



LIFESTYLE TIPS

Active Living is for Everybody



This article is provided by the Canadian Fitness and Lifestyle Research Institute in collaboration with ParticipACTION.

Active living has something for everyone. Children and young people with a mental handicap, in particular, stand to benefit from a healthy, active lifestyle.

While there is no "prescribed" set of activities for them, research supported by the Canadian Fitness and Lifestyle Research Institute shows that children with a mental handicap prefer activities that require little equipment and no special facilities. They also tend to favour activities that can be done individually or in small groups. Walking, swimming, bicycling, jogging, and ice skating are especially popular.

Parents, neighbours, caregivers, and friends of individuals with a mental handicap can introduce them informally to a variety of physical activities. A simple course of action will make the experience more rewarding. Project LIFE (Leisure Is For Everyone) offers the following suggestions:

- Do not underestimate the person's abilities or interests.
- Break down directions into simple steps that can be learned in order.
- Repeat directions as required; demonstrate whenever possible.
- Offer specific suggestions for improvement.
- Give positive feedback—praise when it is deserved!
- Be patient. Modify and adapt activities whenever necessary.
- Respect their dignity at all times.

There is also a place for formal group activities, and most communities have a variety of programs from which to choose. They range from segregated to totally integrated, with an increasing trend to integration.

Although Dr. Jane Watkinson (University of Alberta) supports the trend, she recommends that we proceed cautiously with integration in physical activity programs. As a specialist in the area of physical activity for children and youth with a mental handicap, Dr. Watkinson has sensible advice for parents facing this challenge. She suggests the following approach:

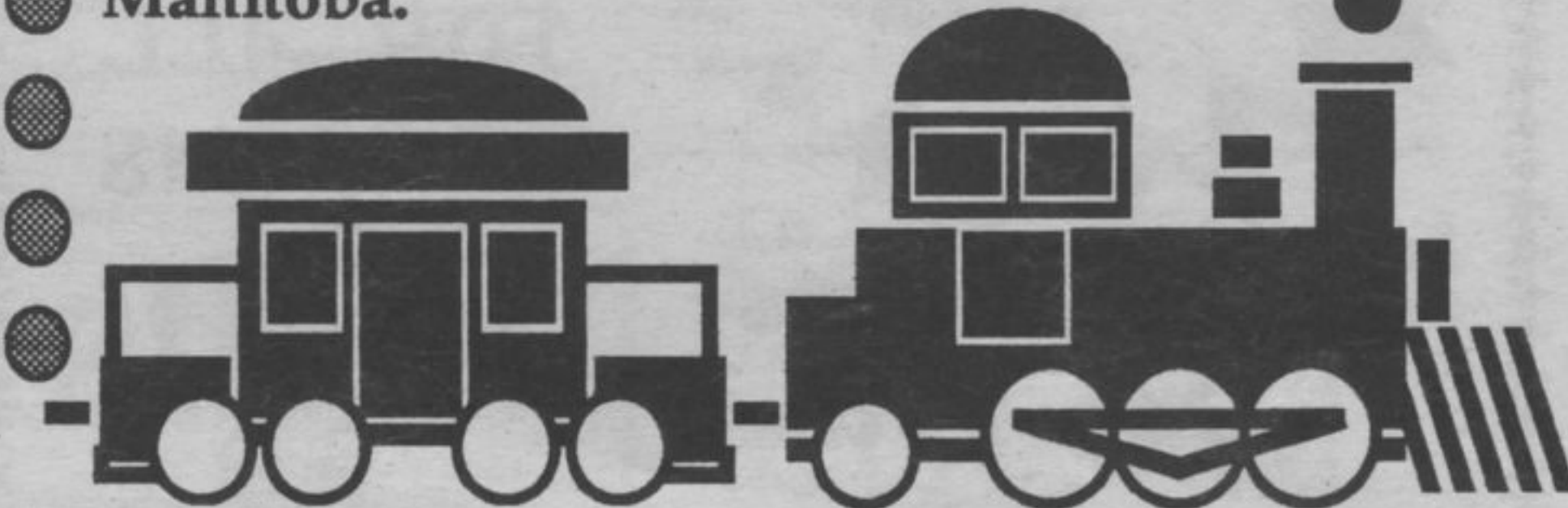
Go for performance. A major goal of integration should be to improve motor performance and active participation. Increasing social participation, social acceptance, and self-esteem will be natural (and important) parts of the process.

Be selective. Choose programs that encourage the full, active involvement of all participants.

Look for appropriate programs in your community. If they don't seem to be available, it could be that they're not widely advertised. If opportunity really is lacking, voice your concerns to recreation officials and representatives on your local school board.



IT'S A DUNCAN - Jennifer BOY (nee Paju) and Bruce are delighted to announce the arrival of **BRUCE JAKE**, born Sept 2, 1992, weighing 7lbs 5oz at Rockyview Hospital, Calgary, Alta. Proud Grandparents are Stewart and Ferne Duncan of Calgary, and Oiva and Velta Paju of Red Rock. Jake is also welcomed by his great grandparents Merle and George Archibald of Cartwright, Manitoba and Mary and Lorne Duncan of Brandon, Manitoba.

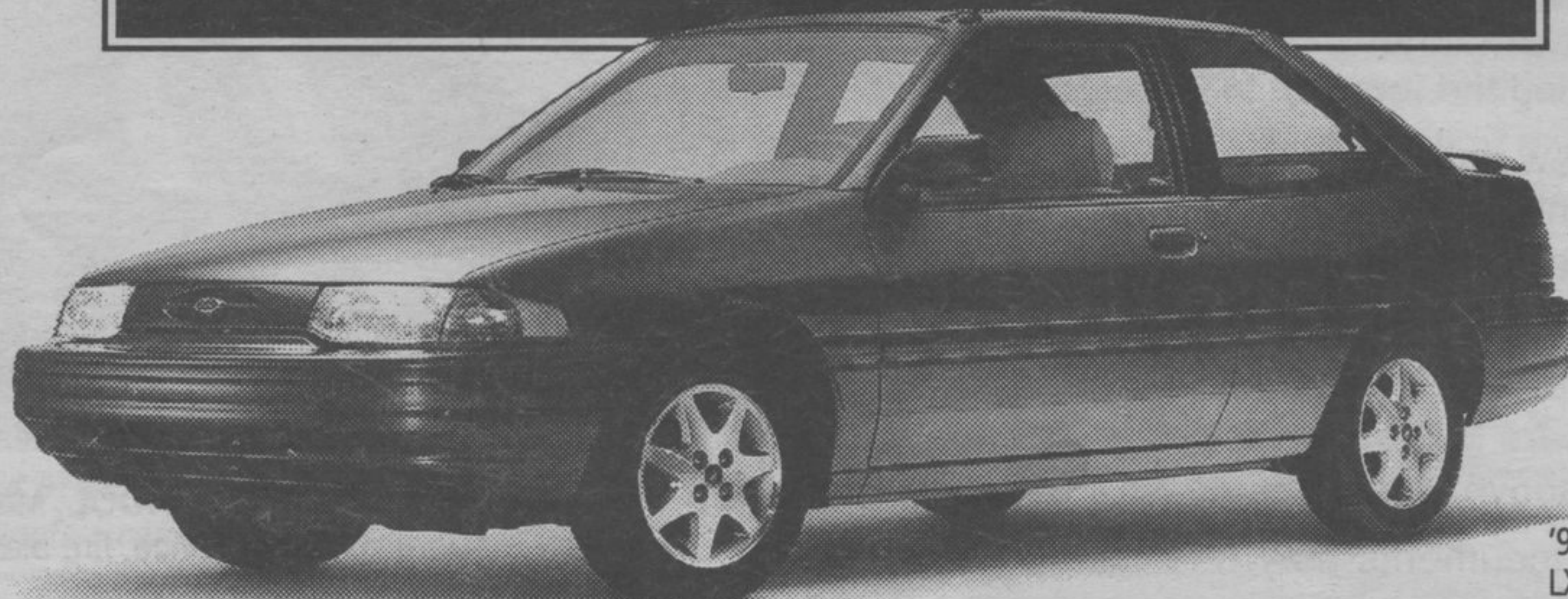


USE LOCAL NEWSPAPERS TO REACH YOUR LOCAL MARKET

THE NEW 1993 ESCORT

Get More Flash

\$11,228*

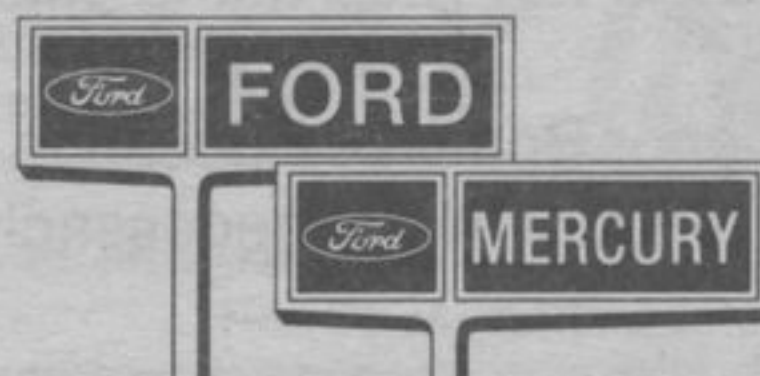


'93 ESCORT LX SPORT WITH AIR

For Less Cash.

DELUXE SPORTS PACKAGE
 REAR SPOILER
 7-SPOKE ALUMINUM WHEELS
 GT STEERING WHEEL
 TACHOMETER
 LUXURY CLOTH SEAT TRIM

INCLUDES THESE FEATURES
 AIR CONDITIONING • 1.9L SEFI ENGINE • POWER BRAKES • 5-SPEED MANUAL TRANSMISSION
 • ELECTRONIC AM/FM STEREO • SPLIT FOLD REAR SEAT • TINTED GLASS • RACK AND PINION STEERING • REAR WINDOW DEFROSTER • FRONT AND REAR STABILIZER BARS
PRICED THOUSANDS\$ LESS THAN COMPARABLY-EQUIPPED HONDA CIVIC HATCHBACK!



THE RIGHT PLACE

YOUR ONTARIO FORD AND MERCURY DEALERS

*MSRP with cashback applied for 1993 Escort LX 3-door Sport Model with Preferred Equipment Package 016A with air conditioning and Sport Appearance Group Code #434. +Comparison based on latest available MSRP information. Cashback and financing offers may not be combined. Excludes freight, license and applicable taxes. Limited time offers available on 1993 model retail purchases from dealer inventory. May require dealer order. Dealer may sell for less. See dealer for details. Ontario FMDA P.O. Box 2000, Oakville, Ontario L6J 5E4