

A full day at the Y...ladies' activity workshops draw 25



Disco exercises

* Joanne Lister



Modern jazz

* Michelle Goodeve

Ladies' activity workshops—a first—drew 25 women to the Y last Thursday for a full day of enthusiastic exercising.

The seven sessions showed the kind of classes that are available or could be available in town to interested participants.

The day-long program was jointly sponsored by the Halton Hills recreation department and Murray Memorial Y.M.C.A.

Organizer Ann Pickering was very pleased with the turn-out and reaction.

The demanding sessions were interspersed with coffee breaks and plenty of time to chat.

Baby sitting was available in the United Church.

Sessions were:

Janet Armstrong: Exercises you should and should not do. A former instructor in

the phys ed department at the University of Toronto, she instructs the local gymnasts. The mother of five impressed her listeners with her advice, and she handed her leaflets showing the best and undesirable exercises.

Ann Lepik: Modern rhythmic gymnastics. The high school teacher whetted the appetites of participants with the use of balls and hoops. These gymnastic movements were done to lively music.

Linda Craig: Exercises to music. This R. R. 2, resident exercises here. As she demonstrated and had the group follow along, she said there is a reason for everything. She showed which exercises would be good for back problems.

Joanne Lister: disco exercises. To spirited disco music, this young R.R., 4 resident demonstrated the

activity that goes on in her sisters' classes in Georgetown. The women did not dance, but took their exercises to a lively beat.

Michelle Goodeve: Modern jazz. Flexibility and grace were obvious in this session. Michelle has taught the children's ballet class at the Y and now teaches adults in both Acton and Georgetown.

Marcia Wilkinson: Yoga. The regular yoga instructor at the Y, Marcia lives in town. She showed a few of the simpler poses, had her class relax completely, and drew special attention to their breathing.

Judy Paterson: Synchronized swimming and aquatics. The coach for the synchronized swim team, Judy showed the group of swimmers some of the routines in the pool.



Exercises to music

* Linda Craig

Instructor says

Toe touching? Forget it!

Gymnastics instructor Janet Armstrong has harsh words for some of the most popular exercises going... such as toe touching, sit ups, hip rolls, deep knee bends and lateral bending.

She told the group of women at the workshops in the Y Thursday that some of these are of little use and some can be harmful.

Toe touching, for instance, causes excessive back stretching, which may not be desirable, she said. Sit ups, too, put too much strain on the back discs, she claims. Sit

ups can even cause the abdominal muscles to stretch to the point of actually thickening the waistline—just what the woman doesn't want.

Instead, she demonstrated an alternative called the bent knee curl-up which strengthens the abdominal muscles with few back problems.

She approves of stretching up exercises, or hanging from a bar and attempting to raise the knees, as good ways to flatten the tummy. Or

isometric tightening. Hip rolls and hip bouncing just give you pink hips, says Ms. Armstrong. Instead, jump back and forth over a small object on the floor. That'll strengthen your hip muscles.

The former phys-ed instructor at the University of Toronto had hard words for TV and magazine exercises and the well-known 10BX exercises. Vibrators are out, too.

She has particular concern for the spine and doesn't like exercises that put undue stress on it. The movements she demonstrated take out the dangers and still provide the benefits. There are always alternatives, she demonstrated for her attentive listeners.

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Exercises

* Janet Armstrong



Modern rhythmic gymnastics

* Anne Lepik



Yoga

* Marcia Wilkinson

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Bert Hinton nominated outstanding governor

The name of H. H. "Bert" Hinton of Acton, has been proposed as a candidate for the honor of being named Outstanding Governor of the last decade. Nominations are being sought by the Association of Colleges and Applied Arts and Technology of Ontario.

Acton-Esqueing board of education trustee Bert Hinton has been nominated by Dr. L. W. C. Sturgeon of the board of governors of Niagara College of Applied Arts and Technology.

The award will be presented at the Association's convention at the Harbor Castle Hotel, Toronto, February 16.

Dr. Sturgeon writes: "The appended Curriculum Vitae speaks for itself. I can only add that Mr. Hinton after completing his term as Governor of Sheridan College offered himself as a candidate for the Board of

Education in the County of Halton and was elected there too.

"I knew him first as an instructor in the R.C.A.F. but did not see him again until I

met him at an A.C.A.A.T.O. meeting. He still retained his keenness of thought and demonstrated his exceptional energy and ability in this capacity.

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