

Activity Line

When fat goes bad!!

By Laurie Burns

The major problem with fat — both on our bodies and in our diets — is simply that we have too much of it! We still eat approximately 37 to 40 per cent of our calories from fat, according to government statistics, although a more healthful 30 per cent is recommended by most nutrition experts.

When we eat too much fat, we frequently end up wearing it. Fat is "fattening" in the sense that it contains nine calories per gram, while the other energy nutrients — carbohydrate and protein — contain a mere four calories per gram. (The only other source of calories is alcohol, containing seven calories per gram.) Also, recent studies confirm that a calorie from fat is converted to body fat much more easily than a carbohydrate or protein calorie.

It is suggested that obesity (fat on the body) is a risk factor for cancers of the uterus, gall bladder, kidney, stomach, colon and breast. Too much body fat is also associated with high blood pressure, mechanical stress on the joints, diabetes and heart disease.

So how do you achieve a 30 per cent fat diet, low in saturated fat? Not by extreme measures, but by simply emphasizing the following:

- lean meats, skinless poultry and fish



Laurie Burns is an Exercise Physiologist and operates Work That Body Fitness Programs Inc. in Georgetown.

BEELINE TRAVEL



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presents

"Herded around like cattle"... "if it's Tuesday, it must be Belgium"

Mention coach tours to some and these are the comments you'll get. There are tours like that out there, however, by reading the itinerary carefully, you can easily start eliminating those that are fast-paced. "Doing your own thing" sounds appealing but there are disadvantages.

For example, if you rent a car, assume that the driver will get in very little sightseeing while driving. Also, in some very scenic area where there are stone walls around the fields, you will see ONLY stone walls.

On an escorted tour, you have the luxury of sitting back in the comfort of a high-deck coach with large, tinted windows and panoramic views; the informative and entertaining commentary of a professional tour guide; your luggage handled for you (and it tends to get heavier day by day!); and the companionship of others who have the same interest in travel.

Before taking your next dream vacation, weigh the pros and cons carefully, then consult with your travel agent, or you could end up with a nightmare!

- low fat or nonfat dairy products
- fruits and vegetables
- limiting the amount of added fats, rich desserts and other "hidden" fat sources such as olives, avocados and nuts present in the diet.

It is also a good idea to learn to read labels for fat content. You can easily calculate the per centage of calories from fat in products by using the following equation:

(grams of fat x 9) divided by total calories.

Keep in mind that not every single food you eat has to toe the mark of 30 per cent fat or less. It is the balance of the entire day's or even week's diet that should register 30 per cent or fewer fat calories.

So, what's bad? Not all fat. Not altogether, at least not in moderation!

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

Youth free throw competition

Congratulations are in order to all participants in the 1993 Knights of Columbus Basketball Free Throw competition which was held at Holy Cross School on Feb. 5. The first and second place finishers at the Council level progressed to the District competition which was held in Milton on February 13. All our local participants performed strongly and in particular:

Geoffrey Beuparlant boys 14-years-old; Connie Buna girls 13-years-old; Rhonda Myers girls 10-years-old.

They will be competing in the regional free throw competition against district winners from Mississauga and Brampton on March 6, at Notre Dame School on Kennedy Road (south of Bovaird Drive, Brampton).

Golden age bowling results

Team Standings:			
Happy Gang	93	No Name	54
Blue Jays	81	Harvey's Girls	50
Good Guys	81	Fiesty Five	44
Go Getters	78	Hopefuls	39
Jet Set	76		
Acey Deuceys	75		
Braves	73		
The Cubs	65		
Orioles	62		
Snowbirds	59		

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Georgetown Soccer Club

1993 REGISTRATION

For youths born between Aug. 1, 1974 & July 31, 1988

Saturday, February 27 1-4 p.m.

Wednesday, March 10 6-9 p.m.

at Alcott Arena (upstairs)

Note: Photocopy of Birth Certificate required

1993 FEES

Seven-a-Side Players.....	\$50.00
Eleven-a-Side	\$65.00
Family Maximum	\$140.00
Rep Players, an additional	\$45.00

Fees may be paid by cash or cheque

For information call:

Gail Houghton, 873-8988 Steven Lee, 877-8027

Coaches, Managers, Referees needed!

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HOCKEY

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Saturday, Feb. 27th

Game Time **7:30 p.m.**

Alcott Arena

Guelph St., Georgetown

\$5⁰⁰

Children/Students Seniors \$2⁰⁰