

Lifestyles

Aqua Fit a gentler alternative to aerobics

By FANNIE SUNSHINE

The Champion

If you want to stay in shape with a work-out program that's effective, involves the water and isn't strenuous, Aqua Fit might be for you.

"The program is like an aerobics class but done in the water," said Tracy Hasselfeldt, Aqua Fit supervisor at the Milton Leisure Centre.

"It's less stressful than land exercises because it's done in the water. We get a lot of seniors to pregnant women to people with bad knees who come for the program."

The Aqua Fit program is offered five times a week, three to four times a day, she said.

"Our 9 to 10 a.m. classes are quite popular," Ms Hasselfeldt said. "People come in before they go to work or mom's drop off their children and come in. Our night class is also quite popular."

Demand in industry

The Aqua Fit program, which started at the centre approximately six years ago, began because there was a demand for it in the fitness industry, she said.

"We like to keep up with the trends. It became popular in the fitness industry and it just grew. It's not a high-impact program and people love the water."

The Aqua Fit program is included in a membership at the Milton Leisure Centre and members are welcome to join the program at any time, Ms Hasselfeldt said.

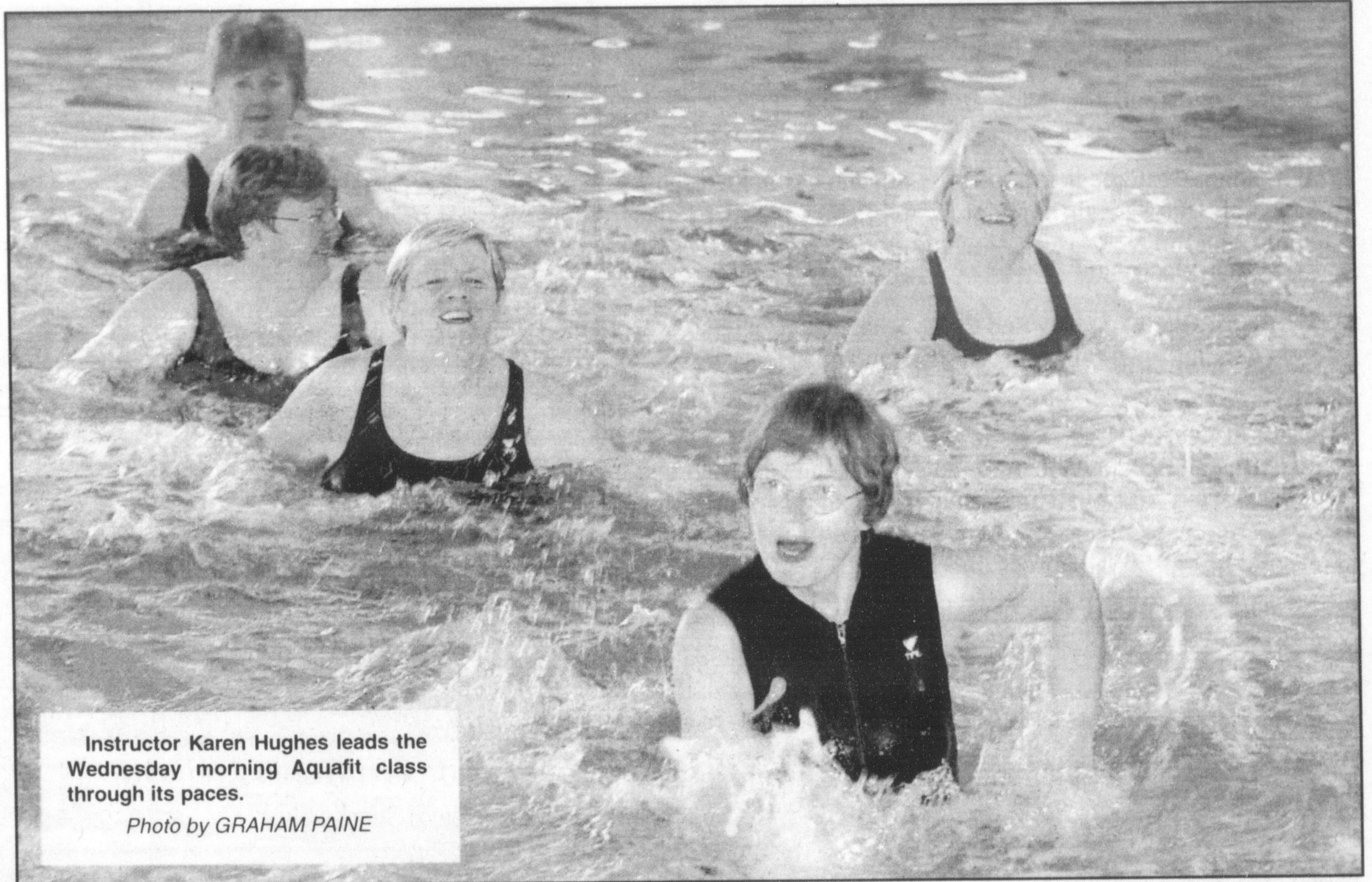
"We get a couple of young men and women, but mostly it's baby boomers and up."

The Gentle Aqua Fit class is also offered at the centre.

"It's for people with arthritis or have a hard time moving," she said.

"We do stretching and range of motion exercises. This program is for those who find the Aqua Fit program too intense and it's offered once a week."

For more information regarding the Aqua Fit programs, call 878-7946.



Instructor Karen Hughes leads the Wednesday morning Aquafit class through its paces.

Photo by GRAHAM PAINE

Let's try to mind our manners, shall we?

My immediate problem was how not to be rude to somebody who was being rude.

I was at a playoff hockey game in Toronto and the arena was going to be packed. I went inside early and deliberately chose a spot beside the aisle so that nobody could stand beside me on the one side. It wasn't long, however, before a man came along and stood in the space between the aisles. When the puck went down to one end, he would ease into the opening so I couldn't see.

I waited longer than I should have, wondering how to best tell him he was an inconsiderate boor. Incidentally, my mother always used that word, boor. Often, she was referring to me, so I have



with MURRAY TOWNSEND

some idea of its meaning.

Anyway, I tapped him lightly on the shoulder and gave him my brightest smile. He turned

around and immediately saw the error of his ways. He was apologetic, too.

That was that, or so I thought. Later in the game, he started doing the exact same thing. I tapped him on the shoulder again and this time my smile was as fake as I could manage. "Oh, I'm sorry," he replied. "Next time, just kick me in the ass."

I laughed and told him that I had been thinking of that very thing. I had, too.

Most of us are products of our parents' manner lessons. Some were obsessive about it. My mother, for example, use to hand me something and before I even had it in my possession, she was

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Setting the record straight about indoor tanning

Some misconceptions may be out there.

Unfortunately there might be some confusion about indoor tanning and ultraviolet light. False information may be circulated by people new to the industry with lack of experience and lack of knowledge in the field of indoor tanning. This is of great concern to me and I would like to try to clear-up the confusion.

Allow me to introduce ourselves, my name is John Phillips and my wife Dawn and I own Sun Haven Tanning Spa here in Milton, where we have enjoyed servicing the people of this community and teaching the benefits of smart indoor tanning for the past four years. We offer a variety of indoor tanning equipment and have had over 6000 clients experience our spa. Also we are members of the International Smart Tan Network.

Recently I have had some clients raise concerns about our equipment and the light energy they emit. Lets start with ultraviolet light. Ultraviolet light is responsible for tanning our skin. UV light is broken down into three categories, defined by their wavelengths. The three types are UVC, UVB and UVA. The sun emits all three, but the ozone layer blocks out the shortest wave-

length, UVC. This is a good thing because UVC is extremely dangerous and harmful. Tanning equipment is manufactured to emit only UVB and UVA. A client would never be exposed to UVC rays not in our spa or any other indoor tanning salon.

UVB and UVA are the two types of rays that are responsible for tanning our skin. UVB (the shorter of the two wavelengths) will start the tanning process more quickly and is also our primary source of vitamin D (which helps in the absorption of calcium; osteoporosis prevention), but UVB overexposure will cause sunburn. UVA (the longest wavelength) tans our skin much slower with less chance of burning and turns our skin a deep brown colour. Knowing the characteristics of UVB and UVA, tanning equipment is carefully manufactured to emit limited doses of UVB, to start the tanning process and higher concentrations of the gentler UVA to tan us to deep golden brown. This is why indoor tanning is a much more consistent way of developing a tan. Outdoor tanners experience higher levels of UVB plus other variables such as time of day, time of year, cloud coverage and wind that can not be controlled.

Now let's look at tanning bulbs. There are two types of tanning bulbs, known as low pressure and high pressure.

Low pressure bulbs are long white tubes (they look just like fluorescent tubes), these are phosphor type bulbs. They come in a variety of wattages (100w, 140w and 160w). Generally "regular" or "power" beds have 100 watt low-pressure bulbs. "Super" or "turbo" beds (as they are often called) have 140w to 160w low pressure bulbs, which simply provides shorter sessions. Stand-up booths also utilize 160w low pressure bulbs and create a comfortable no-sweat environment for tanning. No matter what the wattage of the bulb the tanning technology is the same, the only difference is the length of session. These higher wattage units do cost considerably more money and some salons choose not to offer this more sophisticated equipment, we feel our clients deserve the choice.

High pressure units, also known as facials, use quartz bulbs and sophisticated filters to allow for even more of the gentle UVA wavelength to reach the skin. High pressure units vary from 400 watt to 2000 watt, which enables us to establish a base tan in

fewer sessions with less chance of contacting a sunburn (less UVB). Again this technology is more costly, but the results are worth it.

Another fact I should mention is that all indoor tanning equipment and bulbs sold in North America must meet with FDA and CSA regulations. Responsible salon owners should also maintain their equipment and provide regular bulb changes for consistency.

Again, Dawn and I have greatly enjoyed meeting and servicing our clients over the years and I hope this information will clear-up the confusion anyone may have about indoor tanning and our spa. Please feel free to ask us or our experienced staff any questions you may have about indoor tanning. If we can't answer your questions confidently, we'll find the industry experts who can. So if you have decided to indoor tan please consult a reputable tanning salon and be cautious of any false information that may be circulating.

Thank-you.