



SLIP, SLIDIN' AWAY: Halton Hills Electric Bantam hardball player Peter Lister slides heavily into the third base bag at Prospect Park during his team's championship series against Entertainment Tonite. Halton Hills Electric won the best-of-three series 2-1. (Doug Harrison photo)

Physical activity helps prevent Osteoporosis

Osteoporosis is a disease in which bones become fragile and weak — making them more susceptible to fracture. Women are more prone to it than men, and it is estimated that one in four Canadian women over the age of 65 suffers from it.

Research has given us a better understanding of osteoporosis. It has shown that regular physical activity can play a part in preventing and treating the disease.

We know that bone continually renews itself, with new bone developing and old bone being broken down and reabsorbed by the blood. When bone breakdown exceeds new development, bone loss occurs. Factors affecting bone loss include aging, sedentary lifestyle, nutritional deficiencies, and menopause. (Bone loss accelerates in women during the first few years after menopause. This is attributed to the reduced levels of estrogen.)

Weight-bearing physical activities — ones that work against gravity — are especially effective for developing and maintaining bone. Such activities include walking, running, dancing, court games, and the like. Research shows that exercising with weights can also be helpful.

On the nutrition side, adequate calcium in the diet is important during adolescence. Special attention should be paid to calcium intake during puberty because about 60 percent of the final bone

mass develops at this time.

In our adult years, a healthy, balanced diet will provide all the calcium we need. Ironically, most of the advertising for calcium supplements is aimed at this age group.

As Dr. Bailey wisely notes, most

people would rather take something than do something.

An active lifestyle should be recognized for what it is: Enjoyable in itself, but also precious "medicine" offering many health benefits.

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Corman's 3 goals leads Acton Travel

In Squirt soccer action at M.Z. Bennett last Wednesday, Greg Corman scored three times to power Acton Travel to a 4-2 doubling of Rockwood's Campbell Soup.

Sean Gobin scored the other Acton Travel marker.

Corman, Gobin, Sean LaForest and Brian Field registered Acton Travel assists.

Terrific defensive play was shown by Jennifer Reeve and Field.

Blake Martin did an outstand-

ing job in the winning net.

Also last Wednesday, Guelph OPP crushed Mr. Mugs 6-0 at Rockwood's Rockmosa Park.

Good efforts for Mr. Mugs were turned in by halfback Travis Medland and forward-goalie Kiel Scola.

In another recently well-played match, Acton Travel fell 2-1 to Guelph OPP at M.Z. Bennett.

Corman scored the lone Acton Travel goal with Reeves assisting.

Acton Figure Skating Club Registration

Saturday, Sept. 11 and 25
9 am to noon at the
Acton Arena



For all levels of skating!

ATTENTION: Parents of CANSKATE please register early as space is limited.

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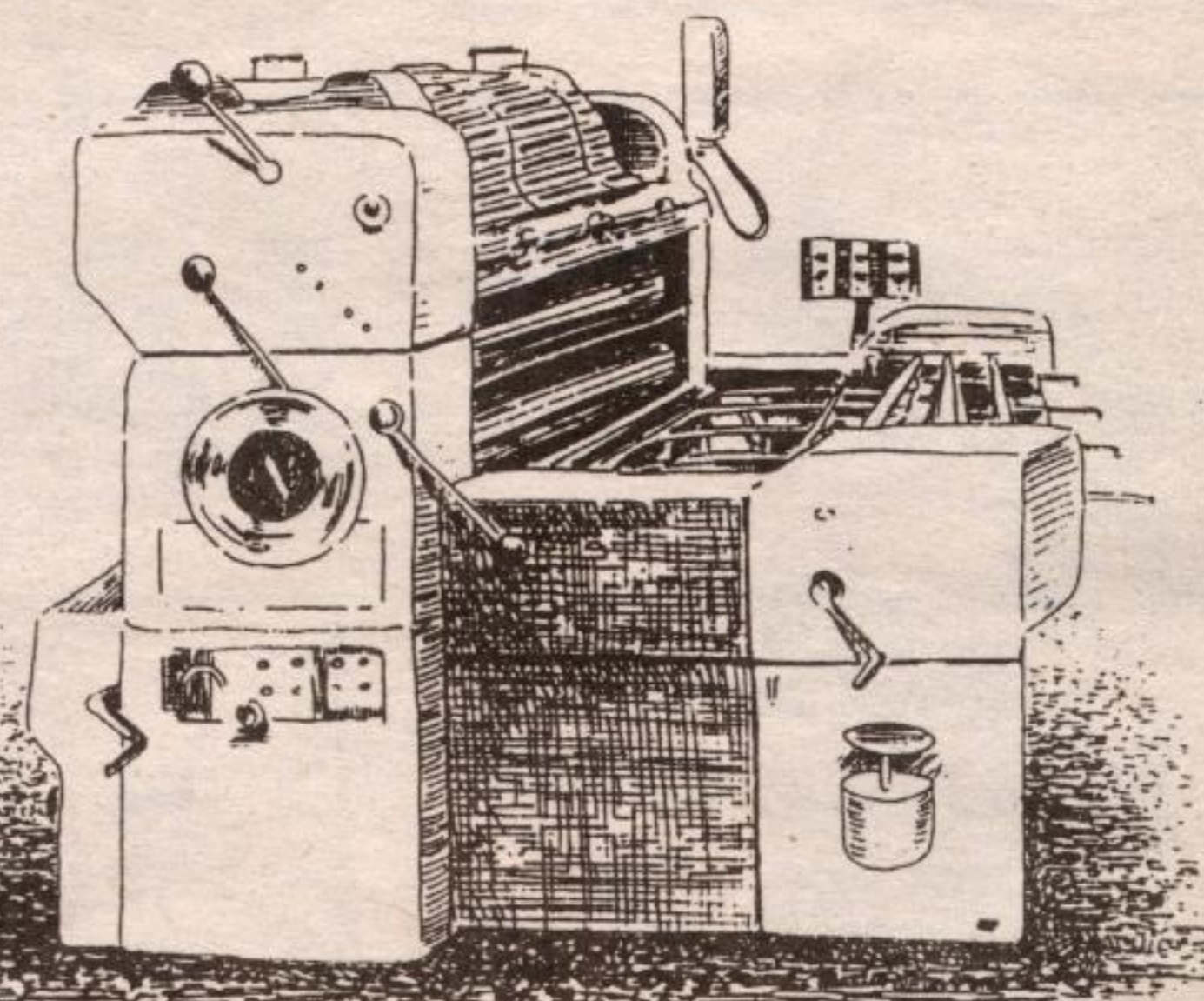
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