

PHYSICAL FITNESS

Exercise No. 7



BENT-LEG SIT UP AND TWIST

This exercise involves both front and side abdominal muscles and is an excellent strength developer.

Lie on your back on the floor, knees well bent, feet flat on the floor near your hips. Your feet should be held down by an assistant or placed under a chair or dresser. Your hands should be clasped behind your head.

Quickly sit up, touching your right elbow to your left knee then return to the starting position. Immediately sit up again, this time touching your left elbow to your right knee. Continue in this manner until you have touched each knee three times. Every 3 - 4 days add another repetition to this twisting sit-up until you are handling a total of 20 repetitions. As your ability to do this exercise improves, start reaching well outside each knee with your elbow as you perform the sit-up. Twist as far to each side as possible.

This concludes our series of exercises. There are many more that can be performed that would help you in your personal "Keep Fit" plan. To maintain and improve your present level of physical fitness it is essential that exercises be continued on a regular daily routine.

Exercise and better health go hand in hand. For those who are just beginning a Keep-Fit Programme, use these basic exercises that have appeared in this series. As you advance, get a copy of the exercises used at the weekly Fitness Classes. These are available at the Recreation Office.

And don't forget the weekly Fitness Classes every Thursday from 4:30 - 6:15 at the High School. Bring sweat clothes, towel and running shoes.

CURLING NEWS (Cont'd from Page 5)

bar open Saturday night. Come out and enjoy yourself !!

CHALLENGE DAY PLANNED

March 9th is the day to schedule your 'grudge games'. We plan a full days curling with a social in the evening. This will be open to all members of the Recreation Association. To start things off the Admin. Office has challenged the Engineering Office - 4 rinks from each. It is hoped that other department challenges will made. A draw sheet will be posted at the rink so that to enter all you have to do is reserve the ice time you want. There is no entry fee except for non-members (\$1.00 per game) and no prizes. It is suggested that this be a 'losers buy' deal. How about it Curlers, male or female, shift challenges, trades challenges, department challenges, grudge matches - LINE 'EM UP NOW !!

LIONEL OLSON NOBLE GRAND OF ODDFELLOWS LODGE

At a meeting of members of the Oddfellows Lodge held on February 12th, Mr. Lionel Olson was elected Noble Grand for the balance of the term. Mr. Olson succeeds Ralph Miller who has left the district.

The next meeting will be held in the Schreiber Oddfellows Hall on Thursday, February 26th when nominations for a Vice Grand will be an order of business. All members are urged to attend.

SHROVE TUESDAY PANCAKES

(Heinz Schmeidchen, Chef-Terrace Bay Motor Hotel).

- 2 Cups Sifted Flour
- 1 Cup Milk
- 1/4 teaspoon salt
- 1 Cup Beer
- 2 eggs - beaten
- Jam
- Confectioners' Sugar

Sift flour and salt into a bowl. Combine beaten eggs, milk and beer and (Cont'd Page 11)

Clearance !!

RIFLES	Reg.	SPECIAL
410 BOLT ACTION REPEATER (Clip Mag.)	\$33.35	\$28.50
SINGLE SHOT 410 COOEY ...	29.49	\$20.00
22 BOLT ACTION REPEATER..	25.95	\$20.00
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30-30-WINCHESTER	94.95	\$75.00
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S K I S	12.95	9.95
S K I S	14.95	11.45
S K I S	18.95	14.45
S K I S	4.95	3.90
HOCKEY GAMES	9.95	7.50
HOCKEY GAMES	8.95	6.75

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