



Gymnastics Corner

by Ken St. Amant

Let's get fit!

What is fitness? Fitness is defined as a general state of efficiency and well-being within the body and mind that enables a person to carry out the activities of the day, whatever they may be, while still leaving ample energy to enjoy one's leisure and meet life's unforeseen emergencies.

Facts

Here are some facts about the benefits of fitness. It improves the efficiency of the various body systems. Fitness helps develop a greater resistance to illness and stressful situations. It slows down the aging process. Fitness gives more energy for leisurely pursuits. It is better to choose your activities than to be limited in what you do by lack of fitness. Physical activity is an accepted way of "working out" frustrations instead of taking them out on family and friends. Fitness improves appearance and self-concept; we all know that looks influence social acceptance. Fitness can improve the quality of anyone's life. It really does make you feel "better".

Everyone needs fitness. Some people tend to feel that fitness is for men, but women and adolescents should be concerned about their health too. Children who get into the "fitness habit" are more likely to continue activity later. Adults will find that physical activity not only "ups their health" but is also an enjoyable change from everyday activities. You don't believe it? Just ask 100-kilometre swimmers and joggers.

Where to Begin

A thorough physical examination by your family doctor should be the very first step on the road to fitness. If one is over the age of 30, insist an electrocardiogram be taken at rest and during exercise.

Do not exercise if your doctor has not given his or her approval, if you have a heart condition, if you have uncontrolled diabetes, if you suffer from excessive obesity (35 pounds over-weight) or if you have high blood pressure.

Also, a word of caution should be given to those who suffer from controlled sugar diabetes, kidney disease, anemia, lung disease, arthritis and convulsive diseases.

When planning a program do not set unrealistic goals for yourself. Choose an activity you enjoy. Making it a group activity can remove what might seem like drudgery. Get some interested friends together or select activities that the whole family can participate in. Jogging, swimming, hiking, skating, skiing, cycling are examples of activities that can be fun in a group or by

yourself. Playing sports is also a good way of having fun and unconsciously improving your health.

It is important that you begin your exercise programme in progressive stages. Work up slowly, increase the time and effort spent in activity gradually. Let your heart get accustomed to the new demands and let your muscles adjust to this new activity.

Be sure you warmup preceding your vigorous activity. This reduces stress and gradually adjusts the body to meet heavier demands of exercise safely and efficiently. A warm-up should include activities involving as many body parts as possible in exercises of flexibility, endurance and strength.

Do not forget the warm-down at the end. Slow the exercise down and ease out of the activity.

Choose your own time to work out, but remember to make exercise a habit. Stay with it and do not be discouraged if results are not immediately apparent.

Conclusion

There are many different types of programs possible to enable you to improve your physical fitness. To attain the greatest degree of fitness, a running program is recommended.

There is a lot of information available at the family YMCA or at the public libraries.

Unfortunately, too many people don't give fitness much thought until it's too late.

But it's your life; don't let it waste away.

Gymnastics Calendar

July 12 -- second session of the gym camp will start for both advanced (8:30 a.m.) and beginners (1 p.m.) at Corpus Christi School, Penetanguishene.

Bomberettes keep up winning style

The Beige Bomberettes maintained their lead in the Ladies' Powder Puff Softball League with their fourth straight victory last Thursday, a 13-2 stomping of Blue Flame.

In other league action, the Go-Getters won their first game of the season with a 21-13 decision over Hot Stuff and the Powder Blues hammered Mad Rush 22-8.

Rightfielder Colleen Irvine of Blue Flame nailed a home run but some fine early-game fielding by Bomberettes third baseman Donna Thornton helped her club to an early lead, from which they coasted to the big win.

Go-Getters leftfielder Sue Hamelin and pitcher Cathy Bednarz each belted a homer to help their club to victory.

The Powder Blues got a lift from Jean Goodrow en route to their third win of the season when the rightfielder hammered out a grand slam in the sixth inning. Nancy Leach also connected for a homer for the Powder Blues.

The Bomberettes now

lead the league standings with eight points, followed by the Powder Blues with six, Mad Rush and Blue Flame with three apiece, and Hot Stuff and the Go-Getters, who share

bottom spot with two points each.

Tomorrow night, Blue Flame will take on Hot Stuff, the Bomberettes will meet Mad Rush and the Go-Getters go after the Powder Blues.

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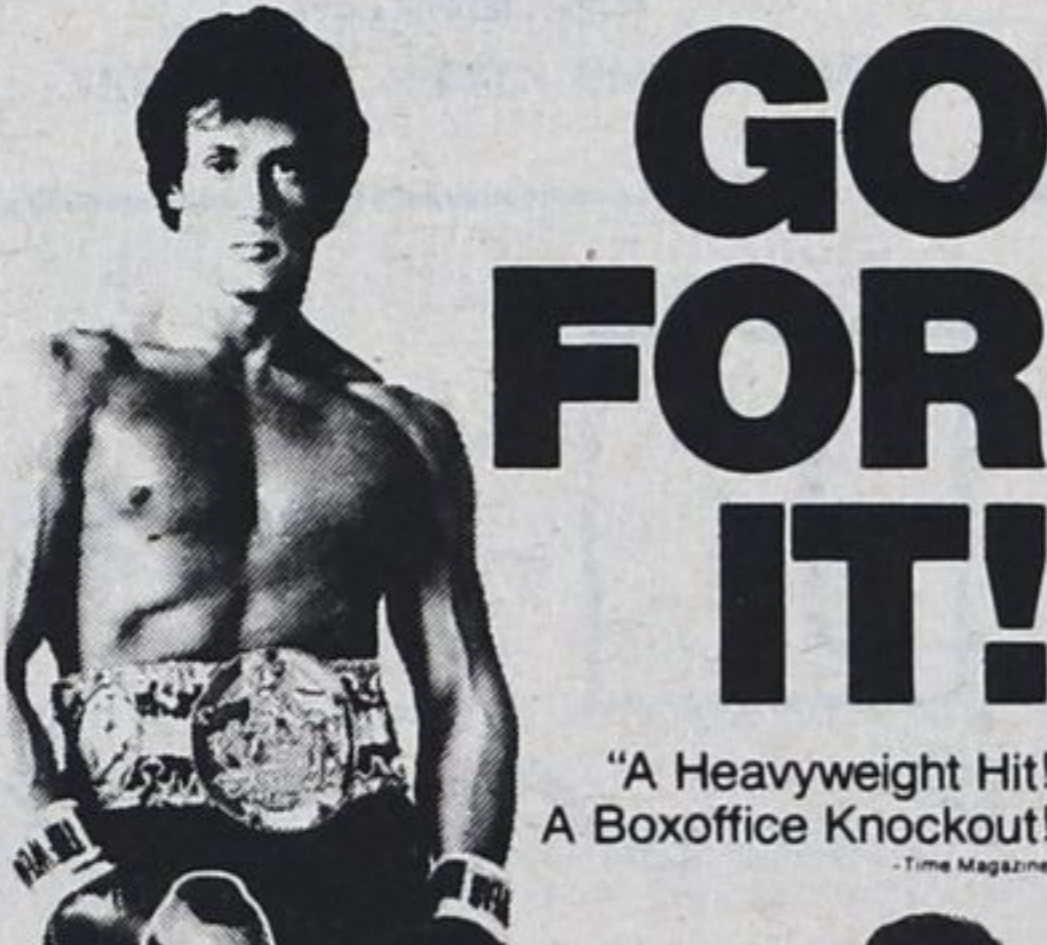


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