

# Fitness & You

with  
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YMCA Director



## Real weight loss isn't dehydration

THE FOLLOWING are questions on the misnomers of weight loss and artificially replacing exercise.

1) Are mechanical-belted vibrators of use in spot reduction?

The expenditure of energy is extremely low with these devices. Therefore, you can anticipate no reduction in fat as a result of the exercise done. These devices are not effective in "breaking up" fat deposits or in changing the body composition in any other way. Some individuals do, however, receive relaxation benefits and reduction of tension.

2) What about sauna belts, hot pants and other devices designed to "melt away" fat?

Weight loss is the reduction of weight. This loss can be temporary or reasonably permanent. Dehydration is the loss of body water, whether through sweating or the failure to replace water lost in other ways. Dehydration upsets the body's water balance which the body will regain as soon as it can by retaining any water later consumed.

Therefore, an individual who dehydrates will rehydrate as soon as he starts eating or drinking. Losing weight by dieting, (i.e. eating fewer calories than are expended, so that the extra calories come from stored food supplies), the negative calorie balance that results in a weight loss which can be considered real.

3) What about saunas and steam baths?

Saunas and steam baths encourage sweating and hence a weight loss that can be considered enough to be reflected in a weight reduction. However, because that is dehydration, the body will conserve water during the next few hours and the weight lost will be regained.

(Please note: There is growing concern among physicians that sauna and steam baths may be detrimental to health. Heat stress is not tolerated well by most middle-aged people. Heat exposure can lead to heat exhaustion. The dangers of heat exposure are increased if an individual enters the baths after exercise, when the body is trying to reduce its temperature.)

4) What about rubberized and plasticized sweat-suits and belts?

The same rationale applies to the use of the non-process sweat suit. The nature of the material creates a heat environment in which the body is working. This heat causes sweating and hence a weight loss. Once again this loss of water will be regained after eating and drinking.

Devices that are made of non-porous material which retain heat in a particular area of the body promote localized sweating. A recent federal trade commission decision has restricted advertising these devices since the evidence in support of their claims was insufficient. The research literature reveals no evidence that spot reducing, either by heat or exercise is possible.

Keep Fit!!!

# Music moves into fourth keeping Stokes winless

Ian Grant crashed out four hits including a homer to lift Milton Music to an 18-11 victory over Stokes Milk Transporting the Musicians into fourth by themselves and keeping Stokes winless in Milton Oldtimers Slo-Pitch League action last week.

Though out-hit in the game, Milton Music built a 6-2 lead after one inning of play and were not seriously threatened the rest of the way. Steady defensive play from Music aided their cause.

Joe Johnston helped out his Musical teammates with three hits including a homer while Ed Jones added four hits to the attack. John Burtwhistle and Doug Craven added three hits apiece while Bob Down hit a single and a double.

Wayne Leblanc had a good day at the plate for Stokes with four hits including a homer and a pair of triples. Chris Carlton had a perfect five-for-five outing while Ken Baskett, John Macdonald, Dan Dolliver and Bob Winder chipped in with three hits each.

In other games, Miltonville Realty rolled to a 35-12 victory over Frankel Steel while Halton Alarm maintained its grip on second place with an 11-2 win over Care-Fix Radiator.

Frankel showed up for its game with Miltonville with just seven players and were no match. Miltonville out-hit Steelers by a 50-25 margin.

Ron Majeau was Miltonville's top gun with five hits including a home run while Barry Batinoff, Bob Thoburn, and Lorne Gundlack also had homers.

## Russiani's double spells X-Star loss

Jules Russiani hit a two-run double in the top of the first inning and Acton held on to turn back Milton Mall X-Stars 4-2 in Molson's Oldtimers Fastball League action Monday night at Brian Best Park.

Milton pitcher Dave Assleton ran into trouble early yielding two straight singles before Russiani, just the third Acton batter in the game, connected for the big hit.

Acton added single runs in the top of the fourth and fifth innings for a 4-0 lead.

George Usher went the distance for Acton to gain the win despite allowing 10 hits to Milton which left runners in

scoring position numerous times.

Milton scored their runs in the fifth. Bill Brush singled, Assleton drove him home with a triple and then scored on Bob Davidson's single.

Dave Del Papa, Brush and Davidson led Milton with two hits apiece while Roger Johnston, Terry Gibbons, John Hall and Assleton added one each. Assleton took the loss.

X-Stars, who hold down second place in the league, travel to Scarborough this weekend for a tournament before returning home next Monday for an 8:30 p.m. start to Glen Williams at Brian Best Park.

Other leading hitters for Miltonville were Walter (Ace) Muir and Jim Warren with five hits each while Jim Rae, Steve Kindree and Thoburn had four hits each.

Tops for Frankel Steel were Al Deakin and Bernie Blouin with five hits apiece with Deakin also hitting a homer. Jim Fiemming had four hits while Brian Johnston and Bill Tyas had three hits each.

## Squirts record first victory

Milton Bunsmaster squirt soccer reps recorded their first win in Peel-Halton Soccer League play last week when they shutout Erin Mills to win 1-0 at Milton District High School.

Bunsmaster had most of the play but were outshot by Erin Mills as Michael Gliddon came up with a steady game in goal to register the shutout. Gliddon was well supported by defensive players Doug Osborne, Barry Cason, and Luke Doering.

Midfielders Freddie van Zutphen, Danny Medlar and Julius Stampacchia were able to move the ball well on attack.

Up front, the Bunsmaster forwards tended to bunch-up a little, as Squirts are wont to do, but, with Alan Gouk having his best game of the year, showed lots of effort. Blair Shenton, who got the winner with his second goal of the year, received good support from Paul Cresswell and George Kaldenbach.

This week Bunsmaster plays away in Clarkson and entertain Oakville at Milton District High School Thursday evening. The latter game has been brought forward from July 26 due to vacations.

## Sean Davidson fires two-hitter to lift bantam Lions to win

Sean Davidson threw a two-hitter and struck out seven to lift Milton Lions Club bantam baseball reps to a 5-0 shutout win over Burlington last Tuesday at Burlington.

Davidson allowed just a single walk in the strong pitching performance and was backed by strong defence.

Davidson helped his own cause with his bat hitting a triple and a single while Dan Fargiorgio connected for a pair of singles.

# Girls' soccer

## Squirt

Dan's Auto Body 3  
John's Mobile Truck 1

The two Milton teams renewed their close rivalry and once again provided the many spectators with exciting soccer.

Tara Aquilanti, in goal for John's Mobile Truck, made many sensational saves from Auto Body forwards Louise Platts, Jennifer Poelzer, Emma Cason and Kyla Zachary.

Tracy Faulkner notched three goals for Auto Body including a penalty shot after John's Mobile Truck had made a strong start to the game.

A solid defensive game from Sandra Bauer, Stephanie Aitken, Nancy McCaffery, Sandra Catalano and Alison Martin enabled Auto Body to control most of the game, until a break-away rush by Suzanne Mason produced a goal in the final minutes.

In goal for Auto Body were Marsha Van Cedar and Nancy Giammarco who both played a strong game in forward positions.

**Atom**  
Valavaara 6  
Bolton 1

As the season reached its mid point, Valavaara reached its highest goal total totally dominating last Thursday's game in Bolton.

Arlene Brown opened the scoring on the first rush down the field for Milton. Ruth Lytle immediately returned the favor for Bolton breaking into the clear and putting a high shot into the back of the net.

Both teams then settled down and played good positional soccer for the rest of the half.

Lisa Sneyd went in goal for the second half and this seemed to be the spark the Milton team needed.

Bonnie Nowak and Jennifer White provided a solid defence allowing no good scoring opportunities. Linda Murphy, Mary Spagnolo and Kelly Wald, as half

backs, moved the ball up field where the forwards took full advantage of their scoring opportunities.

Daina Robertson and Dana Harrison continually moved the ball into the center and Arlene Brown with two goals. Heather Livingston with one, and Lisa Hasselfield with two goals completed the scoring. Lisa's second goal was the result of hard work and extra effort on her part and was a good indication of the team effort all game.

The team is looking forward to the second half of the season beginning this week.

**Core-Fix Radiator 11**  
Acton Bombers 0

With only 11 players on hand, Denise Osborne, Elisabeth Johnson and Jennifer Benjamin adjusted to new positions and demonstrated excellent ball control for young players.

Goal scorers for Core-Fix Radiator were Claire Jones with five, Jennifer Cheevers with four, Jennifer Browne and Pam Gemes.

In goal for Core-Fix Radiator were Maria Sweeney and Jennifer Cheevers.

**Milton Lions Club 4**  
Pineview 0

Angela Campbell and Tracy Simpson alleviated the pressure of the Lions by switching lines in both halves.

Jennifer Gdzman scored first for the Lions after many a try from the aggressiveness of the forward line. This goal was shortly followed by another. Vikki Learmont scored the other two for the Lions.

The quickness and determination of the girls as a whole unit make their efforts in practice pay off. The forward line of Tiffany Scobie, Beth Bradeaur, Jennifer Guzman, Natalie Clarke and Vikki Learmont combined with a defence line of three, Erin Dail, Lisa Eguchi and Jodi Marek in the first half made it almost impossible for the Pineview team to make it Lion territory for any scoring chances.

Lisa Johnston, in goal the first half, found it boring and was re-

placed in the second half by Jodi Marek, (she may be small, but she saves ever great). Lisa played forward the second half.

The back line of Michelle Horner and Beatrice Bauer made it difficult for the Pineview team to get by with the ball, however they did make it past a few times in the second half.

Pineview's defence line of Lisa Bowler, Julie Baldwin and Dawn Devline held the Lions back in the second half also. Lori Ann Succo and Jill Stoneman had a few breakaways but could not score on the Lions goal. Excellent goaltending by both Erika Kubota and Lisa Bowler for Pineview prevented the Lions from scoring even more goals.

**Mosquito**  
Lindsay Soft Water 3  
Acton 1

The Lindsay girls, for the first time in four games, had a full team on the field. Strong offensive play by Milton kept Acton in their own end most of the game. Lianne Timbers, Kim McLean and Michelle Hiscott played well on forward.

Goal scorers for Milton were Niki White with two and Michelle Hadley on a penalty shot for the third.

Leslie Davies saw very little action in goal for Milton.

**Peewee**  
Milton Optimist Club 3  
Acton 0

Kelly Penman scored a nice goal from 25 yards out and Milton won despite playing shorthanded in the game.



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## First loss in 9 games

# Kitchener cools bugs

Kitchener made good use of a prevailing wind in the first half to score twice en route to a 3-0 win over Milton Ontario Tree Fruits major mosquito soccer reps in Peel-Halton League play Wednesday at E. C. Drury School.

The loss was Milton's first in nine league games breaking the

string of one of the hottest teams in the league. Kitchener took advantage of the wind in the opening half.

However, when the teams changed ends for the start of the second half, the wind died down giving Milton no advantage whatsoever.

Kitchener opened the scoring midway through

the first half and then doubled the lead to 2-0 with a goal two minutes from the end of the half taking the spirit out of the Milton players.

"We had a few players out there just filling in space," said Milton coach Andy Kirkwood. "If we're going to win the league champion-

ship, we can't afford another game like this one tonight."

Milton had a few good scoring chances but lacked finishing around the net. Jeff Truswell had a good game for Milton as did goalie Philip Leach who couldn't be faulted on any of the goals.

## Bolton shuts out Murphy's

Bolton overcame almost complete domination to post a 2-0 win over Milton Murphy's Carpentry in Halton ladies soccer action Monday at Robert Baldwin School.

Steady Bolton goalkeeping prevented Milton from getting on the board.

Wendy Marek and Lisa Joquin put in steady efforts at mid-field while Darlene Kranstz and Amanda Bennett were steady on defence.

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