



THE DIET DETECTIVE
By Charles Stuart Platkin

Take these tests to find your current fitness level

There are three unique components of fitness: strength, flexibility, and cardiovascular capacity, and it takes all three to be truly fit. Physical fitness isn't just about how much you can lift or how far you can run, and a person who excels in one area could be floundering in another — and not even know it.

To gauge your own fitness level, you need to be tested for each component.

Flexibility

The flexibility of tendons and muscles determines how freely you can move your joints.

Why It Matters: "As we become less flexible, we become less functional. Things like reaching or turning your neck when driving to see the car behind becomes difficult. So it's more than just quality of life — it affects your ability to function," explains Mitchell H. Whaley, professor of exercise science at Ball State University in Muncie, Indiana.

Sit and reach test: Grab a yardstick and sit on your living room floor with your legs extended in front of you, allowing about 12 inches between your feet. Place the yardstick between your feet so that it points away from you. Line the soles of your feet up to the 15-inch mark. Slowly bend forward with your arms extended, reaching as far past your ankles as you can.

Strength

Experts call this muscular skeletal fitness — testing both muscular strength and muscular endurance. Strength training builds and maintains muscle mass and strong bones.

Why It Matters: Muscle strength and endurance also make you more functional. For instance, maybe you can't move your own body weight in and out of a chair or can't carry groceries to and from your car, or you get jerked around when you take the dog out for a walk. The more body strength you have, the fewer potential

Push-up test: Start from the up position with your arms almost fully extended, palms flat on the floor and a little more than shoulder-width apart, balancing on your toes with your feet together. (If you can't do a standard push-up, put your knees on the floor instead of balancing on your toes.) Keeping the pace slow and steady, bend your arms to lower your body — keep your body straight and don't let your stomach touch the floor. See how many you can complete before resting.

Cardiovascular

The term cardiovascular system refers to your heart and blood vessels, which carry oxygen and other nutrients throughout your body. Your cardiovascular fitness determines how easily your body brings oxygen to your lungs and blood to your heart.

The most precise cardiovascular test is the Maximal Oxygen Consumption test, which measures the exact amount of oxygen you are capable of consuming while working out. And because it's complicated, field tests try to predict what this lab test measures.

Why It Matters: The heart is actually a muscle, and like any other muscle, you can strengthen it with exercise and reduce your risk for disease (e.g. cardiovascular disease).

Rockport test: "Anyone who can walk can do this test," says Patrick Hagerman, a professor of exercise science at the University of



Dennis Grundman/Daily

Dylan Glascock, 6, enjoys a chocolate custard cone with sprinkles at Spelunker's Frozen Custard & Cavern Burgers in Front Royal.

Chow and custard

Front Royal eatery offers frozen treats and hamburgers

By Ben Orcutt
Daily Staff Writer

FRONT ROYAL

Dylan Glascock has his hands full with a double scoop of chocolate custard topped with sprinkles.

It's almost too much for the 6-year-old to manage as his parents, Scott and Susan Glascock, look on. Mrs. Glascock says Dylan would come to Spelunker's Frozen Custard & Cavern Burgers every day if she'd let him. Dylan does pretty well at his balancing act, finishing with just a slight stain on his otherwise clean shirt.

Whether you're 6 or 96, everybody seems return to their childhood when they come into the air-conditioned confines of Spelunker's for a burger and some custard. Steven and April Antonelli opened the business at 116 South St. four years ago with the help of Antonelli's father. Since then, the restaurant has built a regional following for its fare, and was featured in the August 2005 edition of Virginia Living magazine.

"Just striving to find something you can't find anywhere else," Antonelli says as he slices beef. "Other people are doing fresh ground beef. Other people are doing steaks. But no one's doing it together and no one's doing it with frozen custard. There's a couple things I feel people love and one of them's ice cream and one of them's burgers."

Antonelli says the prime or choice beef is ground daily for Spelunker's burgers. There are no additives or preservatives, just 100 percent beef. "We grind whole pieces of beef as opposed to something that's already ground," he says. "From a safety issue, there's no cross-contamination. You know what the product is. You know what kind of beef you're using. We've got folks from Chantilly. We've got 'em from Warrenton, Manassas and they come here for the burgers because they can't get 'em that good up there."

If Antonelli is the king of beef, then his wife is his custard queen.

"We like to serve it about 18 degrees, a little bit warmer than ice cream," Mrs. Antonelli says. "Ice cream, it's so cold that actually it numbs your taste buds."

Mrs. Antonelli says that's what also makes Spelunker's custard taste so good. It is called custard instead of ice cream because it contains egg yolks and has a higher butterfat content.

Spelunker's always features a flavor of the day, such as Georgia Peach Pie. Mrs. Antonelli says she enjoys coming up with the different flavors. On Elvis' birthday, she likes to serve peanut butter and bananas custard in honor of the King and on Dr. Seuss' birthday, the offering is green eggs and ham, taken from the title of the book by the famous children's author.

As with the Antonellis, working at Spelunker's is a labor of love for 19-year-old Hannah Brunelle.

"We have tons of regulars," Brunelle says. "We probably have like anywhere from 15 to 30 who come in every day."

One of them is Leroy Oliver, 75, of Front Royal, who says he comes in several times a week.

"And we know what he wants," Brunelle adds. "He always gets two single cheese, plain, well-done [burgers], regular fry, \$9.02."

Warren County resident Mary Carnahan has been coming to Spelunker's since it opened.

"I've never had a better burger," says the 47-year-old Connecticut native.

Carnahan says she and friend Bruce Beavers of Linden go to restaurants in Northern Virginia and Washington and no burger is as good in Carnahan's eyes as Spelunker's Cavern Burger.

"She compares all burgers to Spelunker's burgers," Beavers says. "She always says it's not as good as the Spelunker's burger."

"The food is fantastic here," Beavers adds. "Everything is good here. The burgers and the sandwiches and the custard is absolutely awesome."

Chuck Hamons may be Spelunker's best customer. The 60-year-old Front Royal resident comes in twice daily, for lunch and dinner, with custard for dessert. Hamons fancies the Cav-



Donna Clarke takes a bite out of a Spelunker's burger.



Dee Wright slices beef to be ground up for hamburgers.

ern Burgers and Philly cheese steaks and usually opts for the flavor of the day custard.

"Everyone knows my name," Hamons says. "It's nice to come into a place where you're recognized and you get good food."

David Wiles, a businessman from Clear Spring, Md., stopped by Spelunker's for the first time recently and ordered a Cavern Burger with cheese, boardwalk fries and custard

in a homemade waffle cone.

"This is the best lunch I've ever had in Front Royal," Wiles says before leaving. "I'll never pass by again without stopping."

Spelunker's is open from 11 a.m. to 9 p.m., Sunday through Thursday, and from 11 a.m. until 10 p.m. on Friday and Saturday. For more information, call 631-0300, or visit their Web site at www.spelunkerscustard.com.

► Contact Ben Orcutt at borcutt@nvdaily.com

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