

# Fitness more than looking good health centre director explains

Most people in today's society are weight-conscious and want to be fit, yet they're afraid to exercise and have a mental block against nutrition.

So claims Kevin Smith, owner-manager of the Milton Health and Fitness Centre on

Main St. — "It's really hard to get people to listen when you try to tell them their metabolism can't function on empty calories and that regular exercise is essential to fitness," Mr. Smith said. "The minute you mention the word 'nutrition' they think

you're a food faddist and turn you off." Mr. Smith advises those who come to see him at the Health Centre to avoid refined foods such as spaghetti, white bread and sugar.

"These foods put on the pounds and are of very low

nutritive value," he pointed out.

On the other hand, he noted, naturally occurring sugars (like in fruit) and starches (like in potatoes) are good for you and provide the body with a source of necessary energy. "The danger," he said "lies in going overboard in your consumption of these foods."

As an alternative to mass-produced "junk foods" like chips and pop, Mr. Smith suggests eating more dairy products, fresh fruits and

vegetables and whole wheat breads and cereals.

He also recommends taking daily vitamin supplements in order to be "really healthy". Another point Mr. Smith makes with regard to total fitness is this: "Just because a person looks good, doesn't mean they're fit." "Although," he hastens to add, "you do look good when you are fit." "Too many people in our society equate fitness with looking good," he said. "But a person can look

sensational and yet may not be able to do a simple exercise like touching toes."

Mr. Smith asserts that the majority of people today let themselves become "gradually crippled" through lack of exercise.

"I believe the key to fitness is staying flexible," he said. "There's no reason why a person 60 or 70 years old shouldn't be able to do a full split."

"The problem," he said, "is that stretching—calisthenics

and gymnastics—are an underrated part of fitness in our society."

"People would rather see their sons running, playing hockey or weight-lifting than doing ballet," Mr. Smith said as an example of this kind of general thinking.

"But," he stressed, "if the muscles aren't kept toned and mobile, sooner or later they'll

get stiff and tight."

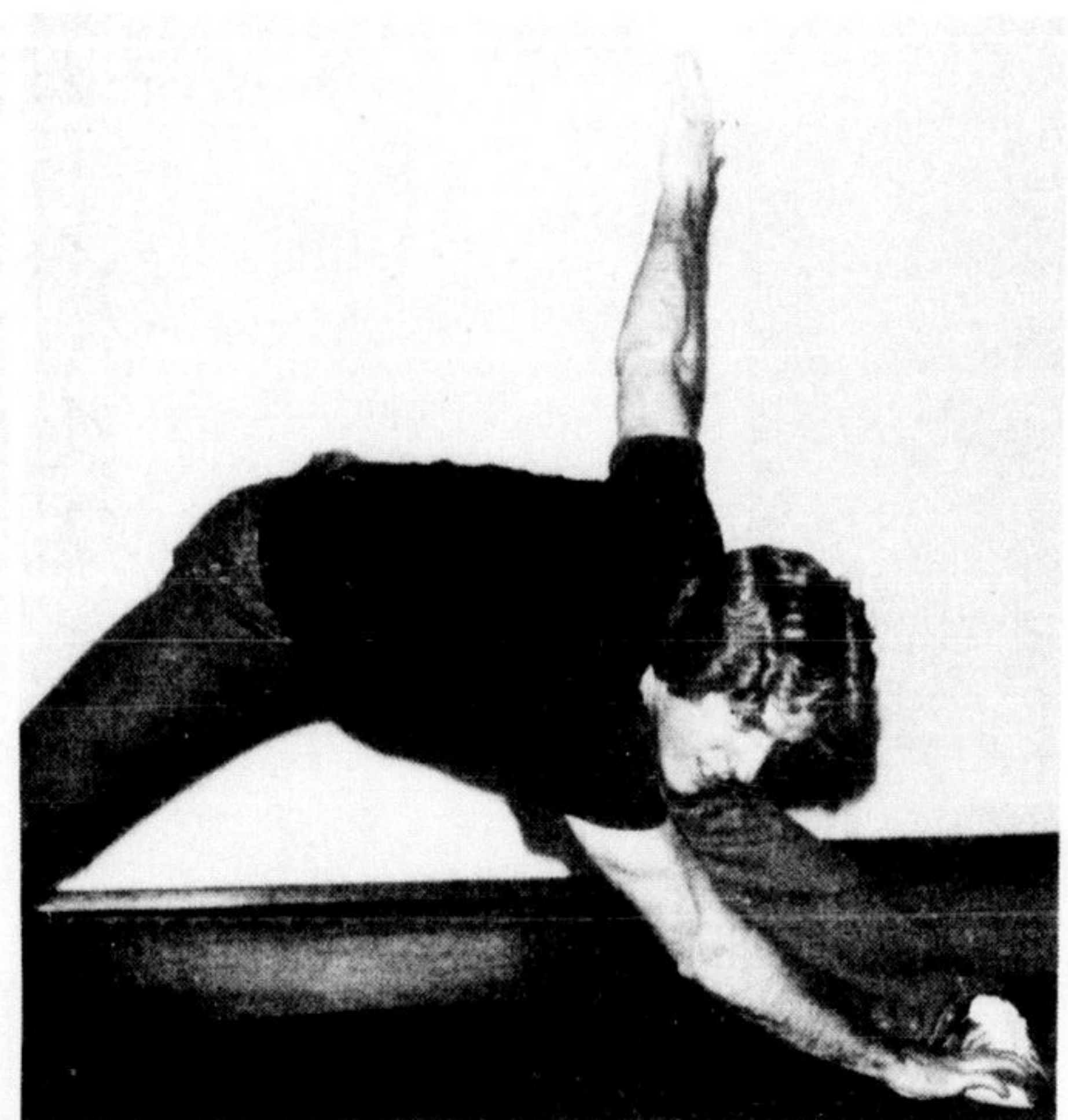
Mr. Smith also believes there would be fewer back problems today if people would work out an exercise routine to be done two or three times a week. And he is keen on exercises which strengthen the heart and lungs while improving the exterior of a person's body. The exercises demon-

strated by Mr. Smith on this page are among the best for improving flexibility and fitness.

Anyone wishing a personal fitness evaluation and specific diet and exercise program to achieve a desired weight goal should see Mr. Smith in person at the Health and Fitness Centre.



**ALTERNATE SIT-UPS:** If you want to lose inches from your stomach and abdomen, Kevin says this is the way! Sit on the floor and bend your knees in a 25 degree angle in front of you. Next, lock your fingers around your neck. The object is to touch your elbow to the opposite knee. How many times and how conscientiously you do this exercise determines how quickly the inches around your middle will disappear.



**ALTERNATE TOE TOUCHING:** An excellent conditioner for legs, hips and the low back. Standing, spread your legs as far apart as possible. Then—without bending your knees—reach over and try to touch your left hand to your right toe. Then, reverse your position and try to touch your right hand to your left toe.



**SKIPPING ROPE** is one of the best cardiovascular exercises around. Besides improving heart and lung performance, it tones muscles and trims excess fat. In order to lose one pound of excess fat, the average person would have to skip 10 minutes a day for a week. For anyone who hasn't trained for a while, this should be done on a graduated program.

Feature  
by Ann  
Hauptrich-Nielsen

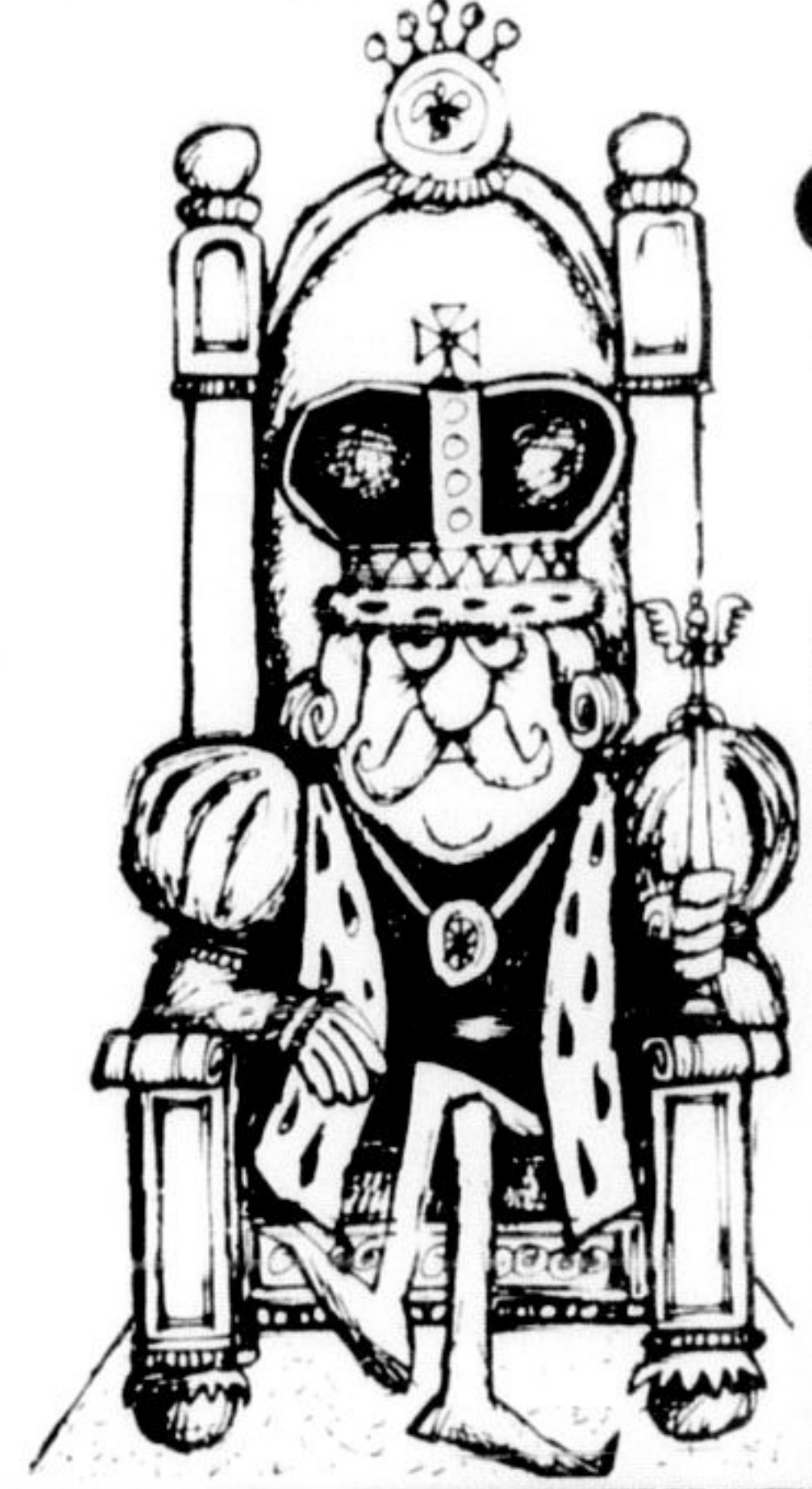


**THE BOW POSE:** This yoga exercise is great for toning and trimming the back, neck, hips and shoulders. Lie on your stomach, reaching behind with your arms until they can grab your ankles. While doing this, you should automatically raise your head and upper body off the floor. Now, try to make your heels touch the back of your head. Start with three repetitions of 15 seconds each and gradually work yourself up to 10 or more 15-second repetitions.

## SURROUND YOURSELF WITH ELEGANCE

- Vienna Red
- Silken Bronze
- Antique Suede
- Aspen Green
- Oriental Gold
- Marshmallow
- Ceylon Lime
- Catalina Blue
- Spanish Copper
- Barbary Brown
- Pewter Haze
- Ancient Gold
- Bavarian Green
- Woodstone
- Titian Gold
- Aleutian

Color  
Selections



## GENTLE SHADOWS

New from Crossley. Exclusive  
in this area with  
SYER'S

## FIT FOR A KING

Probably the most elegant, most luxurious, most prestige carpet available at this reduced price of \$18.99 a sq. yd. If you have a special room, or area in your home that requires a touch of warmth and elegance, then this is the carpet you've been waiting for. This most beautiful of carpets also possess all the qualities to make it very durable and thus long wearing. Harloch construction, meaning woven back, 80% acrylic and 20% Monsanto modacrylic, thus a built in crush resistant.

COME IN AND SEE IT FOR YOURSELF. WE AT SYER'S ARE REALLY EXCITED ABOUT THIS ALMOST UNBELIEVABLE BROADLOOM CARPET AND WE THINK YOU WILL BE TOO.

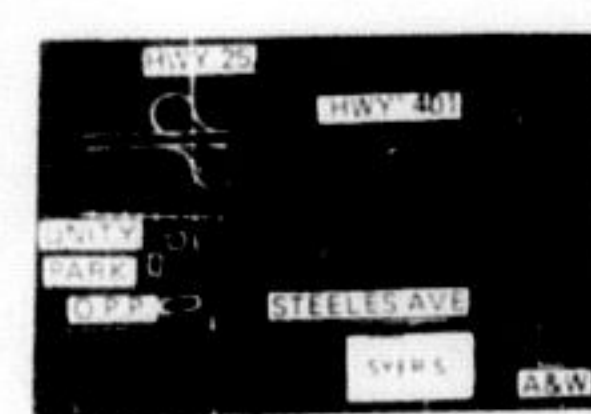
# Syer's

## flooring

RETAIL ★ WHOLESALE  
THURS. & FRI. 'TIL 9 LOTS OF PARKING

310 STEELES AVE., MILTON 878-4178-79

WE GUARANTEE YOU SATISFACTION  
FRIENDLY SMALL TOWN SERVICE  
WITH BIG CITY DISCOUNTS



## Fay's Electric CO. LTD.

- ELECTRICAL CONTRACTING
- INDUSTRIAL MAINTENANCE
- POLE LINE CONSTRUCTION
- AERIAL LIGHTING

878-2048

583A MAIN ST. E. MILTON, ONT. L9T 3J2

## Get in on NORTH STAR'S ★ Easy Cruising ★ DENIM PATCH



THE 'PATCH' THAT'S SWEEPING  
THE NATION



get a  
**FREE**  
denim patch  
With every  
pair of  
**NORTH STAR**

## NORTH STAR The action shoe

Supple leather uppers combined with durable Kraton rubber sole unit add up to a super jogger. Padded collar & tongue; foam insole. Brown suede/Yellow Blue suede/White. Big boys' and girls' sizes 1-6. Women's 5-10; men's 6 1/2-12. Child's Sizes 11 to 13 1/2.

\$14.95

\$16.95

\$12.95



Endorsed by  
3 million Canadian kids.

A MEMBER  
OF THE DOWNTOWN  
MILTON GROUP

# Selecta FOOTWEAR

250 Main St.

(Across from Post Office)

Thurs & Fri. till 9 . . . 878-7665