin chin Clear the bar, pause for a count of two, then slowly lower yourself and repeat. How to pin this number: Place a bench under the bar and make negative pullups. Stand on the bench, grab the bar and then fold your legs so your feet hang free. Take 5 seconds to get off until your arms are straight. Step back to the bench and repeat three more times. Make two to three sets twice a week. These will develop the muscles enough so that they will eventually be able to get up, Mejia says. 2 Servings of fish. Put this on your weekly menu to help cancer test your prostate. Researchers at the Karolinska Institute in Stockholm studied the diets of 6,272 men and found that those who ate no fish had up to a three times higher risk of prostate cancer than those who regularly ate them. Omega-3 fatty acids in fish help inhibit the growth of prostate cancer, says Alicia Wolk, M.D., the author of the study. Tuna, salmon and sardines are swimming in omega-3s. How to nail this number: If Mrs. Paul is your idea to eat offshore, take Coromega fish oil supplements. You get a healthy dose of omega-3s--350 milligrams (mg) EPA and 230 mg DHA-- in a ketchup-packet-sized portion of orange flavored cream. 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