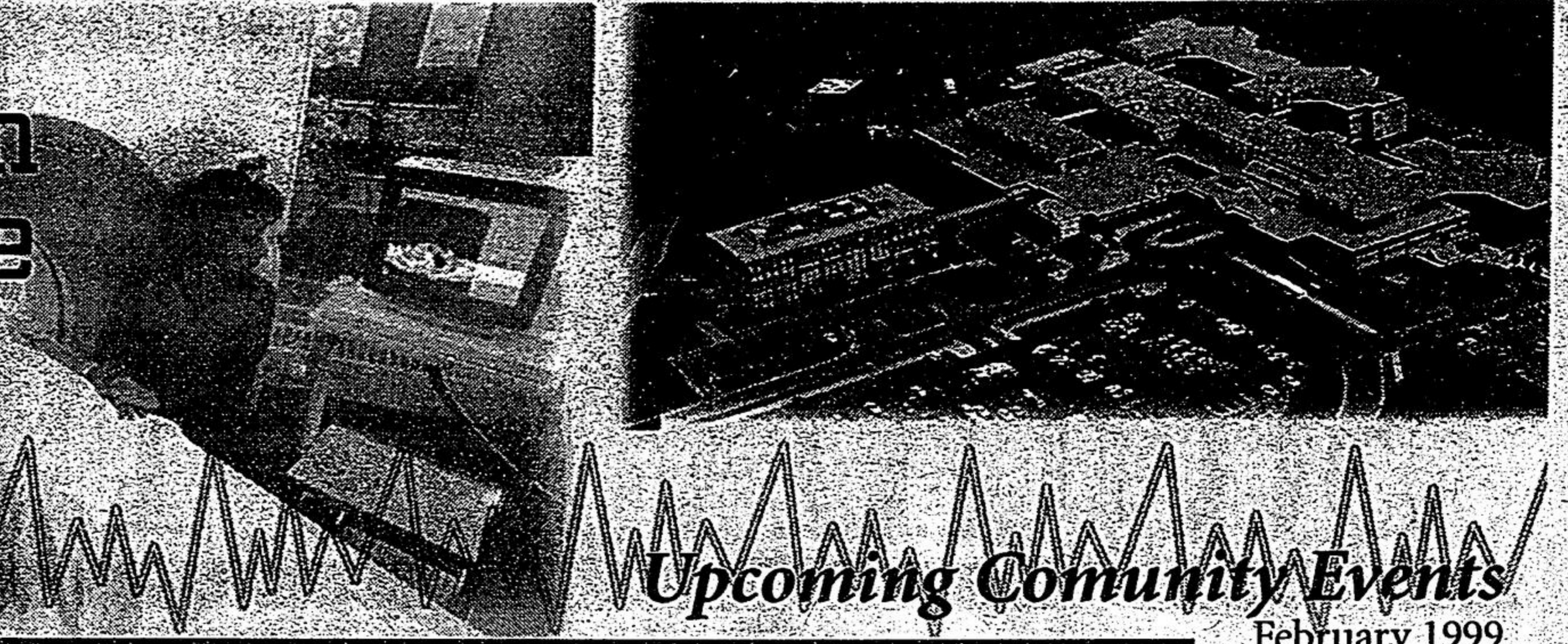


# Markham Stouffville Hospital



## Upcoming Community Events

February 1999

### 1999 LEGACY 5km RUN / WALK

#### Getting Started

by Refton Blair

The basic rule when starting a running program is that you must walk before you run. A second important rule is learning that consistency and moderation are key.

When we decide that running is the means toward our fitness goal, we must follow those basic rules in order to see results.

Running puts stress on the bones and joints in the lower body (legs and back).

Therefore, we must teach our legs to adapt to the pounding. Running consistently — about three times each week — is the best way to teach the body this lesson.

For the new runner, these runs must be done with equal amounts of walking/breaks to running time. Therefore, the new runner must start by running two to four minutes and walking for the same period of time. Less running is best for the formerly sedentary runner.

New runners must ensure that they don't do too much too soon. In other words, be patient. If you notice any prolonged pain in muscles or joints, stop the activity and seek medical attention.

The best way to avoid this situation is to have the proper running shoes.



Running is an easy sport — all you need is a good pair of running shoes.

With improper footwear, you will be torturing your muscles and joints with excessive, unnecessary pounding.

Finding correct footwear involves taking the time to visit a store where staff checks your biomechanics and foot shape. This ensures the features of the shoe matches your natural gait mechanics and the shape of your feet.

You should spend at least 30 minutes in the store so you can try the shoes on and staff can check for a proper fit.

Running shoes in hand, you can now progress with the program. Keep in mind you will have to keep track of your runs in a running log. The need for a running log is to ensure you have a diary of your distances, your times and your feelings during and after your runs.

You'll find that the log can be used as a motivational tool — it will tell you what some of your better runs were like and why you enjoyed them.

Now that you have started running, make sure that it does not take over your life. Running should be a lifestyle improvement. This is accomplished by ensuring that you schedule your runs much the same way you would schedule visits to the doctor or do something extremely important to you.



You should fit running time into spare time and try not to alter too many other things which are important.

If you go about trying to do the latter you are likely to lose motivation easily. Running will not survive conflicts with work or family responsibilities. Take the time to plan your running times in advance. Try to follow a routine. (Female runners must be careful of routine so their movements cannot be easily followed.) Running is an easy sport, but one must make sure that it is undertaken with a lot of respect. You must understand how your body will react and you must listen to how it feels. You must take all necessary precautions to ensure it is a healthy activity. This is the best means of keeping the activity as a lifestyle and not as work. Good luck.

#### Training

by Glen Crosby

Running — it's not my favourite sport, but as I gracefully age, I see my belt buckle less and less.

For years, I have talked about getting into shape and, to date, I have done precious little.

Now, the challenge has been extended — get into shape and help raise money for Markham Stouffville Hospital.

So this year, I am going to be a runner.

I have been associated with Markham Stouffville Hospital since it was a cornfield. I was the board chair from 1991 to 1994. Last year, I was on the organizing committee for the Legacy Run/Walk — one of the foundation's major fundraising events.

Last year was the first annual Legacy event. It attracted more than 670 runners and walkers and raised more than \$60,000 for the hospital.

This year, the event will be held on Sunday, April 25 and now is the time to start your training preparation.

I too, have started. My doctor, Dr. Jim MacLean, has given me a physical and Markham Stouffville Hospital staff have tested me for stress and evaluated my cardiovascular performance.

Dr. MacLean's diagnosis: Watch what you eat, get some exercise and loose your belly — great bedside manner!

My friend, Refton Blair from the Running Room, has created a program for me including walking and running at various distances and at various times. Though the snow has not been fun, I have been quite dedicated to the program and will report regularly to you about my progress.

As well, Refton and I will outline specific ways that you can prepare and train for the upcoming event.

Over the next few weeks, we will also tell you about the preparations and activities on race day.

The Legacy Run/Walk is a wonderful family event. Make the commitment now to join us on the last Sunday in April. It's going to be quite a day.

See you on the streets.

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Dr. Stephen McLaren, Chief of Family Practice

Dr. Avidis Boudakian, Urologist

Dr. Mark Berber, Psychiatrist

Tuesday, February 16<sup>th</sup>, 1999 .. 7 pm - 8 pm

Markham Stouffville Auditorium

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COMMUNITY EVENT SERIES 1999

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Family Services presents

## Pushing the Panic Button: Keys to Managing Your Child's Mental Health

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Daniela Tiger, Social Worker



Monday February 22, 1999

7 p.m. - 8 p.m.

Markham Stouffville Hospital,

Auditorium

Admission and Parking FREE

Child and Adolescent Family Services

FOR MORE INFORMATION CONTACT: Pam Brodie (905) 472-7032