



Focus on Fitness

by Laurie Burns
Exercise Physiologist

Many factors affect health

Many factors in our lives affect our health. Unfortunately, we cannot change some of them: ages, sex, or hereditary make-up. We do have control of some other factors: our physical activity level and our eating habits. We continuously make decisions daily that affect our health.

Consider the breakfast meal. You consciously or unconsciously make decisions regarding what you will eat based on habit. For example:

You sleep in late for the fourth time this week and realize that you have little or no time for breakfast so you decide to just have a cup of coffee to get you going. The cup of coffee you drank early in the morning does not last very long in your system and by mid-morning you are beginning to feel run-down so you decide to run out to the coffee truck on your morning break and in a rush you grab yourself a honey-bun and another coffee. As the day continues you drink coffee as soon as you begin to feel sluggish. Sound familiar?

Most of us treat our cars better than we treat our own bodies. We do not expect our car to run without gas and yet, we expect our bodies to run without fuel. Our body uses energy during the night to keep the heart pumping, lungs breathing, etc. ... so that my morning our body needs to be re-fueled. Breakfast means breaking the fast that our system has undergone while we were asleep. Studies have shown that both children and adults are more alert and perform better in work and play if they eat their breakfast.

Laurie Burns, the owner of Work That Body, will be writing a regular fitness column for The Herald Outlook.

Tuesday Ladies' Bowling

The Tuesday afternoon Ladies Bowling League held its annual meeting and awards last Friday at the Georgetown Royal Canadian Legion Branch 120 on Mill Street and awards and verbal bouquets were bestowed throughout the event.

Season Awards

League Champs: Mountaineers. Captain Anna Ewen, Marg Haines, Millie Allen, Gerri Dryden, Pat Caruso, Eleanor Inglis.

Team Money

6th - Pin Belles, 3 points, Elsie Whitham.

5th - Happy Gang, 7 points, Irene McCosh.

4th - Magic Fingers, 11 points, Kay Brothie.

3rd - Bowlerettes, 12 points, Ellen McGowan.

2nd - Grannies Plus One, 14 points, Bonnie Brunton.

1st - Mountaineers, 16 points, Anna Ewen. Individual Awards

High Average - Donna Jackson 194.

High Triple - Anna Ewen 689.

High Single - Bonnie Brunton 330.

High Triple/Hdcp. - Marilyn Baxter 768.

High Single/Hdcp. - Anita McReavy and Norma Maynard 200.

Most Improved Bowler Jackie Sperduti, Bowlerettes - Improved by 30.

Playoff Awards

Group "A" Winners

Grannies Plus One - Bonnie Brunton, Anne McMenemy,

Marion Carney, Ev Haines, Hazel Dumper, Mary Jones.

Group "A" Runners-Up

Mountaineers - Anna Ewen, Marg. Haines, Millie Allen, Gerri Dryden, Pat Caruso, Eleanor Inglis.

Group "A" Individual Awards

High Triple - Mary Jones 698.

High Triple/Hdcp. - Ellen McGowan 711.

High Single - Millie Allen 257.

High Single/Hdcp. - Gerri Dryden 265.

Group "B" Winners

Happy Gang - Irene McCosh, Eay Brandford, Donna Jackson, Ethel Murdy, Marjorie Tennant, Reg. Ferrie.

Group "B" Runners-up

Magic Fingers - Kay Brothie, Anita McReavy, Jackie Richardson, Mary Weekison, Lee Herrier, Norma Maynard.

Group "B" Individual Awards

High Triple - Donna Jackson 741.

High Triple/Hdcp. - Joyce Farmer 655.

High Single - Jackie Richardson 241.

High Single/Hdcp. - Irene McCosh.

Special Presentation To: Bowlerettes and Pin Belles.

Slate of Officers:

President Mary Jones, 1st Vice President Anna Ewen, 2nd Vice President Jackie Sperduti, Treasurer Hazel Dumper, Secretary Norma Maynard.

Halton relay results

HALTON COUNTY RELAY MEET RESULTS

Atom Mixed
1. J.M. Denyes 1:02.22. 2. Munns 1:03.36. 3. B.T. Lindley 1:04.12. 4. Abbey Lane 1:05.03. 5. Rolling Meadows 1:05.36. 6. Champlain 1:05.27. Harrison 10th.

Bantam Mixed
1. Champlain 1:00.16. 2. Abbey Lane 1:01.99. 3. E.W. Foster 1:02.03. 4. Brookville 1:02.25. 5. Clarksdale 1:02.88. 6. J.M. Denyes 1:02.91. Harrison 8th.

Junior Mixed
1. Champlain 58:37. 2. Ryerson 59:15. 3. J.T. Tuck 59:73. 4. Falgarwood 1:00.26. 5. Glenview 1:01.51. 6. Tecumseh 1:01.53.

4 X 400
Bantam Girls
1. Glenview 5:06.62. 2. Brant Hills 5:26.10. 3. J.T. Tuck 5:28.86. 4. Falgarwood 5:34.93. 5. Sunningdale 5:37.03. 6. Kilbride 5:41.91.

Bantam Boys
1. Glenview 4:58.02. 2. Maple Grove 5:03.56. 3. B.T. Lindley 5:09.45. 4. Clarksdale 5:12.97. 5. Champlain 5:13.81. 6. J.T. Tuck 5:17.25.

Junior Girls
1. Brant Hills 5:08.45. 2. Falgarwood 5:17.13. 3. Gladys Speers 5:20.08. 4. Clarksdale 5:21.99. 5. Glenview 5:24.01. 6. Mountain Gardens 5:25.87.

Junior Boys
1. Falgarwood 4:47.53. 2. Rolling Meadows 4:57.42. 3. Gladys Speers 5:00.05. 4. Glenview 5:03.14. 5. J.T. Tuck 5:05.40. 6. Brant Hills 5:17.54.

4 X 100
Atom Girls
1. Linbrook 1:05.44. Clarksdale 1:05.91. 2. Sheridan 1:06.15. 3. J.M. Denyer 1:06.20. 4. Sunningdale 1:06.83. 5. Ryerson 1:06.84. 6. Glenview 1:06.92.

Atom Boys
1. Robert Baldwin 1:01.66. 2. B.T. Lindley 1:02.45. 3. Sheridan 1:03.04. 4. Champlain 1:03.84. 5. J.M. Denyes 1:04.30. 6. Geo. Kennedy 1:04.32. Harrison 8th.

Bantam Girls
1. Glenview 1:01.35. 2. Sunningdale 1:02.69. 3. Clarksdale 1:03.37. 4. Champlain 1:03.39. 5. E.W. Foster 1:04.24. 6. Brookville 1:04.39.

Bantam Boys
1. Clarksdale 1:00.53. 2. Sunningdale 1:00.84. 3. Glenview 1:01.68. 4. Champlain 1:01.85. 5. Brant Hills 1:01.90. 6. Sheridan 1:02.48.

Champions
Atom Champions - J.M. Denyes.
Bantam Champions - Glenview.
39 Junior Schools competed in 13 events. 404 teams ran in 75 heats.

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Telephone No.
PLEASE PRINT CLEARLY YOUR NAME, ADDRESS, POSTAL CODE AND TELEPHONE TO ASSURE PROPER RETURN DELIVERY OF TICKETS. IF PURCHASING TICKETS FOR PERSONS OTHER THAN YOURSELF, PLEASE PROVIDE MAILING INSTRUCTIONS ON A SEPARATE PIECE OF PAPER.
ENCLOSED IS MY CHEQUE / MONEY ORDER MADE PAYABLE TO THE KIWANIS LOBSTERFEST
FOR _____ TICKETS X \$37.50 EACH EQUALS \$ _____
OR CHARGE TO MY VISA
CARD NO. _____ EXPIRY DATE _____
NAME OF CARDHOLDER _____
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