

Full slate of activities for Fitness Week

Fitness Week in Halton Hills begins Feb. 18, and Operation Action is encouraging community groups to get involved in fitness-oriented activities during that week.

Operation Action is a three-person team, sponsored by a Canada Works grant and the town of Halton Hills, whose goal is to increase area resident's awareness of and participation in physical fitness activities. Fitness Week has been organized by Operation Action as one means of achieving that goal.

The week leads off with the Regional Winter Carnival at Kelso Conservation Area Feb. 18 from 11 to 4 p.m. The

day's activities include sleigh rides, tobogganing, skating, cross-country ski rentals, snowshoes rentals, log sawing contest and many other activities.

On Monday, the winning entries in the "Flair for Fitness" art contest will be put on display at McDonald's Restaurant where they will remain for the rest of the week. The contest calls for elementary school students, working individually or in groups, to design collages or murals with a fitness theme. McDonald's will be supplying plaques for the winners.

The deadline for entries is Feb. 15.

Tuesday, Operation Action will be holding an exercise

session for the members of the Blue Triangle Club at the Y at 1:30 p.m. In the evening, Tony Walker will be giving a demonstration of judo for the First District Cubs and Scouts.

On Wednesday, the Sports Travelcade will be at Gordon Alcott Arena from 6:30 to 9 p.m. to talk about various sports. There will also be a boxing clinic, held by the travelcade, from 7:30 to 9:30 p.m. in the hall at the arena. Also on Wednesday is the gymnastics night at St. Francis of Assisi School, starting at 7:30 p.m.

The service clubs will be hearing presentations from Don Payne of Fitness Ontario and Norm Woods of

Participation on fitness at the Lions Hall Wednesday, from 8 to 10 p.m.

Pre-registration is required for the badminton clinic being held at McKenzie-Smith Middle School in Acton Thursday evening from 7 to 10:30 p.m.

The Lions Club is holding a Challenge Swim Night at the

Georgetown Indoor Pool from 9 to 10 p.m. A little earlier in the day, at noon, Operation Action people will be conducting an exercise break at McDonald's.

The Sports Travelcade will be open from 11 to 4 p.m. and 6:30 to 9 p.m. on Saturday and Sunday. Also on Saturday and Sunday are the

Georgetown Racquet Club Men's Squash Tournament and the Georgetown Figure Skating Carnival at the Georgetown Memorial Arena.

Sunday from 9:30 to 11:30 a.m., Operation Action people will be doing some fitness-testing at McDonald's.

Running scores best

Which physical activity is the best for one's fitness? A couple of years back, 21 of North America's most knowledgeable people when it comes to physical fitness gathered in New York City to discuss what benefits can be derived from eight activities.

The eight sports and activities discussed were running, bicycling, swimming, handball-squash, tennis, walking, golf and bowling. These sports were the ones studied because they are the ones which are participated in most by "average" North Americans. That is, people who do not make athletics their profession or labor of love.

The way the scoring worked was that each expert, who were doctors, educators and the like, gave each sport a score out of a possible 21 on nine categories. The 21 scores were then averaged out.

Running was the only sport given 21 in two categories. It was judged by all the experts to be the best for cardio-respiratory endurance and also for weight control.

The only other sport to receive a perfect 21 score was swimming which did it for cardio-respiratory endurance.

The one aspect of this chart which may be questionable is the great disparity between walking and golf.

Walking receives a much higher score than golf. Apparently the experts judged golf on purely the hitting of the ball. They must have forgotten that to get to the ball most people who golf still have to do a great deal of walking.

Regardless of that possible flaw, the results of the conference are very interesting. With fitness week coming up we thought the chart would make for very interesting reading.

EIGHT SPORTS: HOW MUCH THEY HELP WHAT

	RUN- NING	BICY- CLING	SWIM- MING	HAND BALL/ SQUASH	TENNIS	WALK- ING	GOLF	BOWL- ING
<i>Physical Fitness</i>								
Cardio-respiratory endurance	21	19	21	19	16	13	8	5
Muscular endurance	20	18	20	18	16	14	8	5
Muscular strength	17	16	14	15	14	11	9	5
Flexibility	9	9	15	16	14	7	8	7
Balance	17	18	12	17	16	8	8	6
<i>General Well-Being</i>								
Weight control	21	20	15	19	16	13	6	5
Muscle definition	14	15	14	11	13	11	6	5
Digestion	13	12	13	13	12	11	7	7
Sleep	16	15	16	12	11	14	6	6
Total	148	142	140	140	128	102	66	51

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