

Lifestyles

Inactivity poses serious health risks

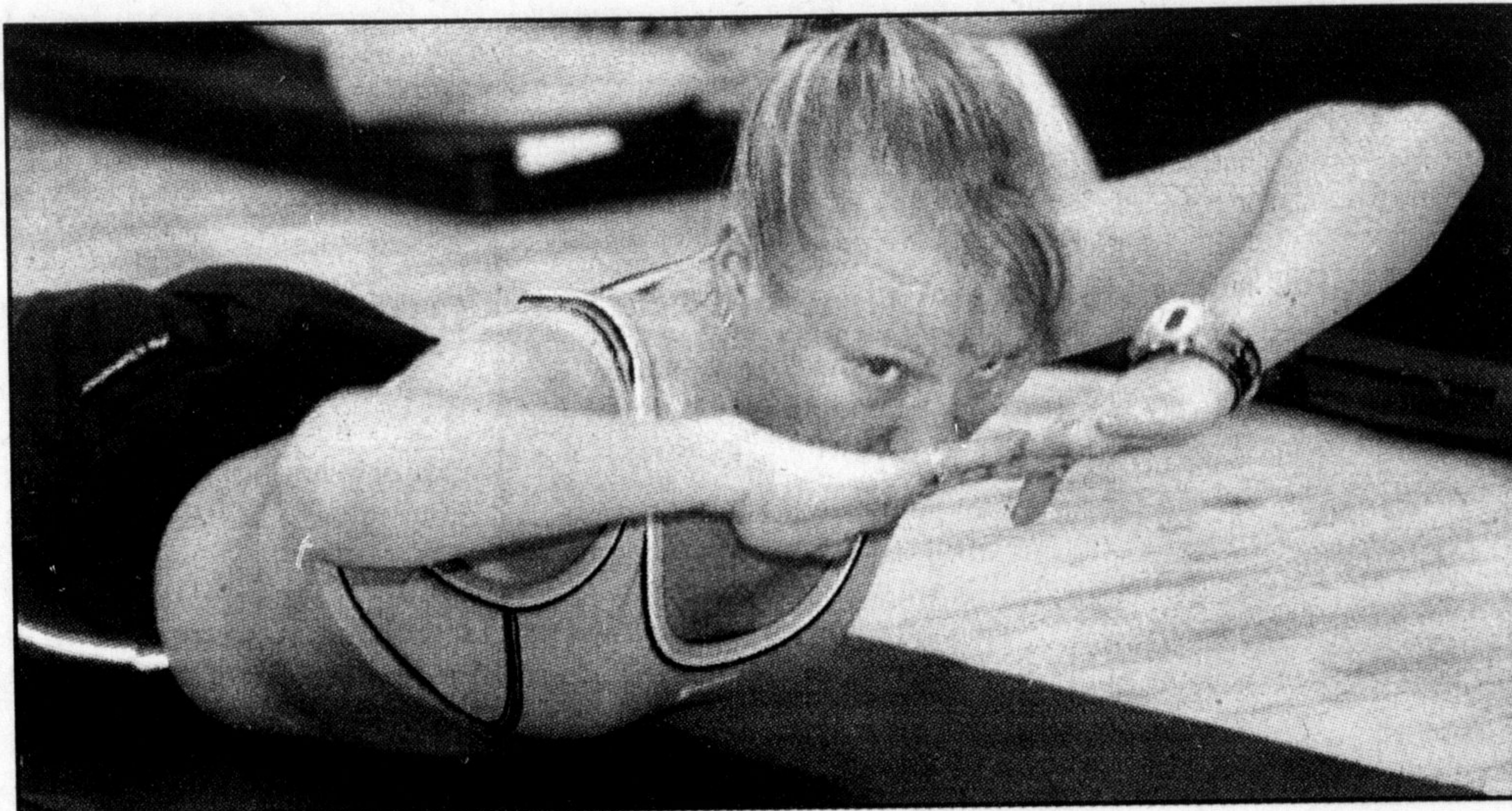
By LISA CARTWRIGHT
The Champion

People who are physically inactive face similar health risks as those who smoke.

"Being inactive offers the same risk for heart disease and cancer as smoking a pack of cigarettes a day," said Carla Hanna, the physical activity promoter for the Heart Health and Cancer Presentation Team at the Halton Regional Health Department.

But there is good news. The federal government released its Canada's Physical Activity Guide to Healthy Active Living. The guide is similar in format to Canada's Food Guide to Healthy Eating, and offers some new findings.

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Scientists now say people need 30 to 60 minutes of activity per day if they want to stay healthy and improve their lifestyle.

We could have 'National Holiday Day'

Around this time of year there's always talk about how we should be getting a holiday to break up the monotony of winter and give workers a well-deserved break.

I work seven days a week and 358 days a year — 359 when it's a leap year such as this one, so it's not me I'm worried about, but most of you. You're welcome.

We need a holiday and we need a good excuse. The United States just had a holiday on Monday they call President's Day. What it is in reality, though, is National Joke Day. It's mostly just a reminder that they haven't told any Bill Clinton jokes in a couple of days.



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On the loose

But, they get a day off to do it, and that's what we need.

We could go the patriotic route like our friends

to the south, but as hard as we try it just doesn't seem to work for us. Somehow, the accomplishments of our forefathers aren't as important to us because they haven't been made into a 'Movie of the Week' or an action series.

I know Louis Riel did something cool, for example, but I have no idea what. I do know that Daniel Boone was a man, yes, a real man. I can't remember the rest of the theme song anymore, but he along with Hawkeye, Wyatt Earp and a bunch of others are the real heroes as far as many of us know.

I think we probably need a holiday that stands

• see I COULD on page 15

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