

I could use a holiday right about now

• from **WE COULD** on page 14
out for its uniqueness. Right now, it's some kind of month, some kind of week, and probably some kind of day. Who can keep track of that stuff? It might be 'National Be Kind To Moose Week' for all I know.

We could go with a snow holiday this time of year, but we already tried that last Friday when everybody panicked, prepared and booked off work for a huge storm that didn't come. It might work as a sort of patriotic type thing, though, to celebrate the snow and have winter carnivals and such. We could call it 'National Snow

Day' except in Vancouver, where they would call it 'National Rain Day'.

I know in the United States they've had votes for holidays, and some states were dumb enough to turn them down. Arizona is well known for voting down Martin Luther King Day at one time.

We could put our holiday to a vote. What if there was a holiday for everyone except government workers and bank employees. That would get the vote of everyone but people employed in those industries. It would pass easily. If you included

teachers among those who don't get the day off, you'd even get the vote of government workers and bank employees.

How about 'National Play Day'? People would go to work, but not actually have to work. They could play games all day. Remember when we were kids and we couldn't go out for recess because it was raining? We'd play games in the classroom such as seven-up. Business could have treasure hunts, play hide-and-seek or pin-the-tail-on-the-boss.

My personal choice would be 'Law Enforcement Day'. And I'm not just

saying that just in case a local police officer reads this column, catches me for speeding some time and lets me off with a warning. Not at all. Besides, I don't speed.

We should give the police a break. The only problem is that we couldn't actually give them the day off because we couldn't quite depend on the honour system for criminals.

Maybe we could just call it 'National Holiday Day'. No reason whatsoever other than to have a holiday.

I think everybody would go for that.

Find exercise you like, stick with it

• from **INACTIVITY** on page 14

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

How long people have to exercise depends on the activity itself.

People who enjoy light exercise, such as walking and gardening, should do 60 minutes of activity, while people who participate in biking, swimming, dancing or water aerobics can cut the time down to 30 minutes a day, four days a week.

But people don't have to do the full amount all at once.

"You don't have to do the whole 30 minutes in one period; you can add up activities for at least 10 minute periods."

Ms Hanna said people can take a 10-minute walk on their coffee break, do 10 minutes of stretching, take their children skating for 10 minutes and dance around the house for another 10 minutes.

"It makes it a more achievable goal. It's not so overwhelming."

The most important thing about exercise is finding one you like and sticking with it.

"When you find things you like to do, you are more likely going to keep doing it, and you will be more likely to get the health benefits from it."



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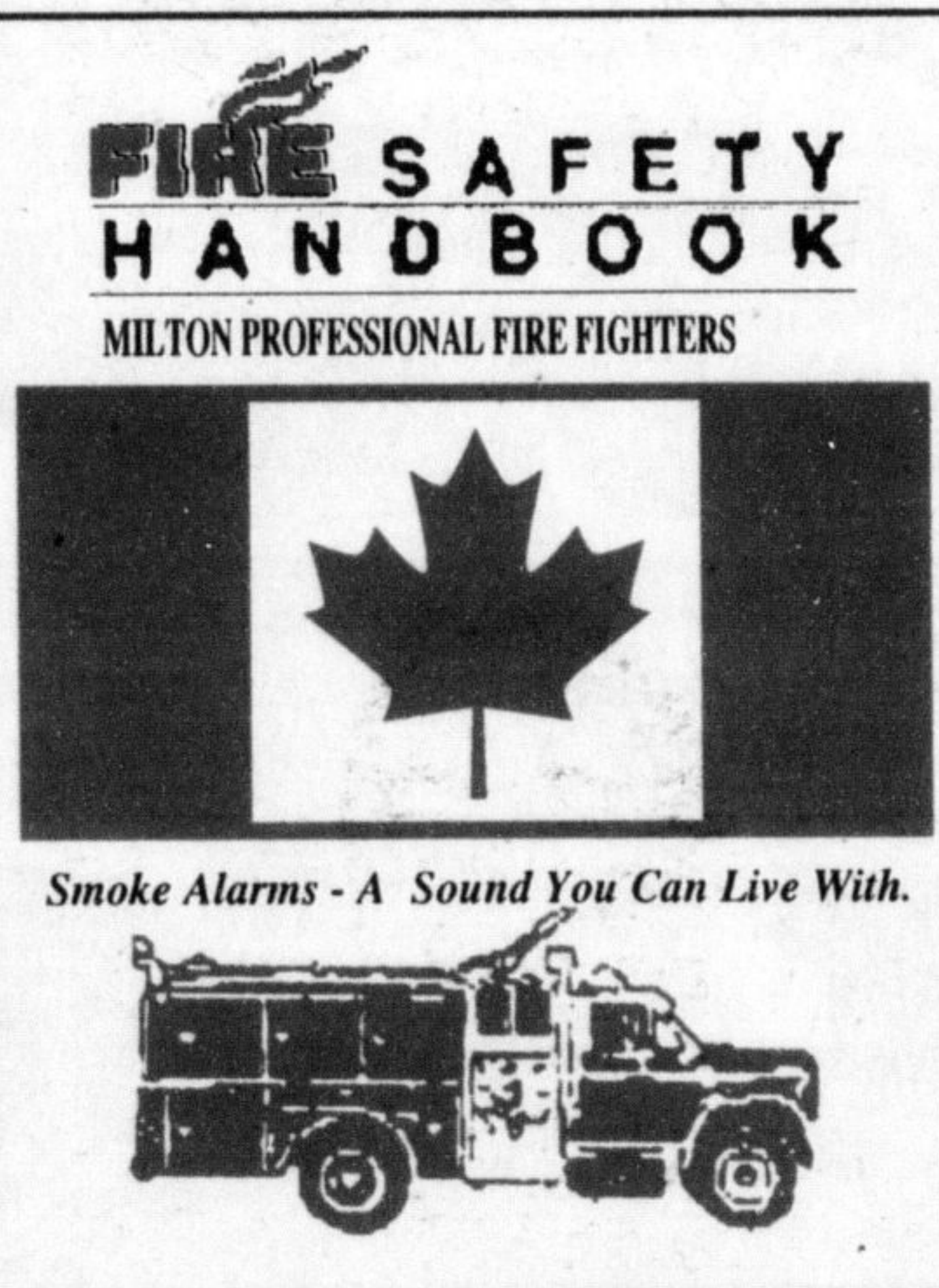
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BEVERLY HILLS

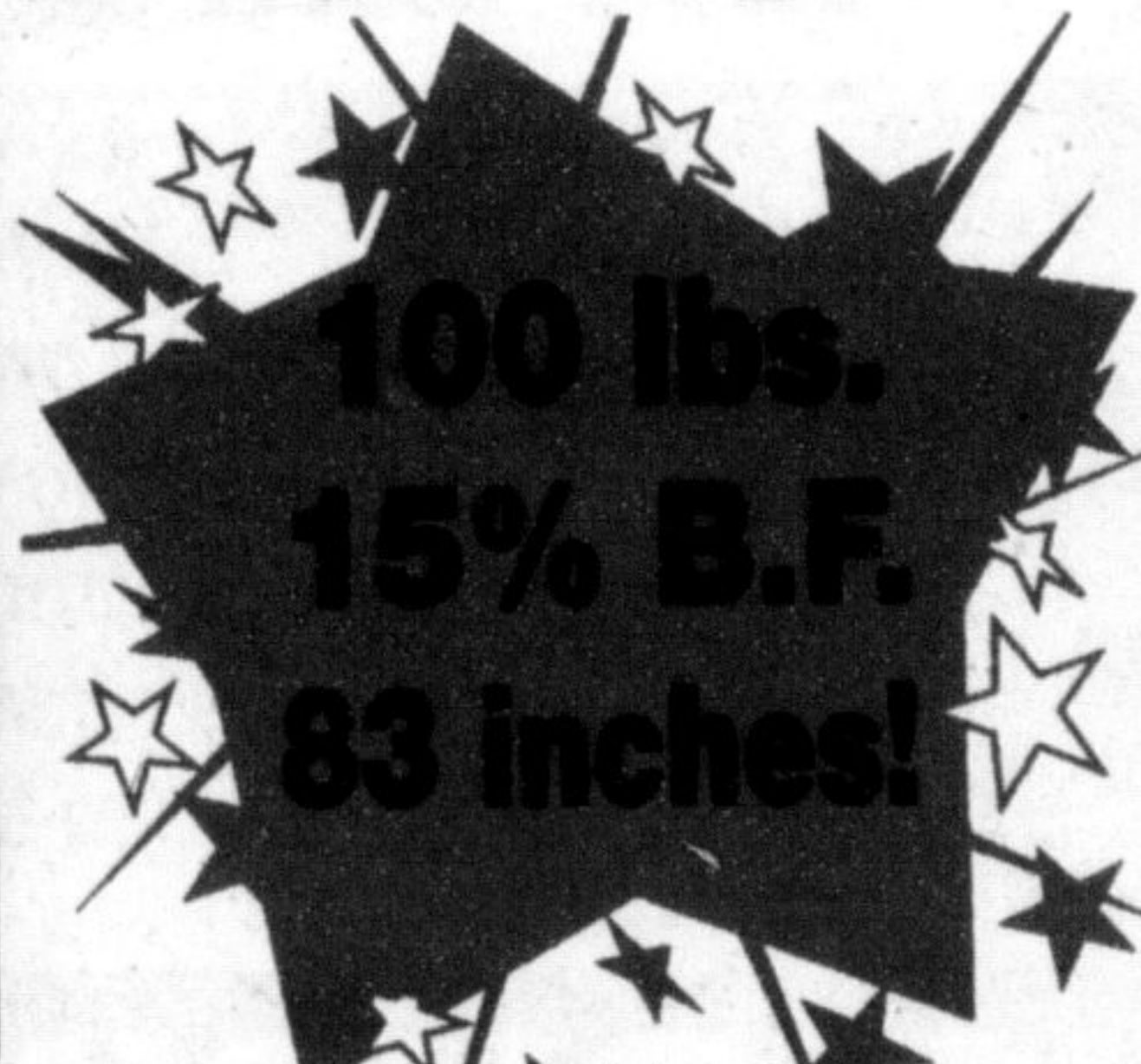
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