

Fitness & You

with
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YMCA Director



IN THE LAST two or three years, women have been invading the weight rooms of gyms, spas and exercise clubs. Body-building now is equally undertaken by men and women.

Why have women picked up the basics and pursued this sport? Certainly this month's issue of "Life" magazine is a perfect example, Sandahl Bergman backdropped by Arnold Schwarzenegger. Impressive, isn't it, and is there any doubt in your mind as to what kind of physical condition they're in respectively!

In the past, bodybuilding has been a man's sport and the "Universal" or "Nautilus" his domain. No more. Women can use the same equipment and same principles to enhance body tone and fitness.

Here's some questions and answers that will help you understand.

If I start weighttraining, will I have bulging muscles?

No. The hormonal structure of a man's body is such that when he weight trains on a personal program, he will build muscle. The hormonal structure of a woman makes it very difficult for her to build muscle unless she uses heavy amounts of weights or tampers with specially developed hormones. Women do not therefore, naturally develop huge, bulging muscles.

How do I set up a weight training program?
First, understand some terms in bodybuilding. Repetitions or "reps" are the number of times you perform a specific exercise with weights. Usually, 10 reps are done, although this may fluctuate according to your program.

If you wish to perform an exercise with the intention of toning some muscle groups more than others, you will vary the number of "sets" you complete. Normally for all-over conditioning, three sets are done, or an exercise repeated 30 times throughout a program. Sets of a specific exercise are never done back to back.

They're interspersed or done in a programmed procession. Anyweights room has a chart outlining the many exercises possible using their equipment. If you haven't a professional or an experienced person to help you with a personalized program, choose exercises both for this overall conditioning and some that work muscle groups you wish to tone more appropriately. Write down those exercises on a personal chart, fill in the number of reps you should complete and then keep track of the sets you perform each time you work out.

Is weighttraining an all-around fitness program?

Not really. The four components of a good physical fitness program are cardiorespiratory exercise, muscular strength, endurance and flexibility. Weight training incorporates the last three components extremely well. But the most important one is forgotten.

Exercising your heart and lungs is the most essential thing you can do for a healthy, fit lifestyle. Therefore, a high cardiovascular activity, such as jogging, running, bicycling, or skipping should supplement your weights program.

In physiological terms, how does weight-training work?

In strength training if you develop and maintain your skeletal muscles, they help to prevent creeping obesity. Muscles use more calories at rest than body fat. If your muscle size decreases you use fewer calories at rest and have to eat less to avoid obesity.

In principle, each group of muscles you want to develop must be worked against resistance. The resistance can be provided by a weight or a machine. You need enough resistance to make it difficult to do the exercise but not enough to make it impossible to do it a number of times in a row.

How much weight should I use?
For women, usually the 2½, 5 and 10 pound weights are the only ones needed. Remember, you want to tone and strengthen, unless of course you want to specifically build muscle.

Proportionately, how do you mix weights and cardiovascular activity melding together?

Jogging helps develop leg and thigh muscles. Take for example a champion runner. They have well-defined legs but usually are slim above the waist. They are strong enough to lift the body but not strong enough to do heavy weightlifting. Therefore, more upper body training will round out your program.

Some technical information taken from "Bodybuilding for women—Muscle in Right Places," Dr. Lamb explains, *The Toronto Sun*.

Legion has average week

Milton Legion major atoms completed the week with a 50 per cent average with a split of four games. Showing great teamwork, Legionaires dropped Burlington 5-1 before skating to a 6-1 victory over Chinguacousy.

However, the tide turned the following day when the locals visited Dundas for the second time this season and came home on the short end of a 4-3 decision. A week later, Streetsville came to town and left with a 4-2 win to add to their front-running total.

In the Burlington contest, James Green put the Legion squad on the board less than two minutes into the game when he triggered a Danny Hierman and Rory McLean offering. Only 19 seconds had elapsed when Michael Banning fired an unassisted marker to put the Legionaires ahead 2-0.

Richard Standsun fired the lone Burlington marker at the 7:52 mark of the opening frame.

Darren Beals scored on a solo dash mid-way in the second period to regain a two-goal lead for the winners. With only 29 seconds remaining in the period, Banning fired his second goal of the contest completing a three-way passing effort from Paul Carles and Eddie Dillon.

Danny Beamish triggered the final Milton goal just 27 seconds into the final frame on a fine passing effort with John Bacon and started by Derron Bain.

The following day back at Memorial Arena, it was Darren Beals day as he potted three goals, one in each period, to pave the way to a 6-1 win over Ching. As he did the previous evening, Green opened the scoring for the Legionaires at the 6:23 mark of the opening frame accepting a pass from Bacon which he fired over the goalie's glove.

Beals scored his first of the day at the 8:02 mark of the period after skating the full length of the ice and firing a rising shot past the Ching twinetender.

Hierman started the second period with a solo effort after picking off an errant Chinguacousy pass in their zone and firing across the goal mouth at the one minute mark. Less than two minutes later, Beals' shot off the goaltenders facemask went into the net for a 4-0 lead.

Malcolm Roy was credited with the lone Ching score which was deflected by a Milton player past a startled Richard Saliba at the 1:28 mark of the second period.

Paul Carles fired a low shot on the stick side of the goaltender for a 5-1 lead after accepting a pass from Banning. Robbie Del Papa initiated the play.

Juves down three times

The hot winning string of Milton Wilson Auctioneers juveniles came to an abrupt end over the weekend when the club dropped three games by large scores and indications are that the club may have dropped its fourth in a row last night.

The losing string began Saturday night in Georgetown when the home team won in a rout 10-2. The officiating so infuriated Milton coach Gerry Lisi that he registered a protest with the OHA convener. Milton took 53 minutes in penalties, which included two misconducts, while Georgetown was handed just a dozen minutes.

Milton then battled Streetsville in a home-and-home encounter. In both games, Streetsville broke open close games with wild third-period explosions to rack up a pair of one-sided wins.

In the first of the games Sunday in Streetsville, Milton trailed just 5-3 heading into the third period before rolling on to a 9-4 win.

Jamie Hume paced Milton with two goals while Mike McGuire and Mike Reiter added singles. Scott Rouleau chipped in with two assists while Mark Written, McGuire, and Hume had one assist each.

The next night in Milton, the teams were tied 2-2 after one period. Streetsville pulled ahead 4-3 after two periods before scoring six goals in the final frame for a 10-4 win.

Scoring for Milton were Mike McIlwraith with three goals while Rob Dooz picked up three assists. Hume had a goal and an assist while Witten picked up two assists.

Last night, Milton went to Dundas with just eight players as many players have a prior arrangement. The club entertains Acton Sunday at 7:30 p.m. at Memorial Arena before travelling to Chinguacousy Monday.

Steelers shine in two 1-1 ties

In a pair of well-played games Milton Frankel Steelers played to a pair of 1-1 ties in junior girls hockey action against Burlington Blazers last week.

Last Thursday, Milton goalkeeper Marilyn Dorval shone late in the third period to enable Steelers to pick up the win. Erin Hierman notched her first goal of the year for Milton with Heather Tyas assisting.

On Sunday, Tammy Bonneville came through with a solid offensive and defensive game from her defence position in addition to scoring the Milton goal. Tammy had four shots on goal. Erin Hierman assisted on the play.

It marked the club's best effort of the year with good contributions from all Milton players.

On an almost identical play, Beals rounded out the scoring for the victors as he fired in a good pass from Bain.

After marching in the Remembrance Day Parade as a unit, Legionaires went to Dundas Arena and could not get together as the valley-towners eked out a 4-3 decision. Tim O'Connor and Dave Disalvo fired Dundas goals 40 seconds apart to give the host club a lead they would not relinquish. McLean fired his first goal of the season after taking a Green offering. Hierman started the play with 4:35 left in the opening period.

Todd Buchanan restored a two-goal margin for Dundas for the only goal of the middle stanza. Two goals from Banning, both with the capable help of Carles drew the squads to a 3-3 count with 1:53 left in the game.

With time drawing near the end, it looked like a draw but Jeff Billbeck fired the winner for Dundas with only 31 seconds remaining.

After skating to a scoreless draw for the first period, Streetsville got goals from Shane Buckle and Jon McKee in the middle frame for what turned out to be the margin of victory for the visitors.

Streetsville dominated throughout the contest until approximately 10 minutes from the end of the

game when Legionaires got their act together and finally got some shots on goal. The final shots tally was 35-8 in favor of the Streetsville crew which is certainly a fair indication of play. Only the stand-out goaltending of Ryan Tammon kept the final 4-2 score from being much worse.

A see-saw battle in the final period saw each club score twice as first McKee tallied his second of the day for Streetsville to give the winners a 3-0 lead.

Green put Legionaires on the scoreboard for the first time when he sniped a Bain and Hierman offering at the 8:07 mark of the final stanza. Erik Pez upped the disadvantage to 4-1 a minute later. Green capped off the scoring for the game with 3:10 remaining after accepting a pass from Colin Bradley on a relay from Rory McLean.

Wrist Shots: The Legionaires' record now stands at 6 wins, 4 losses and two ties for 14 points. They have scored 54 times and allowed 37 goals.

The crew headed up to Orangeville last night (Tuesday) for the second game of the year with their northern-most opponents in league play. The initial meeting had Legionaires 8-3 winners.

Thursday night marks the start of the Dundas Tournament. The first opposition will be Welland.

Wheelers coast then squeek

Milton Fifth Wheel major bantams coasted to an easy 6-0 win away over Georgetown Friday evening but had their work cut out for them Sunday afternoon in Milton as they squeaked a 3-2 victory over Orangeville.

In Georgetown, Chris Wakely and Sean Davidson scored in the first period with assists going to Doug Beamish and Bruce Cameron.

After a scoreless second period, Mike Del Papa opened the third with an unassisted goal followed by goals from Ed Morgan, Tim Blackadar and

Cameron. Davidson picked up two assists while single points went to Darryl Landry, Don Vandenhoevel and Mike Doiron.

Orangeville led 1-0 after the first period. Wheelers had plenty of shots but Orangeville's netminder came up with a super game. With a little over two minutes left in the second period, Steve Scannel finished off a three-way passing play from Davidson and Vandenhoevel to pull Milton before Davidson blasted home a slapshot after he was set in the clear by Beamish.

Wheelers were set to end the period up one but Dave McLeod from Orangeville pounced on a loose puck in the Milton end and, with 11 seconds left on the clock, gave his team a tie to take into the third period.

Both teams had plenty of chances in the last period and it looked like Milton would have to settle for a tie. But Scannel fed the puck to Beamish who in turn laid a perfect pass to Richie Davies. Davies out-hustled the Orangeville defenceman and picked the top corner to keep the Wheelers win record intact.

Bowling

RATEPAYERS

Top Singles	
Dan Ross	236
Glenda Cardinell	234
Falvy Little	231
Dick Cain	221
Rose Woodworth	244
Connie Duguay	239
Marilyn Cameron	238

Top Triples

Gloria Day	276
Bernie Blouin	260
Bert Dancocks	254
Ken James	254

Top Triples

Glenda Cardinell	734
Dan Ross	683
Dan Ross	652
Rose Woodward	633
Jim MacNeill	615
Brian Placido	603

Team Standings

Jolly Rogers	won 5 for 36
No Name Brand	2 for 39
Hands Off	2 for 27
Lively Five	3 for 27
Golo Wings	5 for 21
Balls Low	0 for 19
Stumble Burns	4 for 17
Gloria's Gorillas	7 for 14

Team Standings

Six Pack	won 2 for 39
Corner Pins	5 for 35
Dandys	5 for 33
Dinky Don'ts	5 for 27
Strike Force	5 for 27
Dinky Dos	2 for 25
Sexy Six	2 for 24
The Mights	2 for 16

CANADIAN METER GIRLS

Top Singles	
Bonita Cann	274
Pat Blackadar	248
Sheryl Wenzler	236
Debbie Jeffrey	235
Kathy Rusk	235
Gail Tummon	228

Top Triples

Bonita Cann	659
Pat Blackadar	616
Pat Blackadar	613
Dale Teed	611
Sadie Daviau	576
Bev Haringa	562

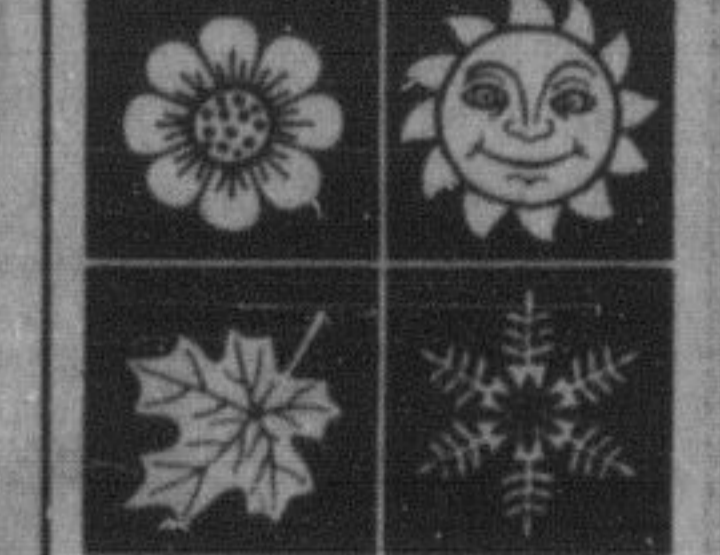
Team Standings

Mary Heipel	won 5 for 39
Sue Snider	7 for 39
Gail Tummon	2 for 38
Sheryl Wenzler	0 for 37
Theresa DeBruyn	2 for 33
Kelly Cann	5 for 33
Ann Woolley	5 for 32
Bev Haringa	2 for 29

DORSET PARK

Top Singles	
Tom Barnes	287

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