

Activity Line

Fat burning facts

By Laurie Burns

How many minutes do I have to work out before I start to lose fat?

A basic rule of thumb is: exercising at a low intensity (60% of your maximum heart rate) for at least 15 minutes and up to 30 minutes is ideal.

How many calories will I lose during that 30 minutes?

That depends a lot on exercise intensity and your body weight, but here is a guesstimate. Aerobic classes probably burn about seven to eight calories per minute. (Walking is approximately four-five calories per minute, and running about ten calories per minute.) At that rate, you would burn 210 to 240 calories in 30 minutes. Of course, if the aerobics session is short and intense, you won't be burning fat. And you won't burn more calories per minute the longer you work out.

How long will it take before I begin to see weight loss results?

It takes time to train your body to change from being a fat conserver to a fat burner, and it's a process that can't be rushed. Beginners will tend to show faster results because they have farther to go than someone who is fit. In general, a person who exercises aerobically three to five days a

week should see results in six weeks.

Since I've been working out, I'm gaining weight instead of losing it. What's wrong?

Don't worry, nothing is wrong. Muscle weighs more than fat, and exercise increases muscle. You may weigh a little more, but still be losing fat — that is, as long as you've maintained good eating habits and haven't used your exercise program as an excuse to overeat.

Will doing a lot of leg lifts trim my thighs?

It will certainly tone the muscles and shape them, but it will not burn fat to reduce them. Your best exercise for burning fat is an aerobics program and for muscle tone weight training.

What is the exercise prescription for weight loss?

Engage in aerobic exercise of low to moderate intensity (remember, 60 percent of your maximum heart rate) for 30 minutes a minimum of 3 - 5 times per week. This requires a lifetime commitment. Aerobic exercises include walking, aerobics, running, swimming, cycling, cross-country skiing. The activity should be rhythmical and use the same muscle group for an extended period of time.



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It can happen to you too!
Drive to Survive



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GEORGETOWN, ONT.
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Knot with Dundas

The Georgetown Minor Novice Raiders tangled again with Dundas last Tuesday in their semi-final play-off series.

The Raiders came out fast and furious to keep the first period scoreless. Their offense and defense played strong and hard. Goaltender, Donnie Lane, came up with some great glove saves and played a busy game blocking plenty of shots.

Dundas opened the scoring at 8:13 in the second period. The Raiders weren't stopped with Brett Velten breaking free to tie the game at 1:20. Scott Rostrup and Adam Kemp did some great stick-work to earn the assists.

The Raiders were kept busy all through the third. With great forechecking and backchecking they kept the score to a 1-1 tie.

The fast paced and exciting game went into a 10 minute overtime period. Once again, Brett Velten scored at 4:23 on a pass from Vince Burke to take the game lead 2-1. Dundas wasn't long to dump one in and tie the game again.

The second game in the semi-final series remained at a tie. Each team receives one point. First team to get six points moves on to the next series.

Glen minor ball news

Have you been out to play euchre yet? There are only two Saturdays remaining at St. Alban's Hall at 7:30 p.m. Winners the past three weeks were M. Stafford, A. Pattulo, B. Hancock, M. Zilio, B. Stafford, C. Davison, C. Bellinger, M. Davison, D. Hancock, W. Norton, J. Hancock and G. Morton.

At our first executive meeting we welcomed new members on our committee. They are Cindy Bellinger, Ron LaFlamme, Judy Cox, Jackie Inglis, Dave Ward, Sherry Mitchell, and Gail LaBranche. Last year's executive remains for another year with the exception of Brenda Leslie. Thank you Brenda for your help last year. Registration is coming up and we'll see you at the euchre.

ACTON MINOR BASEBALL ASSOCIATION REGISTRATION



Location: Acton Community Centre
Date: February 27, 1993
Time: 9:00 a.m. - 12:00 p.m.
Fees: \$65.00 Baseball (per player)
\$35.00 T-Ball (per player)



or
Mail form below to
Acton Minor Softball Association
P.O. Box 433
Acton, Ontario
L7J 2M6

or
Deliver to
Jennifer Wells (President)
20 Mill St. W.,
Acton, Ontario
L7J 1G4

ACTON MINOR SOFTBALL - HARDBALL REGISTRATION FORM - 1993

Please Print

Player's Name: _____

Address: _____ Postal Code: _____

Phone #: _____ Birth Date: _____ (Copy of Birth Certificate Req'd)

No. of Years Played: _____ Position Played: Pitcher Catcher Other:

Preference: Hardball Softball

IN CASE OF EMERGENCY CALL: (Someone other than yourself)

Name: _____ Phone: Day _____ Night _____

Dr. Name: _____ Phone: _____ Ontario Health Card #: _____

Medical Problems or Allergies: _____

CONSENT FORM

I hereby certify that I am the parent/guardian of _____, who is under 18 years

name of player

of age and I hereby consent to any emergency medical procedures which may be deemed necessary by a licensed medical practitioner as a result of his/her involvement in a sport activity.

Signature of Parent / Guardian: _____ Date: _____

BINGO DATES AVAILABLE TO HELP

PLEASE CHECK DATE AND SOMEONE WILL CONTACT YOU.

- MAR 12 APR 9 MAY 7 JUN 11 JUL 9
- AUG 13 SEPT 10 OCT 8 NOV 12 DEC 10

**FORMS TO BE RETURNED ON OR BEFORE FEBRUARY 27TH, 1993
LATE FEE OF \$20.00 WILL BE CHARGED FOR LATE REGISTRATION**

