



**THE POWER**  
FITNESS CENTRE  
*Zone*

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**FIT TIP**

Let me start by saying, all exercise burns fat to some degree. While it's true at lower intensities you get a higher percentage of energy from fat, and as you increase your intensity you are burning less fat per calorie, when we take a closer look you'll see it's not as simple as that (it never is, is it?). The percentage of energy you are getting from fat may drop, but the volume of fat burned increases because you're energy requirements are higher at increased intensities. Don't believe me? I've placed one example scenario below. The percentages are from a metabolic gas analyzer that calculated how much oxygen a person consumes while exercising and measured the percentage of fat burned. There is no such thing as a 'fat burning zone', which makers of cardio equipment love to tell you on their equipment. Just remember, you always burn fat when you exercise. Besides, the most important aspect of exercise is getting out, being active, and enjoying it. There is no need to obsess about what percentage of fat you're burning. I wrote this to clear up a misconception I hear a lot of in the gym. Be active and enjoy yourself, that's the real key to a healthy life.

**Scenario A:** Lower intensity exercise for 30 minutes. Total number of calories burned = 240. Percentage from fat, 41% which = 98 fat calories

**Scenario B:** Higher intensity exercise for 30 minutes. Total number of calories burned = 450. Percentage from fat, 24% which = 108 fat calories

# Raiders reach semis

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With 200 school children from Assiniboia Park School cheering them on, the Raiders turned in their best and most disciplined performance of the tournament.

The Raiders rewarded the students quickly when Dan Rogers pinched in to convert Harvey's pass 35 seconds into the game. Jay Sprague and Robert Sgarbossa also added goals to give the Raiders a 3-1 lead in a period in which they outshot Portage 19-3.

Harvey scored 33 seconds into the second period to ice it.

"The big thing for us is to not retaliate," Harvey said. "We have adapted, doing the

things we should— sucking up a slash or punch. We'll hurt them on the scoreboard instead of punching them in the face."

And that's what the Raiders did, scoring two power play goals, the second by Richard Hornseth, whose pretty goal earned him the highlight of the night on TSN. Going in one-on-one, Hornseth slid the puck by the defender, lifted his arm over the defenceman as he turned, moved in and from the edge of the crease, lifted a shot just under the crossbar.

Glen Hartwell, the sixth different goal-scorer, had the other Georgetown marker while Tyler Leggo and Mike



Georgetown Raiders goalie John Barrow somehow managed to get his head in the way of this shot by Andrew Jackman of the Portage Terriers during the Raiders' 6-3 win Wednesday at the RBC Cup in Weyburn. Photo by Herb Garbutt

Nelson each chipped in a pair of assists.

John Barrow stopped 25 shots, including a diving stop with his head to rob Andrew Jackman.

**RAIDER RAP:** The Raiders have allowed just five goals on 79 power play opportunities in their last eight games. They've scored three short-handed goals over that span.

**40<sup>TH</sup> ANNIVERSARY Celebration**  
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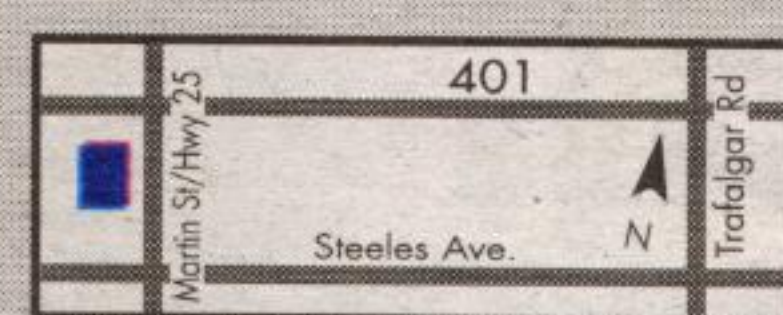
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