



Focus on Fitness
by Laurie Burns
Exercise Physiologist

Did you know ...?

- Do you want your children to be fit?**
I would hope that most of you will answer "yes." If you want your children to exercise, you should exercise with them. The primary influence on a child's fitness level is how much the parents exercise themselves and how much time is spent encouraging your child to be active.
- Did you know that Vitamin C may help fight heart disease?**
New studies show that Vitamin C can prevent LDL (low density lipoprotein which is considered "bad" cholesterol) from combining with oxygen. When LDL combines with oxygen, a process occurs that may lead to blocked arteries.
- Stop smoking and smell the flowers**
A study revealed that persons who quit smoking have the ability to smell better soon after smoking cessation.
- Improve your brain power, eat well**
In a study of patients aged 60 and older, those getting the RDA (required daily amounts) of riboflavin (found in dairy and grain products) had better memories. Those getting the RDA of carotene (found in green leafy vegetables and orange fruits and vegetables) were better at cognitive ability. Those getting plenty of iron (found in lean red meats) had extremely healthy brain activity levels.
- You are better to exercise, if you want to keep the weight off**
In a study, men who had spent a year losing weight were divided into two groups. One group tried to maintain their weight loss by eating less. The men in this group gained an average of seven pounds. The other group tried to maintain their loss by exercising more. This group gained less than two pounds.
- Another reason to stop smoking**
Research suggests that people who stop smoking then start again for the purpose of losing weight may do themselves more harm than good. Tests have shown that these people primarily lose muscle mass, not body fat.

Boys finish season in second place

The Gordon Alcott Tennis teams did not fare well in matches this week, though the Junior Boys finished second as the Juniors have finished their matches for the season.

The G.A.T.C. Jr. tournament will be held Aug. 16-17-18. Registration sheets up in the club house for Singles, Doubles and Mixed. Registration will determine the draw in the three events for girls and boys.

The "B" Mixed played Regency. Mike Mitchell and Dean Jackson won 6-2, 3-6, 6-2. Rory Kennedy and Dave Harris lost 2-6, 1-6. Rene March and Bernie Kent 6-3, 6-7 and third set to be played at a later date. Stacey Hurley and Ken Kavanagh won 6-2, 2-6, 6-0. Pauline Kent and Kevin Neill won 3-6, 6-2, 6-2. Ouida Graville and Deb Koster lost 7-5, 4-6, 6-7.

The "C" Mixed played James Gardens. Al Robitaille and Andy Humenny won 6-2, 7-6. Gary Lewis and Bill Kent lost in three sets 7-5, 1-6, 4-6. John Dallison and Gord Buchan lost in three sets 1-6, 7-5, 5-7. Ed and Joanne Van Den Hoek lost in two sets 1-6, 3-6. Murray and Audrey Jans lost in three sets 4-6, 6-4, 3-6. Deb Koster and Sandy Lewis lost 3-6, 4-6.

The Ladies "A" played York Old Mill. Stacey Hurley and Barg Rieger won in three sets 4-6, 6-0, 6-3. Eileen Saville and Joanne Van Den Hoek lost 1-6, 1-6. Ouida Graville and Karin Wilson lost

Alcott tennis

3-6, 2-6. Deb Koster and Audrey Jans lost in three sets 3-6, 6-4, 3-6.

The Ladies "C" played Sheridan. Marg Macenko and Agnes Lawrence lost in three sets 1-6, 6-3, 3-6. Trudy Roy and Fran-

cine Dembie lost 2-6, 1-6. Maureen Burgoyne and Sandy Morrow in three sets lost 1-6, 6-4, 3-6. Margot Prior and Norma Maynard won in three sets 6-3, 3-6, 6-1.



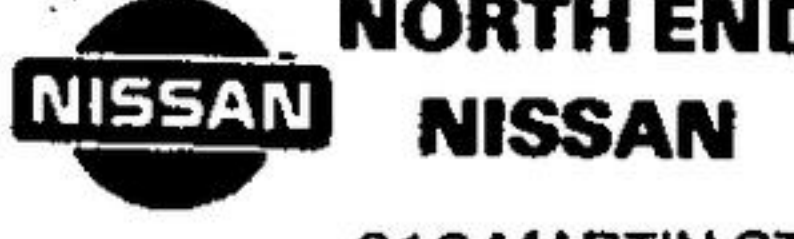
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SATURDAY
Swimming
Family 12:00-2:00 p.m., public 2:00-4:00 p.m.,
family 4:00-6:00 p.m. at Dick Licata Outdoor Pool.
SUNDAY
Baseball
Halton Hills Slow Pitch League. 9:00 a.m. -
Kinsmen Club vs. Lions Club, Optimist Club vs.
Random Car Club. 10:30 a.m. - Living Lighting vs.
Elks Club, Capital Ford vs. Royal Pizza. 12:00 noon
- Newfoundland Club vs. Firemen Club, Park Lin-
coln vs. Kendale.

games 6:15 p.m. at Fairgrounds.
Baseball
Halton Rural Bantam Boys. Cheltenham at
Rockwood, 8:30 p.m. Limehouse at Acton, 8:30 p.m.
TUESDAY
Baseball
Georgetown Tyke rep team vs. Streetsville, 6:15
p.m. at Fairgrounds.
Baseball
Georgetown Bantam rep. team vs. Cawthra, 8:30
p.m. at Fairgrounds.
Baseball
Georgetown Baseball Association Tyke House
League. J.V. Clothing Blue Jays vs. Halton Credit
Union A's at Armouries. Blake Leavitt Expos vs.
George and Dragon Yankees at Kennedy. Akers
Country Wide Tigers vs. Mike Roed DJ Angels at
Centennial. All games at 7:00 p.m.

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Football
Georgetown Men's Flag Football League. 8:45
a.m. - Plus Welding vs. Moldmasters. 10:00 a.m. -
Meznic Electric vs. M and M. 11:15 a.m. - Glen vs.
Dawgs. 12:30 p.m. - Oldtimers vs. Longhorns. All
games at Georgetown District High School.
Football
Georgetown Ladies Flag Football League. 8:45
a.m. - Burns vs. Mobile Sound. 10:00 a.m. -
Michael's Restaurant vs. J.V. 11:15 a.m. - CIBC vs.
O'Tooles. 12:30 p.m. - Arnies vs. West Insurance. All
games at Georgetown District High School.

WEDNESDAY
Soccer
Inter County Soccer League. Meteor vs. Win-
chester, 7:00 p.m. at Meadowglen. Ajax vs. Blazers,
7:00 p.m. at Alcott. Villa vs. Eagles, 7:00 p.m. at
McKenzie. Gunners vs. Milton, 7:00 p.m. at Milton.
Stingers vs. Celtic, 8:45 p.m. at Alcott. Marlin vs.
Mariners, 8:45 p.m. at Cedarvale.
Softball
Georgetown Ladies Powderpuff League. Tony's
Tarts vs. La Bats Blue, Champagne on Ice vs. She
Devils, Peellers vs. Bishops Queens. All games, 6:15
p.m. at Fairgrounds.
Baseball
Georgetown Juveniles vs. Milton, 7:30 p.m. at
Fairgrounds.

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MONDAY
Baseball
Georgetown Minor Peewee rep. team vs.
Clarkson, 6:15 p.m. at Fairgrounds.
Baseball
Georgetown Major Peewee rep. team vs.
Cawthra, 8:30 p.m. at Fairgrounds.
Softball
Georgetown Ladies Powderpuff League. Outlaws
vs. Black Widows, Thunder Buns vs. Travelling
Blueberries, Green Monsters vs. Infield Flies. All

Georgetown Ladies Powderpuff League. Tony's
Tarts vs. La Bats Blue, Champagne on Ice vs. She
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Baseball
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