

Decreases absenteeism

Fitness at your office; it's a healthy thought

The Thornhill Community Fitness Centre presented a lecture on employee fitness at the complex, at Bayview and John Streets in Thornhill. The lecture was held Friday, September 14, and was open to local employees.

Jim Joy, Employee Fitness Co-ordinator for the Ontario Ministry of Culture and Recreation's 'Fitness Ontario' was the guest speaker, and spoke about the various possibilities open to a company interested in physical fitness for employees.

He outlined several types of programs a company could undertake and explained the success of each.

The simplest is a fitness promotion campaign, which is basically an awareness campaign, including such things as posters, newsletters, films and guest speakers.

All are used to inform the employees of the

value of being physically active.

In most cases, this program will only work if followed by an actual fitness program.

One such program could be a fitness test and consultation to give an indication of the employees' levels of fitness and what can be done about it.

The test would be performed on an individual level for each employee.

This program usually succeeds with those already convinced of starting a program of fitness.

A more successful program would be to offer the above but follow it up with a fitness test six months later to assess the increase in fitness and provide positive reinforcement.

SUBSIDY
Some companies subsidize their employees for membership at a well-established and nearby fitness facility, and

usually the employee is required to complete a certain number of visits before the subsidy becomes effective.

Another possibility is to have the employees fitness tested and retested in combination with an outside program.

An example of this would be fitness classes held at an outside facility.

The best results from this type of program occur when the facility is within 10 minutes of the worksite.

On-site facilities were discussed, but for the small company, these are simply not feasible.

The effects of exercise on productivity are almost impossible to prove, but as Mr. Joy showed, many programs in Toronto and Southern Ontario have resulted in definite decreases in absenteeism.

Fitness Ontario has tremendous resources available to companies contemplating a fitness program.

With the services of fitness agencies, such as the Thornhill Community Fitness Centre and the resources provided by the Province, a company can offer its employees excellent opportunities to attain a desirable fitness level and enjoy a healthy life style.

Companies interested in promoting fitness for their employees can contact Jim Joy at Fitness Ontario or Rick Dominico at the Thornhill Fitness Centre.

Cookie jars on display

Beginning October 1 and continuing until the 13th there will be a display of antique cookie jars in the display cases at Markham Place Mall. The cookie jars are courtesy of Christie's and will demonstrate what was popular at different periods in the well-dressed kitchen.

For the 11, 12 and 13th of October the shoppers at Markham Place will be able to visit the firefighters' booth courtesy of the Markham Fire Department.

The booth will be at the mall to mark Fire Prevention Week, which is October 7 to 14.

An antique fire vehicle will also be on display.

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Ministry ignored carcasses - mayor

Richmond Hill Mayor David Schiller is miffed at the attitude of the Ministry of the Environment for its refusal to dispose of some dead animal carcasses which posed a potential health problem.

At the Region's Health and Social Services Committee last week, Mr. Schiller explained how six horses had perished in a barn fire on September 12.

"On the following Friday, the town got a call saying the carcasses of the horses were rotting where they had died on the property of Country Place Nursing Home. The caller wanted to know why they hadn't been removed," he said.

Town Clerk Dave

Weldon got in touch with the Ministry of the Environment and according to Mayor Schiller, their reply was they were too busy to handle the problem.

"I think that was an obnoxious reaction to a potentially serious health problem. We have since taken care of the situation by other means but I think the ministry should be contacted to make sure this sort of thing doesn't happen in the future," said the mayor.

Dr. Eric Holowaty, associate medical officer of health, told the committee such a case comes under the Dead Animal Disposal Act.

Chairman Margaret Britnell took Mr. Schiller's concerns under advisement and promised the Ministry would be contacted about the matter.

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NOTICE OF FARE CHANGE

**YONGE STREET GO "C" SERVICE
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Effective October 1, 1979**

Fares on GO Bus local services between Richmond Hill and Finch Subway will be revised as follows:

ADULT	50¢
STUDENT	35¢
CHILD 12 & under	25¢
SENIOR CITIZEN	25¢

Fares are exact cash; no tickets available.

Free transfer from GO local service to Markham Transit and to Richmond Hill Transit (except Route 4A, Oak Ridges).

Free transfer from Markham Transit to GO local service buses (except at Finch).

Transfer from Richmond Hill Transit (except from Oak Ridges route) with payment of additional ten cents (10¢).

These fares change the Bayview service from a 2-zone to a single zone system. The change establishes a common fare structure for Markham Transit and GO local services.

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