

Exercise may not necessarily add years to your life, but life to your years

Everyone exercises, some way or another. It's all in what you describe as being exercise. Some say just getting up in the morning and going to work, no matter what their job may be, is exercise enough. Others don't think they're doing their body justice unless they have pounded their feet into the pavement a few thousand times each day by jogging.

Being fit is immensely pleasurable and exhilarating. Dr. Harrison Clark, a noted physical educator, probably said it best: "Physical fitness is the ability to carry out daily tasks with vigour and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and meet unforeseen emergencies. The physical fitness is the ability to last, bear up, to withstand stress, and to persevere under difficult circumstances where an unfit person would not."

RESERVE ENERGY

Fitness Ontario's pamphlet "Fitness for the Fun of It" describes being in shape as "... like holding the high

cards up your sleeve. It gives you a reserve of energy that's ready to use at the end of the day. It's this extra energy reserve that allows you to do the things you enjoy - shopping, dancing, skating, partying, participating in a game or just simply playing for a while with the children. You'll find you can meet the challenges of the day much more easily. You'll discover you have more drive, increased energy, a feeling of well-being, increased productivity, reduced stress and better sleep patterns. That's why you do need to exercise.

"We all know people who seem to get tremendous enjoyment out of life. They have a tremendous vitality and zest for living - whether it's the thrill of skiing down a hill, or the joy of climbing up an escarpment to discover a superb view. These are the rewards you'll never get from any television set, movie theatre, or sedentary pursuit. You've heard it before but it bears repeating; exercise may not necessarily add years to your life, but it will add life to your years.

"Very simply, everyone needs to be healthy. Our bodies were made for activity, and without regular exercise, they just won't function at an efficient level."

HOP, SKIP AND JUMP

Most of us go through our youth with a hop, skip and a jump, and it seems to come as naturally as breathing. But as the years go by, we tend to fall gradually into lazier ways. Partly this is a problem of the society we live in. We drive cars instead of walking. We watch television instead of enjoying a physical hobby. We are spectators at sports events rather than participants. Our jobs are mental rather than manual; and the world is filled with labour-saving devices. Today, our bodies are doing less and less. And the less we do, the harder it becomes to do anything. It's the old saying: if you don't use it, you lose it.

But getting back into shape needn't be an enormous effort. It needn't be unpleasant. It can be, and in fact should be fun!

If you're between the ages of 20 and 60, and wish to start exercising your way back to fitness, The Herald Sports Week will help you.

Hockey report reflects players' parents views

TORONTO — The Ontario government will spend up to \$2 million over three years to improve the quality of minor hockey in the province.

The money will be used to improve youngsters' basic hockey skills, to upgrade the knowledge of coaches and referees and to try to improve the atmosphere surrounding the game.

The government support came from Culture and Recreation Minister, Reuben Baetz, immediately following the presentation of a report and recommendations on the quality of minor hockey in Ontario. The 107-page report was prepared by the Ontario Hockey Council after a year-long study of parents attitudes and a series of public forums on the issue.

During a Queen's Park press conference, Mr. Baetz said, "we want to see a hockey environment where children, both boys and girls can participate, in a spirit of enjoyment, education and equal and healthy competition."

The money will be administered by the Ontario Hockey Council, a coordinating group for regional and local hockey associations. The funding will be in two parts, one a total of \$900,000 over three years as part of the base funding for the OHC and up to \$1.1 million over three years from lottery profits.

In preparing their report the OHC first surveyed 31,000 parents of young hockey players by mail asking for their written opinions of the state of minor hockey. This was followed by public forums on minor hockey held in thirty Ontario communities.

The OHC report comments on issues such as: hockey skills development, parent behaviour at games, money and time spent on hockey, quality of coaches and referees, violence in the game, and offers 119 recommendations.

Here is a sample of conclusions proposed by the OHC:

"There should be at least two practice hours for every game played.

There is too much specialization too early. A player should be encouraged or required to play all positions including goaltender in the early years of hockey involvement.

Coaches must stress the teaching of skills, sportsmanship, how to accept defeat, and the spirit of competition, rather than stressing winning. All coaches should be certified and evaluated.

Parents must cease the abuse they direct toward officials. Parents should be seen and not heard in the arena.

A reduction in travel, the number of games, and in the length of the season must take place.

In minor hockey, a penalty for highsticking should be called whenever the stick is raised above the waist except in the act of shooting. The puck is on the ice, not around the shoulders".

The Minister also announced proposed changes in the structure and constitution of the OHC in order to meet its expanded responsibilities for developing Ontario minor hockey. The OHC will become an incorporated non-profit provincial organization. Currently, the Council operates under Orders-in-Council placing it under the direct control of the provincial government. "This is a relationship that is too close," said the Minister.

Commenting on the change, Mr. Baetz said, "we could create a completely public council that had no direct representation from organized hockey, but I think the best of all worlds is one in which the public at large works with organized hockey in an independent body."

It is proposed that four public representatives will

be placed on the OHC board of directors in addition to the representatives of the eight hockey associations around the province. The public positions will be appointed through the office of the Minister of Culture and Recreation and Mr. Baetz said the new appointments are there to ensure the general public has a say on the development of minor hockey in the province.

Lloyd Davidson, Chairman of the Ontario Hockey Council said, "we have all the information we need to act and, now, with the clear support of the Ministry of Culture and Recreation we are ready to act on the positive recommendations presented in our examination of the quality of minor hockey in Ontario".

A summary of the OHC findings on minor hockey is available through the following member associations:

- Ontario Hockey Association
- Northern Ontario Hockey Association
- Ontario Minor Hockey Association
- Metropolitan Toronto Hockey League
- Ottawa District Hockey Association
- Ottawa District Minor Hockey Association
- Ontario Women's Hockey Association

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LATE REGISTRATIONS

Of Coaches, Managers, Players

LATE ENTRY DAY

Thursday, March 27th, 1980

Cedarvale Gym — 7:30-9:30 p.m.

PLAYER FEE: \$30.00, \$60.00, \$80.00 Max. per Family

(A late fee of \$5.00 will apply to families of late registering Coaches, Managers, Referees or Commissioners)

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