



Cycling fashion

Fashions for cycling was a feature of the spring fashion show at Hillcrest Mall. It was a dramatic way of announcing the Variety Club of Ontario will add a course to its fourth annual bike-a-thon April 25; extending into the Region of York. The 20 mile course, to be known as North of Metro, will attract a good many riders who will "ride for a kid who can't." Bike and cycling garb pictured above are designed to provide the best in recreational equipment and comfort for the rider in the balmy days of spring. The Variety Club, founded by show business people in Metro and surrounding areas, has for many years supported training and recreational programs for the physically handicapped, including the residence-school, Variety Village, in Scarborough. The bike-a-thon was introduced to support the many projects of an extension of the program, Tent 28, an outdoor program for handicapped boys and girls who come to Variety Village from all over Ontario, providing year-round programs for recreation and physical rehabilitation.



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Test your fitness-- inside your own home

RICHMOND HILL — accompanying graph. Testing your level of physical fitness can now be done in your own home. It's as simple as stepping up and down to music.

A new home fitness test, promoted by the Canadian Association for Health, Physical Education and Recreation (CAHPER), will be demonstrated at Bayview Secondary School in a program soon to be announced.

The demonstration is being organized by Clifford Nuttall, head of Bayview's physical education department and a local leader of the 4,000-member CAHPER.

The test was developed under the auspices of Recreation Canada, a branch of the department of national health and welfare.

It consists of taking your pulse rate to measure the heart's response to a three-minute interval of stepping up and down to music on any set of household steps. The heart rate is then equated to a fitness level on an

"We wouldn't think of having a person go on a diet without a weight scale to measure his progress," Bailey said, "but for years we have encouraged Canadians to get fit without providing any measuring device to test their progress."

Also included in the kit are a booklet on health and fitness, a weekly guide to physical activity, an illustrated series of home exercises to improve over-all fitness, a wall progress chart for family members, and a distance calculator which allows scientific measurement of how far one should walk or run in 15 minutes to improve one's fitness level.

Dr. Don Bailey, one of the originators of the program, claims this home test will do for fitness what the weight scale has done for dieting.

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Driving course offered

RICHMOND HILL — Teachers of driver education can receive further training here this summer at Don Head Secondary School.

The three-week ministry of education course is open to elementary and secondary school teachers and runs from August 16 to September 3.

The course has 40 hours of actual driving instruction plus 50 hours of lectures on traffic regulations, car safety, construction and special driving conditions.

Successful completion of the course will bring a driver education instructor's certificate to the teachers.

Fee for the course is \$60.

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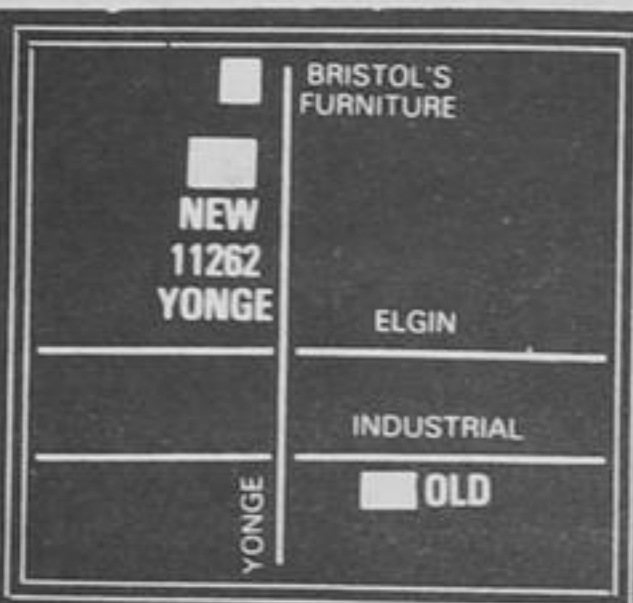
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