

Region urges residents to get off their butts and walk

The World Health Organization estimates that a lack of physical activity leads to more than two million deaths per year. Lack of physical activity is a major cause of cardiovascular diseases, diabetes, and obesity. It is likely that one-third of cancers can be prevented by eating healthy and participating in physical activity throughout one's life.

A combination of unhealthy eating, lack of physical activity and tobacco use is estimated to be the cause of up to 80% of premature coronary heart disease.

The benefits of walking and gardening, for instance, are being promoted by Halton Region's health department with World Health Day 2002 this Sunday, April 7. The slogan for the day is "Move for Health."

Churches in Halton are also encouraging families to spend quality time together by participating in fun physical activities. "It makes sense to link physical and spiritual awareness," says Halton Regional Chair Joyce Savoline.

People of all ages can benefit from regular physical activity. These benefits include better health, improved fitness, better self-esteem, stronger muscles and bones,

more energy, reduced stress and depression, and continued independent living in later life.

Health Canada recommends 30 to 60 minutes of moderate physical activity most days, even in 10-minute segments.

Walking Favourite

Walking is one of the greatest activities to get you started in the physical activity direction. It is easy, it can be done almost anywhere, anytime and it is free!

Walking briskly for 30 minutes, four to seven days a week makes you feel good, relieves stress, helps you achieve and maintain a healthy body weight, gives you energy and can help reduce the risk of developing heart disease, osteoporosis and cancers.

Walking is also a great way to spend time with others. It can be a fun, social event with friends and family or a solitary, peaceful reflective journey with nature.

Malls all over Halton have Mall Walks through the week in inclement weather. Although there are no malls in Acton and Rockwood, there are plenty of places to walk in the fresh air, which helps to revitalize you after being

inside most of the winter months.

Halton Region also has a free self-help walking bit called "Walk This Way! - A Guide to Stick It" available from the Health Department. It's designed for less active men and women to help them get into a regular walking routine. Call them at 905-825-6069 ext. 7474 to procure one.

Now that warmer spring weather is arriving in fits and starts, the second most favourite physical activity - gardening - is in its initial stages.

Gardening Favourite

Gardening is good exercise. Thirty minutes of gardening gives healthy benefits. All that bending, pulling, stretching and digging can make you stronger and more flexible.

If you are new to gardening, remember - less is more. Start with a small plot and work up slowly. Your body will thank you.

Watching a seedling burst from tiny seed gives you a warm feeling you never out-grow. Gardening is good for the soul.

Whatever your choice, remember, activity often means achieving good health.



TRI-COUNTY CHAMPS

PEEWEE POWER: The Acton Heartland Shipping Minor Peeewe Tanners captured the Tri-County Russell category championship with a 7-2 romp over visiting Woolwich last Wednesday. The team includes, front from left: goalies Will Kirby and Darren Pezzack. Middle: Clark Buchanan, Josh Ceccotti, Thomas Glassford, Anthony Kri, Jordan Kuenzig, and Ken Wenzel. Back: Coach Mike Sheutz, manager Sue Angell, David Moore, Dan Kearns, Brandon Halls, Elias Frechette, James Reid, John Essiembre, Matt Angell, trainer Mike McCandless and asst. coach Bill Maveal. - Frances Niblock photo



PEEWEE IMPROVEMENT: Acton Peeewe House League hockey players Kyle Bodi (back left), Shawn Walker, Dustin Roskam (front right) and Scott Mackie received most improved player awards at their season-ending championships on Saturday. - Frances Niblock photo

Cancer patients in remission benefit most from exercise

Cancer is not a single disease; it is a collection of hundreds of diseases that share the common feature of abnormal cell growth and the potential for these cells to spread to different parts of the body. Cancer is cured when the remission is thought to be permanent.

Patients in remission have the most to gain from rehabilitation and exercise training, but some patients who are in the process of treatment may also benefit, says local Certified Personal Trainer Margaret Iutzi.

According to Dr. George Shelby of the University of Oklahoma Health Science Centre, "Persons undergoing intensive chemotherapy or radiation therapy may benefit from routine physical therapy, occupational therapy

and walking, as well as strength and flexibility exercises." These people are easily fatigued by their cancer therapy and easily worn out. Exercise (laboratory) testing is likely not needed, although bedside assessment for routine daily exercises may help maintain function and speed post-therapy recovery.

For survivors of cancer (in remission or after cure), the purpose of exercise training should be to return them to their former level of physical and psychological function. Dr. Shelby recommends that for people in the cancer treatment stages, exercise should focus on maintaining endurance strength and level of functioning.

Cancer therapy fatigues physical and emotional capacities, so an efficient use of

exercise training is to try and keep these resources. Exercise training may also have significant psychological benefits for people in cancer therapy, with regards to depression. It is unknown whether exercise training helps people endure the stress of therapy, Iutzi maintains.

Many cancer survivors can reap the rewards from exercise training, because many of the benefits occur in skeletal muscle and mental well being. Given that most patients with cancer are affected by limited strength and endurance, it seems logical that exercise should be geared towards improving these standards, Iutzi says. A Rockwood resident, Iutzi is also a Certified Fitness Consultant and Medical Exercise Specialist.



BEST BANTAMS: Strong seasons earned these Bantam house league hockey players top awards as House League hockey ended its season on Saturday. Matt Locke was high scorer, Dalton Winstone was named best defenceman and Treth MacDougall won the best goalie award. - Frances Niblock photo



ROYAL REPORT

By Mark Laframboise and Ryan Pyne



Congratulations to Joey MacSween and Allen Lorenzo who were selected to participate in the 26th annual Halton Basketball All Star Game last Friday at White Oaks High School. Both Joey and Allen represented Bishop Reding well as they played in the Junior and Senior matches respectfully. Allen also competed in the Senior three-point competition allowing him to complete a successful high school basketball career.

Attention graduating students: valedictorian nominations are due April 2. Appli-

cation packages can be obtained from Student Services.

On April 9 at 7:30pm, Bishop Reding is hosting an information session regarding the Double Cohort of 2003. Representatives from Humber College, Sheridan College and the University of Toronto will be present to discuss admission, residence and scholarships. Anyone who is interested is invited to attend the evening in the cafeteria.

Lights, camera, action! Dust off your camcorders and start filming because Bishop Reding is holding its first

Film Festival on Tuesday, May 30. The evening promises to be filled with excitement as the artistic talents of fellow students and staff are displayed in a variety of short films. If you are interested, submission forms can be obtained from the Student Government office.

Happy Easter!
"I am not judged by the number of times I fail, but by the number of times I succeed. And the number of times I succeed is in direct proportion to the number of times I can fail and keep going." - Tom Hopkins



ACE COACH: Great patience and hockey skills earned Dave Morris (centre) Coach of the Year honours from the Acton House League Hockey Association. Morris received his trophy from league past-president John Toebes (left) and president George Hunak on Saturday as the league wrapped up its season. Morris coaches three teams including Tyke, Tyke Select and Novice. - Frances Niblock photo