

# STEWART, Steve (con't)

that involves plenty of weight training.

"My body feels the best when I'm in the gym. There's some pain and discomfort in the leg but you have to develop a tolerance. A good diversion for me is a workout," says Stewart.

Stewart began his rehabilitation in January of 1990.

Along with the encouragement of friend Barry Pyear, Stewart went beyond his rehabilitation program to prepare for the Games.

Pyear is head football coach at Moira Secondary School and is currently running the first ever minor football camp at Moira and the Family YMCA.

"Barry has been a big inspiration to me--he helps to keep me going. Since Jan. 1990 I've been in the gym working out every other day.

"Rehabilitative weight training is really important but so many people are afraid to get involved in a program. You have to have the proper mind therapy.

Weight lifting is not only beneficial for muscle build-up but it's good for the bones as well," says Stewart.

Stewart is hoping to begin a strength, conditioning and fitness business in the future.

He helped coach the Moira Trojans football teams last fall and is currently helping out with a football camp for youngsters headed by Pyear.

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