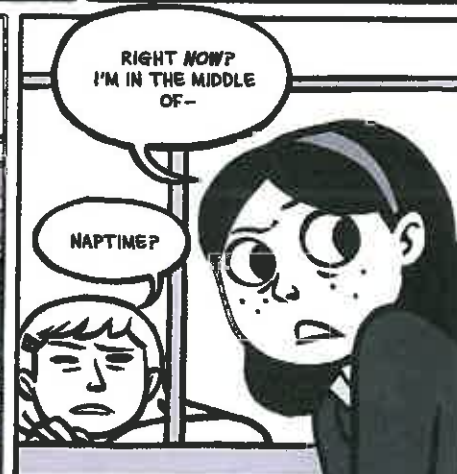


ECONOMICALLY, LONG-RUN UNIT COSTS OF OUTPUT  $Q$  IF YOU GRAPH FOR THE LONG RUN IS THE SLOPING FOR SMALL  $Q$ , FLAT FOR INCREASING RETURNS TO SCALE AS DIMINUTION, AND THEN DECREASING RETURNS TO SCALE AS PRODUCTION

UNIT COST ON THE Y-AXIS AND OUTPUT  $Q$  ON THE X-AXIS, THEN THE SHAPE OF A BIG BOWL (OR "U" WITH A FLATTENED BOTTOM); DOWNWARD SLOPING FOR SMALL  $Q$ , FLAT FOR INCREASING RETURNS TO SCALE AS DIMINUTION, AND THEN DECREASING RETURNS TO SCALE AS PRODUCTION

UNIT COST ON THE Y-AXIS AND OUTPUT  $Q$  ON THE X-AXIS, THEN THE SHAPE OF A BIG BOWL (OR "U" WITH A FLATTENED BOTTOM); DOWNWARD SLOPING FOR SMALL  $Q$ , FLAT FOR INCREASING RETURNS TO SCALE AS DIMINUTION, AND THEN DECREASING RETURNS TO SCALE AS PRODUCTION











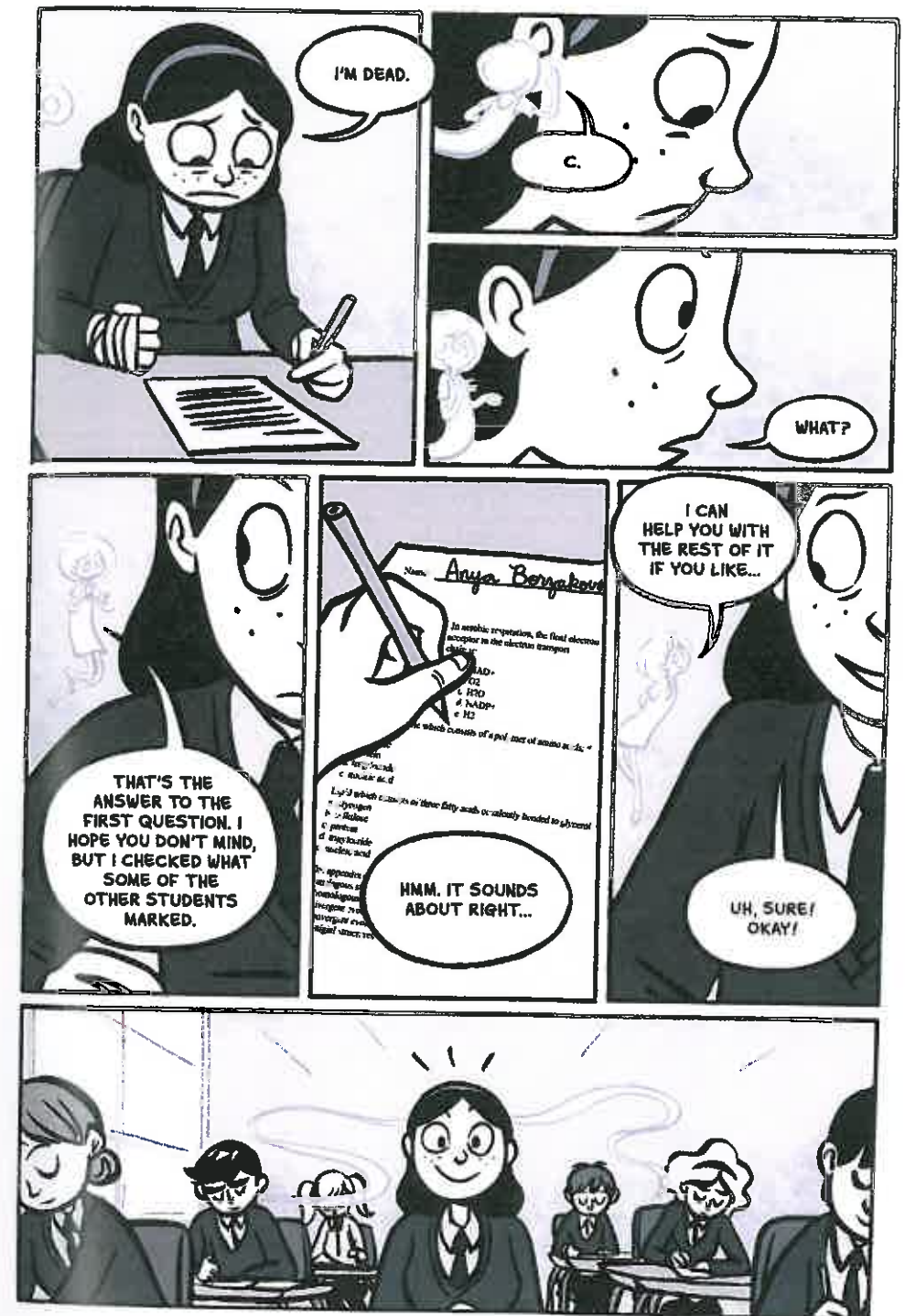






















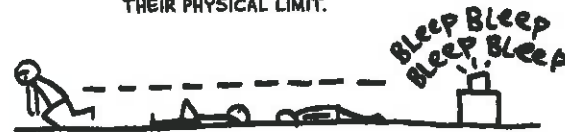


INVENTED BY DR. MAXIMILIAN G. ODOWOOD LEDGEAR IN 1982, THE MULTI-STAGE FITNESS TEST IS USED BY SUCH WONDERFUL INSTITUTIONS AS THE US ARMY, NAVY, AND THIS VERY HIGH SCHOOL!

IT ANALYZES THE BODY'S MAXIMUM OXYGEN INTAKE BY HAVING THE SUBJECT RUN BACK AND FORTH ACROSS A SET DISTANCE (IN THIS CASE THE GYM) IN TIME TO A SOUND SIGNAL, OR "BLEEP."



THE BLEEP INTERVAL BECOMES SHORTER, CAUSING THE SUBJECT TO RUN FASTER, UNTIL THEY REACH THEIR PHYSICAL LIMIT.



WE CROSS-REFERENCE THE NUMBER OF LAPS ON THIS HANDY DANDY SPREADSHEET, AND THUS DETERMINE YOUR VERY OWN MULTI-STAGE FITNESS LEVEL!

HE JUST LIKES WATCHING US RUN AROUND IN THESE STUPID SKIRTS.

