

Activity Line

Toss the bathroom scale

By Laurie Burns

Most dieters evaluate progress by weighing in each morning on the bathroom scale. This measurement often determines the day's emotional tone. Don't let false discouragement tempt you to abandon an "Energy Balance" program. Get rid of your bathroom scale. Body weight reflects an intricate combination of water, muscle, fat, bone, and related tissues in your body. It varies from minute to minute, hour to hour, day to day. It can be manipulated with remarkable ease, even with no "fat" loss occurring. Bathroom scales (in fact, and basic scale) cannot distinguish between water weight and fat weight. A sudden pound or two may be just water and may vanish in a day or two.

A good basic goal here is (1) to improve your overall health and fitness, while (2) losing excess body fat and then keeping it off. As you become more physically fit, you will increase lean tissue mass, gaining muscle. Muscle weighs more than fat and, to no surprise, you may actually gain weight on the scale while losing fat, changing body proportions, improving health, and increasing your energy.

If you want to keep track of your body composition, you may



want to have these assessments done by a reputable and qualified fitness facility. Other indicators include measurements of your waist, hips, thighs, arms and other body areas — which will begin to change as you lose excess fat. Checking these measurements every couple of months can provide a simple indication of progress. The fit of your clothing is, in many cases, a valid sign of improvement. Use a specific article of clothing as a reference. You may want to try on a tight pair of jeans now, and put them away, without washing or wearing them again, for future comparison.

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 Inc. in Georgetown.

Pink salmon flourishing in Great Lakes

By David Featherstone

Great Lakes agencies have been stocking trout and salmon in the lakes since the late 1800s. The last two decades have seen an enormous surge in stocking efforts as fisheries managers attempt to reintroduce native fish, introduce new predators and create dynamic sport fisheries.

The short-term results of these efforts have often been excellent. Large numbers of hatchery-reared trout and salmon have grown to maturity in the Great Lakes. However, long-term success of these programs is rare, especially if this success is measured on the basis of building self-maintaining trout and salmon populations.

Limited natural reproduction of stocked trout and salmon species has been observed throughout the Great Lakes. Indeed, natural rain-

bow trout populations are flourishing in all five lakes. The lake trout stocking program in Lake Superior has renewed a self-sustaining population. However, most salmon and trout fisheries in the Great Lakes region are dependent on stocking programs to maintain significant populations.

The pink salmon is a rare success story, albeit a story founded on bizarre circumstance. This smallest member of the Pacific salmon family is presently found in all five Great Lakes.

In the 1950's, pink salmon were stocked in Hudson Bay in the hope of establishing a self-sustaining population. Unfortunately, this program failed. The remaining pink salmon fingerlings were dumped into a storm sewer which flowed into a river which, in turn, discharged into Lake Superior.

It is interesting to note, at this juncture, that pink salmon were once regarded as a species totally unsuited to a freshwater life cycle. The discarded fingerlings were all but forgotten.

Two years later adult pink salmon were reported from several Lake Superior tributaries. Ten years later, they were firmly established in Lake Superior with some rivers playing host to tens of thousands of fish during fall spawning runs.

Not content with the colonization of Lake Superior, pink salmon moved into Lake Huron in the early 1970s. From Lake Huron, it was a simple trip south to Lake Erie. The first "pinks" were reported from Lake Ontario in the early 1980s.

Although their abundance varies from lake to lake, pink salmon have successfully colonized the entire Great Lakes system. Every fish can trace its ancestry back to those few thousand fingerlings dumped into a storm sewer in 1956.

After two decades of intensive stocking efforts focused on the introduction of other species, it is indeed humbling to acknowledge the success of the pink salmon. The forgotten batch of fish ignominiously flushed down the sewer has thrived. The pink salmon has made the Great Lakes its home.

Author's Note: In my last column I stated that the fish stocking program in Lake Ontario would be cut in half to address the predator/prey imbalance in the lake. Unfortunately, my information source (a national outdoor publication) was inaccurate. No decisions regarding stocking cuts have been made as of yet. I intend to readdress Lake Ontario's problems in a future column.

Take care with ladders

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come out on the road near the village of Limehouse.

To complete the loop turn left at the main trail and follow the trail along an abandoned rail bed. You will then turn and climb up on two ladders through the "hole-in-the-wall". These ladders are quite sturdy, but small children might find them difficult (or scary).

Also, if you hike with your dog, you may find that he/she is unwilling to climb! Our dog Maxine has no problem going up ladders, but can't go down them.

After ascending the ladders, the trail traverses an area with numerous rock fissures. Be careful to stay on the marked trail in this area. In the spring there are many trilliums in the woods. After a short distance you will meet up with the side trail

and have completed the loop.

The entire loop is about 3.5 km and can be easily walked within two hours. The loop can be walked in the reverse direction - climbing down the ladders instead of up, but the connection to the side trail can be hard to find when traveling in this direction. If you do walk the reverse path, you will know that you have overshoot the side trail if you cross the bridge over Black Creek. Just turn around and retrace a few steps.

It takes us about 10 minutes to reach the starting point of this walk from Georgetown. Allow about 15 minutes from Acton. This is a good walk at any time of year, but is especially pretty in spring and fall. In winter you must be careful of ice in places.

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