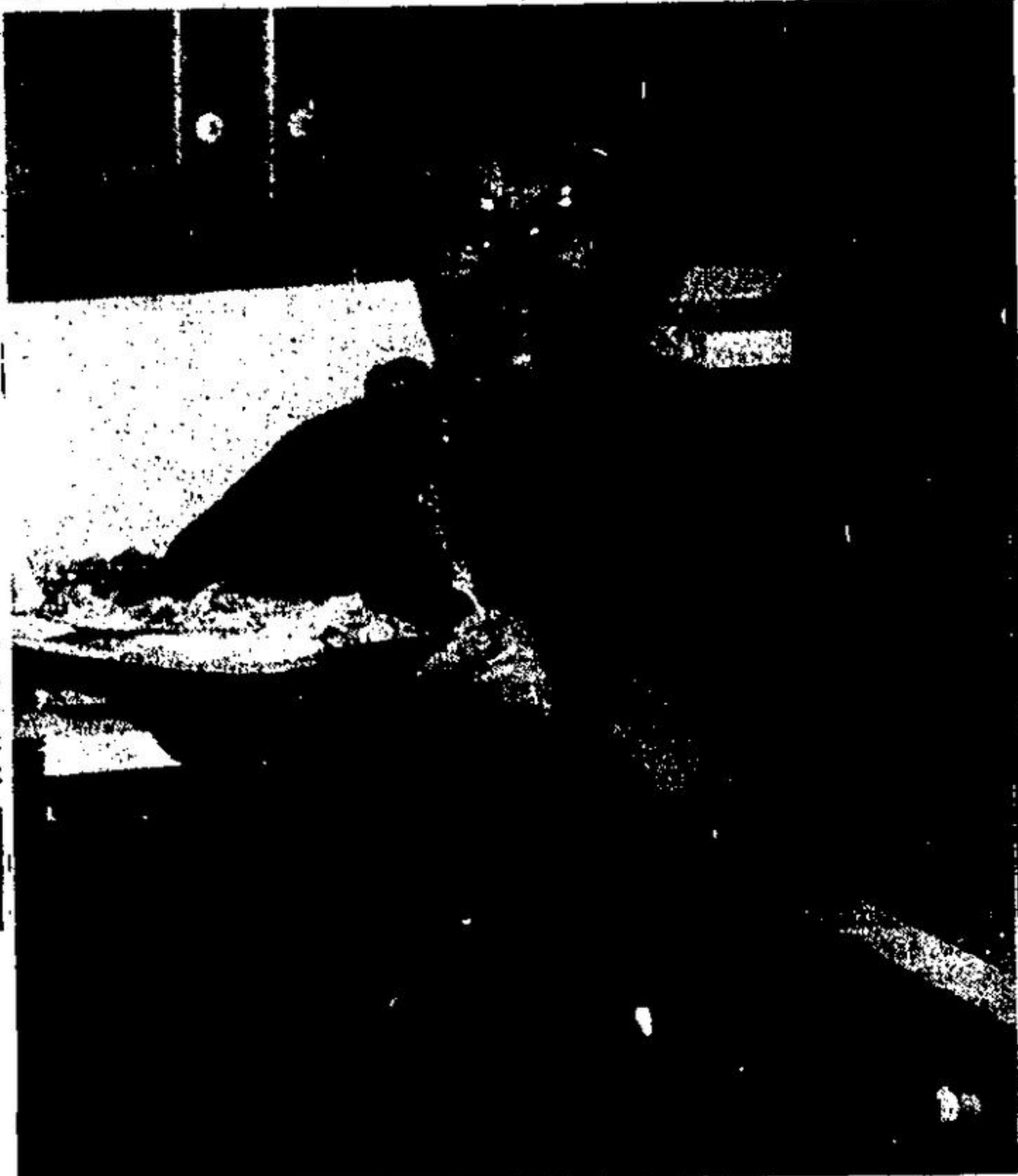




Passive toning works

The passive toning machines at 'The Feminine Way' were busy with friends of Pat Johnson of Georgetown who came to the salon last Wednesday night to celebrate Ms. Johnson's receiving the honor of 'Sweetheart of the Year.' Owner of the Feminine Way, Marilyn Russiani, is starting the annual 'Sweetheart of the Year' to honor patrons of her establishment who have maintained a significant

weight and inches loss. Ms. Johnson started her toning in Feb. 1990 and since then, has lost 42 inches that have not come back. Pictured above, Ms. Russiani measures Ms. Johnson while her daughter, Amy Schmidt, holds up the poster highlighting her mother's physical improvement. (Herald photo by Lisa Boonstoppel-Pot)



The 'before look' Pat Johnson

Safety Resource Centre provides wealth of information

TORONTO - Ontario Minister of Tourism and Recreation Peter North announced the official opening of the Safety Resource Centre, a source of information on safety in the areas of sports, fitness and recreation.

The resource centre is located at the Ontario Sports Centre in Toronto, which is the administrative headquarters for Ontario's 81 provincial sports organizations.

"People from all over Ontario can find out about everything, from what to look for when buying running shoes to finding information for a school project on violence in sport," said Mr. North. "The safety of participants in sports, fitness and recreation is one of my Ministry's priorities."

The centre has facilities for on-site use of its books, articles, magazines, pamphlets, videos and cassettes - about 5,000 resources in all. Services are available in French and English and both Toronto residents and those who live outside Metro Toronto can get information via a toll-free telephone number, FAX or mail.

The Safety Resource Centre is a part of the Ministry's Safety Strategy to reduce the incidence and severity of injuries occurring in sport, fitness and recreation.

SPORTS, FITNESS AND RECREATION SAFETY PROGRAM

This program responds to the concern over the number and costs of injuries incurred in sport, fitness and recreation activities.

The program has two main elements: a Safety Leadership Office located in the Ministry to coordinate a long-term safety strategy; a Minister's Advisory Committee on Sport, Fitness and Recreation Safety to assist and advise the Ministry on safety-related matters.

The Safety Program includes a variety of activities, initiatives and projects in six areas: Public Awareness, Training and Education, Research and Development, Risk Management and Safety Strategies, Grants and Incentives, and Coordination and Leadership.

The Public Awareness component will create an informed and knowledgeable public concerning the issues of personal safety in participation. The program includes a public awareness and marketing campaign, and a public information centre at the Ontario Sports Centre.

Training and Education aims to educate sport, fitness and recreation practitioners, leaders and participants in the areas of safety and injury prevention. It includes educational and training booklets, posters, and programs.

Research and Development aims to develop policies and

strategies that can enhance safe participation in sports. It includes a data collection system to track and monitor the numbers and economic costs of injuries in the province, as well as research projects with specific sports organizations to determine the nature and causes of injuries.

The Risk Management and Safety Strategies program is designed to develop and implement with clients policies and procedures which will reduce or eliminate the risk of injuries. It includes working with Provincial Sports Organizations and facility operators to develop safety guidelines and risk management plans.

Providing financial support to projects that aim to prevent or reduce injuries is the goal of the Grants and Incentives component. Examples include grants to projects collecting data on catastrophic sports/recreation injuries, and grants to sport organizations to fund the training of trainers, therapists and officials.

Coordination and Leadership will provide a focal point for coordinated planning and work with clients and other governmental agencies to create a safer sport, fitness and recreation environment.

These initiatives reflect the great importance the Ministry attaches to safety and reducing injury in amateur sport, fitness and recreation.

Recreation Report

COME SKI DURING THE MARCH BREAK

March 11 to 14, four days of skiing at Glen Eden Ski Area. Two lessons per day. We provide the transportation with pickup locations at McKenzie-Smith Middle School and the Gordon Alcott Arena. For specifics, please call the Recreation and Parks Department at 873-2600, ext. 268.

MARCH BREAK SPECIAL FEATURE FILM

Bring the kids, Thursday, March 14 to view our special March Break Film. Show times are 10:00 a.m. at the Acton Arena

and at 1:30 p.m. at the John Elliott Theatre. Tickets are available at the Acton Indoor Pool, Acton Arena and at the Recreation and Parks Department. Due to advertising restrictions, we are unable to advertise the name of this film in the newspaper so call us at 873-2600, ext. 268 and we'll fill you in.

MARCH BREAK SWIMMING

The two Halton Hills Swimming Pools have planned a fun-filled week of special swims during March Break.

March Break: March 11-17, 2-4 p.m. Come get in the swim of it.

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