

See What's Beyond



in 1975

PROGRAM PARTICIPATION

International Women's Year

The United Nations proclaimed 1975 as International Women's Year. This is a year to recognize the important contributions women have made in economics, in the social and cultural development of our nation. This is the year to promote equality between men and women in our nation.

Special activities and events are to be sponsored by our governments, to create deeper public awareness of the new roles being assumed by women. Grants are available from both federal and provincial governments, providing you meet the requirements for funding.

"Woman on the Move - Who is She?"

"She is a volunteer actively engaged in making her community a better place in which to live."

"She is a homemaker raising a growing family."

A voluntary organization such as the Women's Institutes can play an important role by

- continuing to develop the leadership ability of our members
- defining our aims and objectives to meet present-day needs
- promoting the work of the Women's Institutes outside our organization
- continuing to derive pleasure and benefit from our meetings

Health and Fitness

It is not difficult to understand why some of us are unfit and overweight. If we eat 100 more calories than we need each day, we will gain 10 pounds a year. Are snacks and extra lunches necessary?

In our society, we need only minimal amounts of physical effort to get through the average day. We must fight the temptation to ride rather than walk. Our most important enemy is inactivity. We would rather ride the elevator than climb the stairs. Our automobiles tempt us away from walking. We have become lazy because our environment has come to be dominated by sitting, riding, lying.

Leisure Time Activities: Choose a new activity in 1975. Don't be a constant TV viewer. As a starter, drop one program and during that half hour, exercise, walk, jog, bicycle or garden.

Active Recreation: Choose one more hobby in 1975 in which some form of muscular work is a part.

Let's all try to make 1975 a more healthful and physically fit year!