

Eat to compete - with Nutra Sweet

In the past decade and a half, Canadians have embraced the health and fitness movement like never before. Aerobic dance has become the fun and fitness sport of the '80s while racquet sports, snow skiing, and Nautilus weight training continue to soar in popularity.

The nutritional requirements for leading an active lifestyle can be met by the nutrients found in any balanced diet. Carbohydrates are the best fuel source for endurance and should comprise 55-60 per cent of the total calories in your diet. There are two types of carbohydrates:

simple and complex. Simple carbohydrates are the sugars in candy and desserts and include foods like honey and syrups. Complex carbohydrates are in cereal, breads, pasta, potatoes, fruits and vegetables.

Unlike most simple carbohydrates, complex carbohydrates are also natural sources of essential vitamins, minerals and fiber. Many foods and beverages sweetened with NutraSweet are excellent low calorie sources of complex carbohydrates and calcium. Examples are: Alba '77 Fit 'n Frosty, D-ZERTA Brand Reduced

Calorie Pudding and Carnation Lite Hot Chocolate Mix.

Protein sources, like eggs, meat, fish, poultry and dairy products, are essential components of a balanced diet, but are not a major source of energy in exercise. For this reason, proteins should comprise only 10-12 per cent of your total calories.

Fats, such as those found in butter, oils and whole milk dairy products should provide no more than 30-35 per cent of total caloric intake. Vitamins and minerals, although necessary for proper functioning of your

metabolism, do not provide energy. Female athletes should be particularly careful to consume adequate calcium, vitamin D and iron. Calcium and vitamin D in combination with exercise may prevent the bone loss of osteoporosis that commonly affects women later in life.

Fluid intake is of prime importance to all athletes - especially for joggers or tennis players who may perspire for hours while playing in the sun. As a general rule, the body needs approximately one cup of replacement fluid for every 15 to 30 minutes

of aerobic exercise. Consuming extra liquids before working out in the hot outdoors allows for increased perspiration, which will in turn reduce your body temperature.

It is a myth that consuming sugar before a workout will boost your energy level. The truth is, too much sugar may actually decrease athletic performance by 25 per cent because it inhibits the burning of body fat as an energy source. Studies have shown that sugar is utilized quickly as fuel when exercising, eventually causing a drop in blood sugar and placing greater

demands on muscle glycogen stores. This may, in fact, reduce endurance during short or prolonged exercise.

There are many beverages available on the market that are sweetened with NutraSweet, instead of sugar. Drink water, juice or sugar-free drinks sweetened with NutraSweet before and after a workout. Beverages

sweetened with NutraSweet offer good taste as well as caloric savings.



Help your Heart Fund
Help your Heart

THANK YOU

A little town enfolds you at a time of grief, and Terrace Bay along with our good neighbours of Schreiber and Rosspport took care of our every need. Thank you everyone.

Gertrude Cotton and family

THANK YOU

The families of the late Gordon McParland wish to extend their sincere thanks to everyone for their kindness during his long illness and in the loss of our loving husband, Grandpa, father and brother. We offer our special thanks for long term care to Doctors Hargan, Kotalik, Wyant, Dowhos, Adey, Lau, K. Wilkes and to the Cancer Clinic Staff, Amethyst House, McCausland Hospital Staff. To Nancy Wilson, Barb Lalonde and Bev Lafoley - We shall never be able to thank our "Home Care" enough. You brought Joy and anticipated his needs. Our appreciation to King Funeral Services for dignity and respect shown. We thank our parish priest, Father Peter Groulx and Father Bernard Campbell for the beautiful service and homily. Thanks also to the lector, altar attendants and the Senior Choir. We thank our nephews who were active pallbearers and also to the honorary pallbearers. To those that came to the house to offer condolences, sent flowers, Mass Cards, food, telegrams and phone calls, monetary donations and Memorial Contributions, we offer our grateful thanks. To those friends that donated food for the luncheon following the services and to Norah, Theresa and Gloria for arranging the lovely lunch - Thank you. Also, thanks to those who supplied rides to the services, to the Spadoni family for the use of a car and babysitting. Thanks to my niece Tina for looking after the grandchildren. We are grateful for kindnesses shown and we shall remember you.

Phyllis McParland and families

A day in the life of Canada

Photo by Andrew Stawicki

What were you doing on June 8, 1984? As long as you were somewhere in Canada on this day, you might very well find yourself immortalized in the Day in the Life of Canada exhibition. A Day in the Life of Canada is the exciting and eclectic collection of photographs which first appeared in a book by the same name published by Collins Publishers. Now, American Express Canada, Inc. has created and sponsored a major exhibition of these arresting images which will tour 11 cities across Canada over the next three years.

Ontarians will have three opportunities to view the show because the national tour both starts and finishes in our province. The exhibition is being launched this summer in Toronto at the Arts and Crafts Building at the Canadian



Mary Martin's hair is brushed by her grandmother. Traditionally, three generations of a Mennonite family live in the same house.

National Exhibition where it is on display from August 14 to September 2, 1985 (entry is free with the price of admission to the CNE). From Toronto it moves to Ottawa's National Museum of Man, where it can be seen from September 26 to January 19, 1986. The

show then finishes its nation-wide travel in 1987 at the Art Gallery of Windsor from December 10, 1987 to January 31, 1988.

What is A Day in the Life of Canada? On June 8, 1984, 100 of the world's foremost photojournalists -

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PARTICIPATION

Painter ...

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art and lifestyle and requests for appearances, speaking engagements and gallery exhibits.

Her appearance in Terrace Bay is taking place during a week-long study of moose in the area, research for future paintings.

Her highly detailed style, often referred to as "Romantic Realism", tends to expose the purity of subject and her deep love of Nature's simplistic beauty.

The compositions are from nature in form and earthy in colour. Owls, mushrooms, mammals, birds and other wild elements of nature are her favourite subjects.

The exhibition in Terrace Bay, is just that, an exhibition. It is not an art sale, and everyone is invited to come out and enjoy these fine works from

one of Canada's top painters, Christine Marshall.



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STAG AND DOE

In Honour Of
**James Wellington
and
Shauna Spencer**

Saturday August 24th
Terrace Bay Legion
9 p.m. - 1 a.m.
\$5.00 per person

doors close at 10 p.m.

**Basil McDonald
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of Thunder Bay presents

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Schreiber.

Organ lesson for all ages.

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824-3224

FITNESS NOW • AND HOW

How not to get fit

Once and for all we'd like to clear up a few misconceptions about fitness. None of the following approaches represents a sensible way to get fit:

1. The "drive yourself til you drop" approach.
2. The "more it hurts the more it works" approach.
3. The "make up in an hour for what it took you ten years to lose" approach.

The plain fact is that exercise does not have to hurt before it is doing you some good. Real gains start long before you reach the pain barrier.

If you want to get fit, you have to get active. Do it...but don't overdo it. This is the sensible approach to fitness. And it works.

Can you get fit without struggle, without strain, without pain?
AND HOW!

The Canadian movement
for personal fitness.

