

# OP ED

"Op Ed" — old time newspaper term meaning the page opposite the editorial page. This page has traditionally been held open for opinion pieces, letters, and comment from various sources.

## Activity Line

### How to develop your exercise plan

By Laurie Burns

#### Step 1: Setting Realistic Goals

We are all not exactly alike, and therefore, no two Exercise Plans should be identical.

People vary greatly in their health, fitness level and body type. Their goals, motivation, age, physical condition, exercise experience and time constraints are different. All of these things should be taken into consideration when embarking on an important lifestyle change.

The American College of Sports Medicine have established medical screening guidelines for exercise and I strongly recommend that you should consider the start of your Personal Exercise Plan as an appropriate time to see your physician.

Medical clearance should be obtained by individuals over 45 who have a major risk factor for coronary disease, such as heart disease, high blood pressure, high cholesterol levels, cigarette smoking or a family history of heart disease.

Medical clearance should be

obtained by all persons, regardless of age, with cardiorespiratory disorders, diabetes, bone/and or joint disease, or persons who have had any symptoms of coronary disease.

The next step in developing your plan is to set some goals for yourself. Goals determine the direction and type of exercise plan that are right for you. As you most likely want to improve your present level of fitness and/or lose fat, you will be training less strenuously than a competitive athlete.

There are two major goals to Aerobic Exercise:

1. Cardiorespiratory improvement

2. Fat loss

Varying the frequency and intensity of the aerobic workout changes the focus from one goal to another.

High intensity aerobic exercise for shorter periods of time promotes cardiorespiratory improvement, and burns mostly glycogen as fuel.

Low intensity aerobic exercise for longer periods of time promotes fat loss, because these longer periods of exercise burn



more calories from stored fat.

If you are working to reduce the risk of heart disease or improve endurance, your goal is to build a stronger heart and lungs (cardiorespiratory improvement).

By expanding lung capacity, your body's intake and utilization of oxygen is increased. Regular aerobic exercise accomplishes this and improves muscle endurance at the same time.

Now that you know how to determine your goals, do it.

Next week will give you Step 2 on How to Develop your Personal Exercise Plan - FIT Guidelines — Frequency, Intensity and Time.

For more information about exercise, feel free to contact Laurie Burns at 877-0771.

**Laurie Burns is an Exercise Physiologist and operates Work That Body Fitness Programs**

## Oppose NELC

Dear Editor:

The Niagara Escarpment Land Owners Coalition (NELC) ran an ad last week soliciting members for \$5 each.

The NELC is formed, financed and controlled by land developers and their friends with vested interest in seeing uncontrolled development on the Niagara Escarpment.

What do you really expect for a crummy \$5 membership? The NELC simply wants to swell its membership roster with this deceptive advertisement in an effort to gain credibility in its fight to disband the Niagara Escarpment

Commission (NEC). The NEC is the only remaining roadblock to success of the NELC in despoiling the face of the escarpment. Why, it would take almost 100 new members to pay for that ad alone. So ask yourself "who is currently financing this organization that has lawyers, consultants and planners working for it at this moment?"

How can you trust a group that requested the "Special Biosphere" status granted the Escarpment by the United Nations be repealed?

All local environmental groups, including P.O.W.E.R. oppose the agenda of the NELC. Local ratepayers groups have formed to oppose plans of key executive

members of the NELC. Residents of Halton remember all too clearly that when development was under control of local governments we saw beautiful areas of the escarpment around Milton defaced with large houses and roads. This is exactly the situation that the NELC wishes to recreate by dismantling the NEC.

We are fortunate that the escarpment runs through Halton. It has created the natural beauty that drew many of us here as residents in the first place. Let's work to preserve it by opposing the agenda of the Niagara Escarpment Landowners Coalition.

Al Fraser

## Parliament Hill report



Garth Turner MP Halton-Peel

A wise man once said this: "People often say that, in a democracy, decisions are made by a majority of the people.

Of course, this is not true. Decisions are made by a majority of those who make themselves heard."

Several hundred people made themselves well heard last week. The townhall meetings I held in Burlington, Georgetown and Caledon East were spirited, sometimes raucous affairs.

Even during fog and freezing rain, the hall in Caledon Village had a decent crowd. And the phone lines that came in to the live Cable TV show the night before had been backed up with callers.

It was great to see so many people - a lot of them for the first time - getting involved in the political process.

Sure, some had complaints. Others had suggestions. We talked about the need for the Hibernia oil development, government spending, health care costs, immigration, free trade, the coming election and taxes.

I was held accountable for many things - sometimes I had the answers, and sometimes not.

A few things are clear to me, after a busy week of traveling and listening:

- There is no majority position on most issues.

Whether it's user fees for health care; spending to support our peacekeeping troops; or the liberalization of world trade laws - opinions are firmly split.

Those people who say an MP should always do what the majority wants had better tell me how we find that out.

- People are seeking more ways to be involved.

Average middle-class Canadians feel the political system is remote, and that they don't have much influence. Together we have to keep on trying to change that. These meetings are one way.

- The nation's finances really do matter to people. And it's not just a matter of the personal tax load, although everyone cares about that.

Rather, people worry about Canada's future - our ability to compete, the life of our children will face and the security of impor-

tant social programs, like medicare.

I am struck by the fact that the

people who come to these meetings are much more willing than the politicians they elect to take daring action to change things.

They think we have too many levels of government, too many provinces, too many regulations and too many programs.

It's this common sense attitude that has helped me the most. In Ottawa, or Queen's Park, or any seat of government, there's the feeling that things have to stay mostly the way they are or voters will toss out their leaders on a regular basis.

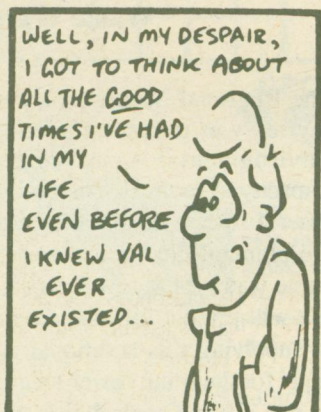
But I don't think that's the base at all. Canadians, at least the ones I'm hearing from in Halton-Peel, are clamoring for political reform that listens more to the people; economic experiments as an alternative to borrowing, taxing and spending; and simply less government.

Those are goals which helped make me seek this strange job in the first place, and I am encouraged that so many people share them. They may not be easy to attain, but worthwhile things seldom are.

I go back to the capital in a few days to begin the next session of Parliament. My head is dangerously full of democracy.

*"Sometimes I had the answers, and sometimes not"*

## For Pete's Sake



by Roe

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