

INPUT



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INTRAMURALS ARE THE HOOK!

In these days of social contracts, transition years, the common curriculum and education in hot debate, teachers, students and parents are faced with many challenges. The resulting stress can have far-reaching effects. What better time than this to get involved in intramural activities! Creating a sense of community spirit is an important goal that all schools reach for. What better time than this to get involved with CIRA Ontario! CIRA Ontario has a wealth of ideas for intramurals and student leadership and is a great resource for me.

As a CIRA Ontario Regional Advisor I make it my business to promote intramurals in my region and more directly, in my school. As I experience various levels of the education system, I see a great need for more emphasis on intramurals. There is a place for competition and quality skill development both within the school curriculum as well as in extra-curricular activities. But are we serving the majority of students with this type of activity? I propose that a school's intramural program can and should be the mainstay of its extracurricular activities. All students, regardless of skill ability can be encouraged to participate with the emphasis on fun. A successful intramural program would offer activities suited to both the athletically skilled and those students who don't normally participate. Student leadership in the organization of intramurals gets more people involved at another level. Schools with highly competitive interschool teams are well recognized and spend a great deal of time to develop these skills in their players. But how many students are involved? What percentage of the school population is being served? Is the time of the teachers/coaches as well spent? Is our goal not to develop a healthy approach to life in *all* our students? Are the majority of students turned off by the level of skill and competition required to be on an interschool team?

These questions are aimed at teachers and coaches who may have not examined their philosophy of teaching in awhile. While I am not promoting the abolition of interschool sports, I am questioning the emphasis, time and effort spent on them compared to intramurals. Which approach will serve to further your teaching goals? Are we letting students slip through the cracks because they have a negative attitude toward physical activity? We can design our programs to suit the majority of students and once we hook them, then we can focus on raising the level of skills. Intramurals are the hook!! There are lots of great intramural programs in our schools. If you're looking for ideas, all you have to do is ask. Help is as close as your nearest school and the CIRA Ontario office. Attending a CIRA Ontario workshop or conference provides you with a plethora of ideas. If you share my concerns about Intramurals and Interschool sports, I'd love to hear from you. Please write to the CIRA Ontario office at the address below.

Submitted by Pat Andrews, Regional Advisor (Region 9)

Send your comments to: CIRA Ontario, Mohawk College c/o Campus Recreation
P.O. Box 2034, Hamilton, ON L8N 3T2



CAUTION: CHILDREN NOT AT PLAY.

Once, children spent their time running and playing. Today they're more likely to be found in front of the TV. Encourage children to be more active. Fighting heart disease may be as simple as child's play. To learn more, contact your nearest Heart and Stroke Foundation.



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Congratulations... BARB PRYSNUKI



On Friday, October 22nd, 1993 at the Annual Athletic Hall of Fame induction ceremony held at the Hamilton Convention Centre, nine standout athletes and long-time supporters of McMaster athletics were honoured. Among these athletes was a CIRA supporter, Barb Prysruk. The following write-up was printed about Barb in the Fall 1993 issue of the McMaster Times:



Barbara (Woodley) Prysruk '75 (Athlete) If it was a sport involving a racquet, chances are Barbara Woodley played it. During her four years at

McMaster, she was a member of the tennis team each year, spent two seasons on the squash team and another two years playing varsity badminton. She was also a member of the Women's Athletic Council. In 1975 she received her "M" certificate and was honored with the Edna Guest Trophy.

CIRA ONTARIO

presents

in conjunction with the 1994
Post-Secondary Student's Conference

**"Innovation in Recreation...
Games Without Frontiers"**

T-Shirt Contest & Silent Auction

*Proceeds from the Auction will be put
towards a Student Scholarship Fund*

Contest Details

1. All entries are to be handed in upon registration in London.
2. T-shirts are to be labeled with institutions name and contact name.
3. Institutions may enter as many t-shirts as they wish.
4. T-shirts will be judged on design appeal and promotional effectiveness.
5. T-shirts will *not* be returned but will be donated to the t-shirt auction.
6. Highest bidders will be awarded the respective t-shirts.

For more info contact the CIRA Ontario office at (905) 575-2083.

AWARDS FOR CIRA ONTARIO

The following awards will be presented at CIRA Ontario's 25th Anniversary Director's Conference held at Geneva Park in Orillia on April 8th to April 10th, 1994.

Honourary Award

Criteria:

- 1) person is not a professional in CIRA ONTARIO.
- 2) person has networked with CIRA ONTARIO for 3 or more years.
- 3) individual has shown perseverance by making a positive contribution to CIRA ONTARIO.
- 4) individual should possess a strong belief in intramurals-recreation and shows it through his/her actions.

Honour Award

Criteria:

- 1) person must be a professional member of CIRA ONTARIO for 4 years or more.
- 2) individual must have been involved in CIRA ONTARIO in two of the following roles:
 - i) participated as a conference committee member either at a provincial or national level
 - ii) participated as a CIRA ONTARIO executive member
 - iii) acted as a regional advisor for a minimum of 2 years
 - iv) been actively involved in the development of student leadership by conducting workshops, or creating resources, or submitting articles to the newsletter.

CIRA Ontario is proud to announce two NEW Awards

Intramural Achievement Award

Criteria:

- 1) the person must be a professional member of CIRA ONTARIO.
- 2) the person possesses a creative, enthusiastic attitude towards intramurals.
- 3) the candidate demonstrates a keen interest and commitment to intramurals and/or student leadership through their program.
- 4) individual has made a definite contribution to CIRA ONTARIO through his/her networking and idea sharing.

Rookie Award

Criteria:

- 1) the individual has recently become a member of CIRA ONTARIO.
- 2) the person demonstrates a strong commitment to intramurals through their beliefs and actions in their community.
- 3) the candidate is high energy and enthusiastic.
- 4) the person shows interest in becoming an active member of CIRA ONTARIO in one of the following roles:
 - i) conference committee member
 - ii) executive member
 - iii) regional advisor
 - iv) student leader trainer

Voting Procedure:

CIRA ONTARIO executive will accept nominations from the general membership. The executive will vote to determine the candidate.

CALL FOR NOMINATIONS

CIRA ONTARIO Executive Positions

In accordance with the by-laws (section 30a) governing CIRA Ontario, a call for nominations is in order. The position of Vice President - Student Leadership, Vice President - Resource Development, Vice President - Membership Services, and Vice President - Publicity will become vacant at the 1994 CIRA Ontario Annual General Meeting. The process for nominations will be as follows:

1. Nominations will be accepted up and to the date of **Monday, January 17th, 1994 until 5:00 p.m.** The nomination must bear the signature of three (3) voting members other than the nominee and the written consent of the nominee to act if elected and must be accompanied by a typewritten statement of the nominee's qualifications occupying not more than one side of paper 8.5 x 11. A recent photograph of the nominee must accompany the nomination.
2. A slate of nominees will be mailed to each member by February 20, 1994.
3. The ballot must be completed and returned to the nomination chairperson, Christine Forbes by March 18th by 5:00 p.m.
4. All nominations must be members in good standing.
5. Positions will be held for two years.

If you require any information about these positions please contact Christine Forbes at 519-882-2080. To acquire a nomination form, please call the CIRA Ontario office at 905-575-2083.

IT'S AVAILABLE NOW!

The Canadian Intramural Recreation Association (CIRA) is pleased to offer you:
THE POST SECONDARY STUDENT LEADERSHIP GUIDE!

Student Leadership has helped thousands of students across Canada:

- to play a more active role in campus/recreation and programs;
- to learn valuable skills that will be useful later in life; and
- to build self-confidence.

CIRA's Student Leadership Development Program (SLDP) is specifically designed to:

- help students learn how to plan, organize and operate their own intramural programs with increasing autonomy;
- empower students to have a positive impact on the campus' atmosphere; and
- give students the knowledge and know-how which will enable them to develop organizational and interpersonal skills.

Post Secondary Guide

The Post Secondary Student Leadership Guide focuses on the practical learning of various skills by students at the post secondary level. The modules are intended to develop skills, facilitate group process, and relate learning to all aspects of life and intramural/campus recreation jobs.

Leadership Skills

The Post Secondary Guide includes six modules on specific leadership skills:

- Leadership
- Team Building
- Communication
- Time Management
- Stress Management
- Promotion

Theory and Practice

Each module includes an overview and the following section:

- *Purpose:* describes the goals of the modules.
- *Theory:* contains theoretical information that can be duplicated for hand-outs to student leaders or used for presentations and/or discussion topics.
- *Activities:* provides exercises and activities that demonstrate various aspects of the leadership skill. The activities are fun and are effective learning tools.
- *Resources:* provides references and relevant information and relevant resource lists.

How to Use the Program

Program materials can be used in:

- orientation sessions;
- large group meetings and leadership development workshops, seminars, conferences and curriculum courses;
- small task-group or committee meetings; and
- individual work on leadership skills or intramural tasks.

The modules can stand on their own, be used sporadically throughout a term, or combined with other learning situations. Part or all of a module's theory may be used in a one hour meeting, a two-hour seminar, as part of a one-day workshop, orientation session, retreat, etc. Other materials and exercises can be added at anytime.

You decide how you want to use it, for how long, in what setting and when. It's really up to you!

For more information, please contact Louise Meredith, at the CIRA National Office, (613)748-5639 or contact the CIRA Ontario office, (905)575-2083.

Ten Commandments of Human Relations

- 1) *Speak to people.* There is nothing as nice as a cheerful word of greeting.
- 2) *Smile at people.* It takes 72 muscles to frown, only 14 to smile.
- 3) *Call people by name.* The sweetest music to anyone's ear is the sound of their own name.
- 4) *Be friendly and helpful.* If you would have friends, be friendly.
- 5) *Be cordial.* Speak and act as if everything you do is a genuine pleasure.
- 6) *Be genuinely interested in people.* You can like almost anybody, if you try.
- 7) *Be generous with praise.* Be cautious with criticism.
- 8) *Be considerate of the feelings of others.* It will be appreciated.
- 9) *Be thoughtful of the opinions of others.* There are usually three sides to a controversy: yours, the other fellow's, and the right one.
- 10) *Be alert to give service.* What counts most in life is what we do for others. Add to this a good sense of humor and a dash of humility.

1995 Post-Secondary Students' Conference

CALL FOR BIDS!

CIRA ONTARIO is looking for a college, university and/or combination to host the 1995 Post-Secondary Students' Conference. If you would like to bid to be the host institution please contact the CIRA Ontario office at 905-575-2083. The 1995 Conference host(s) will be announced at this year's University of Western Ontario Post- Secondary Conference from February 4th-6th, 1994. **Be sure to get your bid in as soon as possible!**

Intramural Extravaganza

TEAM BUILDING CHALLENGES!

"Achieving success is like climbing a mountain. You can stand off from afar, and glimpse the summit. But if you are wise, you will quickly turn away from any such contemplation and start organizing yourself, and get on the way."

Percy Cerutti
College Track Coach

The following challenges can be used with your student leadership groups, at workshops, conferences, physical education classes and part of your Intramural program.

The following activities were taken from the book "Team Building Through Physical Challenges" (Donald R. Glover/ Daniel W. Midura.

Alphabet Balance Beam

The alphabet balance beam, one of our favourite tasks, requires group members to help each other as they alphabetize themselves while remaining on top of a high balance beam. The students cannot touch the floor or supporting legs of the balance beam during this challenge.

Description

Group members try to rearrange themselves alphabetically. They begin by sitting in random order on the beam. Give group members numbers to help them remember the starting order. Before the students read their instructions (the challenge card), the teacher first specifies

1. whether the students will be alphabetized right to left or left to right and
2. the name to be used for the alphabetical order, such as proper name, middle name, last name, mother's first name, father's first name, etc.

Success Criteria

The challenge is mastered when all group members are standing on top of the balance beam in assigned alphabetical order.

Equipment

You'll need a high balance beam, 8 to 10 tumbling mats, and one or two crash pads if they are available to you. Cover

the entire working area with tumbling mats.

Setup

Choose a space away from walls or other equipment. Place two unfolded mats on the floor, end to end, and set the balance beam on the mats. Place one or two tumbling mats between the beam's support legs to cover any leg extensions touching the floor. Use more mats to cover the outside of the beam's legs. Place mats or crash pads behind where the group will stand on the beam. Make sure the working area is safe.

As students begin, they need to discuss which names (first, middle, last, etc.) they will use in the task. You may need to help some students spell some names. The students need to communicate how they need help and how they can help someone.

Rules and Sacrifices

1. All group members must remain on the beam during the task.
2. If any person touches a mat, the floor, or the legs of the beam, the entire group must get off the beam and start over.
3. If anyone calls another by last name or uses a put-down, the entire group starts over.

Conclusion of the Task

When the task is complete, the group is standing on the beam in the correct order. But standing up on the beam may be harder than alphabetizing. Students will need to plan how to stand and how to support each other. Don't be surprised to see a group make errors at this stage.

Then, when the entire group is standing, have the group recite the names used to achieve the alphabetical order. Have group members recheck their alphabetized names before they stand.

Additions and Variations

You may need to experiment to find the height at which the beam should be set so that students can not touch the mats with their feet while sitting on the balance beam. Also, when assigning order, see that the group members are not already seated alphabetically. Vary the direction of order often so that students can't anticipate. If a group has to change only a few places to achieve success, the task becomes less challenging and less fun.

River Crossing

"Successful teams are proud of their accomplishments. They recognize that these accomplishments are not a matter of luck but the direct result of hard work. The responsible teammate does not blame others or make excuses when things go wrong or when the team fails to reach its goal."

Anonymous

River Crossing is a physical challenge that requires a group to cross over a designated space. In this task the group travels across a "river" (half the length of a gymnasium or basketball court) using two scooters, two deck tennis rings, and a long jump rope.

Description

All group members must get from the clearly marked beginning shore or land area across the river to the opposite shore. They must use the designated equipment when attempting to cross the river and cannot touch the river with any part of their bodies. All floor space between the shores is considered river.

Success Criteria

The task is mastered when all group members have successfully crossed the river without touching it. All designated equipment must cross the river as well.

Equipment

You'll need two sitting scooters, two deck tennis rings, and one long jump rope. (A 14 to 16 foot sash cord jump rope is recommended.) Starting and finishing lines are also necessary; they can be taped lines or the end boundary and midcourt lines of a basketball court. The space to be used should be free from obstacles or structural hazards.

Setup

The starting and finishing lines should be clearly marked, and the equipment

should be laying at the starting line. Set one deck tennis ring on each scooter, and fold the jump rope and lay it across the two scooters. Although this challenge can be done in half a gymnasium space, a wide working area is helpful, such as half the width of a basketball court as well as half the length.

Team members travel across the river using the scooters. The rope can be used to pull someone on a scooter, and the deck tennis rings can be used to help propel the scooters or can be tied to the rope to create a better pulling device. Usually students will try to give their teammates a push start on the scooters to get them part way across the river.

Safety note: Group members must be careful not to push a teammate on a scooter so hard that he or she falls forward.

Rules and Sacrifices

1. The river is all area between the designated lines.
2. If any part of a person's body touches the river (floor), that person and another who has successfully crossed the river must be sacrificed, and those two must start over.
3. The first person across the river cannot be sacrificed. Your group will be able to keep one person across the river for the remainder of the challenge.
4. If a person touches the river while trying to rescue equipment, a sacrifice is required.
5. A sacrifice is required if last names or put-downs are used.
6. Although the first teammate successfully across the river cannot be sacrificed, that person is not allowed to touch the river. If that happens, one who later crosses successfully must be sacrificed in place of the first person.

Conclusion of the Task

When the task is solved, all group members are across the river at the ending line, and all equipment designated for this task also has been brought to the ending line.

Additions and Variations

If the width of the river is greater than 35 to 40 feet, you may wish to use two long ropes or one long rope and one short rope. If the width is less than 35 feet, two long ropes make the task too easy. Make sure the combined length of ropes is less than the width of the river. To

make the challenge more difficult, add obstacles in the river. These obstacles could create path diversions, or they could require sacrifices if touched. You could also require group members to carry an object such as a stuffed animal with them. Or require the group to return safely across the river to the starting line.

A group may sometimes want to use the deck tennis rings as skates. If you do not want them to use the rings in this manner, specify that in the list of rules.

Other possible challenges:

The Rock

Equipment

One tumbling mat and one 13-inch tire.

Starting Position

Group members stand on the tumbling mat next to the rock.

Our Challenge

The task is completed when all group members are balanced on the rock (off the floor) for a slow count of "one-and-two-and-three-and-four-and-five."

Rules and Sacrifices

1. All group members must be off the floor.
2. Group members do not have to be touching the rock.
3. Stepping off the rock and touching the floor for even an instant means the group must start over with no one on the rock.

4. When the group is ready, get the teacher's attention to witness the attempted solution.
5. Students should not call each other by last names or use put-downs.

The Snake

Equipment

One tug-of-war rope.

Starting Position


All group members begin in the center of their assigned working space with the rope neatly curled.

Our Challenge

The group makes eight specific shapes (letters, numbers, words, etc.) using the tug-of-war rope. When the shape is made, group members must use their bodies to cover the entire rope. Shapes are either assigned by the teacher or created by the group.

Rules and Sacrifices

1. Shapes must be made by using the rope as a guide.
2. All group members must be on the rope.
3. The rope must be completely covered by group members.
4. The group must have each shape approved by the teacher before creating the next shape.
5. No one should call other people by their last names or use put-downs.




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- ideal for every child
- designed to improve fitness
- a self-esteem builder
- safe and easy to teach with minimal equipment

Program includes manual, task cards, individual passports and stickers to chart progress, individual completion certificates and leader crests. A Sportability "start-up" package includes everything you need to start a program for 30 children and is available for \$28.50 (plus GST and postage/hand ling). All program materials can be ordered separately.



For more information, or to order program materials, please call the OPEHA office at (416) 495-4314

Muscle Soreness

The following article is information for professionals from the Canadian Fitness and Lifestyle Research Institute, Reference No. 93-12.

Sometimes your muscles ache during the last minutes of strenuous exercise, and sometimes they don't hurt right away but you sure know you have them a day or two later! Why?

Different types of exercise cause different types of pain. In reviewing articles by Dr. Priscilla M. Clarkson, a well-known expert on the subject, the Canadian Fitness and Lifestyle Research Institute distinguished two types of muscle soreness. One type is referred to as *temporary soreness*, the other as *delayed-onset muscle soreness*.

Two Types of Soreness

During the last stages of strenuous exercise, like cross-country skiing, people may feel moderate pain, which is likely caused by the accumulation of metabolic waste such as lactic acid in the muscles. The strength lost at that time is restored in the next several hours. This is referred to as *temporary soreness*.

By contrast, *delayed on-set muscle soreness* is a discomfort that develops after exercise, usually within 24 to 48 hours. This type of soreness is not related to fatigue; rather, it is described as a dull, aching pain combined with tenderness and stiffness. It is typically a result of eccentric actions.

In eccentric actions, muscles are lengthened as they produce force. They require less energy but experience greater injury than muscles that contract in other ways. Researchers think that during eccentric actions, fewer muscle fibers are recruited to produce large forces, which creates a greater tension on a given area, making those muscle strands more vulnerable to damage. This explains why running downhill, which exaggerates eccentric contractions, leads to greater soreness than running uphill.

Microscopic Events

What happens during those 24 or 48 hours before full-blown soreness? Researchers are still looking for answers, but here's what they think for now:

- Repair doesn't start immediately after eccentric exercise. In fact, damage progresses further in the postexercise period.
- Following exercise, calcium ions accumulate inside the muscle and degrade Z-lines, which hold bundles of muscle fibers together. Ions accumulate to such a level that they cause a decrease in ATP (cell energy), eventually leading to the breakdown and subsequent rebuilding of parts of muscle cells.
- The sensation of pain is transmitted by nerve endings that carry dull, diffuse pain and respond to chemicals like bradykinin and histamine. In downhill running, prostaglandins are the culprits; these are synthesized by monocytes which peak in number 48 hours after exercise.
- The delay in onset of soreness may be explained by the time required for the cells to die and for the chemical substances to accumulate.

Muscles Adapt

With physical conditioning, less damage occurs. As little as one bout of exercise can reduce the amount of damage that occurs in the next session. Creatine kinase (CK), which is released in the blood when muscle damage occurs, helps to detect damage. Researchers observe the following patterns:

- There is a substantial reduction in the serum CK between a first bout of high-force eccentric exercise and a second bout performed one week later.
- When the second bout occurs three or six weeks following the first bout, serum CK activity and muscle soreness are also significantly reduced.
- When a third bout is added, no differences are observed in CK

release between bouts two and three, but subjects experience less soreness with each new bout and recover their strength more rapidly after the second and the third bouts than after the first one.

- This adaptation is also produced when the first bout involves less stressful exercise. Some adaptation even occurs before the muscle is fully restored.

How do muscles adapt? Dr. Clarkson thinks that muscle fibers become more resilient following the initial damage. Thus, after a second bout of exercise, there is less damage, the muscle can repair itself more quickly, and the final stage in the damage-partial cell breakdown and CK release is not reached. Also, muscle fibers "learn" to spread the impact of exercise a little more to avoid severe injuries.

For More Info....

For a full account of the processes underlying muscle damage, consult the following review articles:

- Ebbeling, C.B. and Clarkson, P.M. "Exercise-Induced Muscle Damage and Adaptation" *Sports Medicine*, Vol. 7, pp. 207-234, 1989.
- Clarkson, P.M. et al. "Muscle Function After Exercise-Induced Muscle Damage and Rapid Adaptation" *Medicine and Science in Sports and Exercise*, Vol. 24, No. 5, pp.512-520, 1992.

Pamper those Muscles

You can use simple strategies to prevent and treat muscle soreness:

- Take it easy at first. Let your muscles adapt slowly and gradually before increasing the intensity of your activity.
- Exercise regularly to maintain the adaptation effects and prevent injury.
- Tune in to your body: sore muscles need rest to be able to recover.

Information from the Canadian Fitness and Lifestyle Research Institute. Reference No. 93-12.

Active Living...Spread the Word!

Spread the following facts with fellow employees.

Active living can help you enjoy life more. It goes beyond exercise and fitness and means making physical activity a part of your every day life. The purpose of the following fact sheet is to help you understand what active living is and to provide simple ways to make it a part of your daily lifestyle.

Active living includes jogging, hockey, golf and fitness classes but it also includes taking the stairs instead of the elevator; walking to the corner store and leaving the car at home; calling your friends for a "pick up" game of baseball; doing some gardening; flying a kite or playing frisbee on the beach with your children or grandchildren. Above all, active living can be fun!

What's In It For You?

There are a lot of great reasons for having an active lifestyle.

Physical activity:

- Helps to relieve mental and physical stress
- Helps you to control body weight
- Lowers your risk of heart disease, cancer and other diseases
- Increases your energy level
- Helps you to sleep better
- Improves your flexibility and balance
- Helps you to feel better about yourself

Getting Started

There are some general rules to follow before you become more active:

- Discuss with your doctor your plans to become more physically active, especially if you have any medical problems.
- Plan for at least five minutes a day to start and work upwards to 30 minutes or more.
- Begin slowly—exercising too vigorously can cause injuries.
- Allow a minimum of six weeks of regular activity to build up your endurance.
- There is no need to compete with someone who has more athletic ability.
- Choose a physical activity that matches your interest, age and ability.
- Have fun! Having fun will encourage you to remain active.

The Best Time to be Active

- Any time except immediately after meals. It's best to wait 60 minutes, especially after eating a large meal.

- Try to establish a regular routine. If walking is your activity of choice and it's convenient to walk after work or in the early evening, then do it! After 3 or 4 weeks it could become a regular part of your lifestyle.
- Avoid exercising *outside* on hot, humid days, extremely cold days or when sidewalks or roads are icy.
- Don't feel guilty if you have an interruption to your daily routine, such as vacation or an illness. Return to your physical activity slowly when this happens.

Aerobic Activities

Aerobic exercise is the best form of physical activity. It's an activity that gets you breathing a little faster and makes your heart pump a little harder.

Walking, swimming, running, cycling, rowing, hockey, skating, cross-country skiing, skipping, fitness classes are some examples of aerobic exercise that will strengthen your heart and lungs.

Use the following FITTNESS Formula to help you with an activity program.

Frequency—Three times per week every other day is recommended to start and to maintain a fitness program.

Intensity—How hard you exercise is important. It's okay to huff and puff a little but still be able to carry on a conversation. Slow down your activity if you find it difficult to talk. When this happens it means you are working too hard.

Time—How long should you exercise? You benefit the most by working up slowly to 15 minutes or more of non-stop aerobic exercise per session. Include time for gentle stretching during the warm up portion of your activity and at the end of your activity. This will take some weeks to achieve, probably six, depending on how active a person you have been, and how active you are at the present time.

Type—What types of activities you participate in can vary depending on your age, interests and ability. Think about including more than one activity. This will add variety to your lifestyle and chances are, you will be more successful remaining active.

Avoid

- Any exercise that hurts; movements should be gentle and comfortable
- Exercises that hurt your back ie/ exercises which overarch the back
- Rapid turning of your head and neck

- Exercises with NO relaxation phase
- Over-exertion

Fitness Fashion

We all like to look good, but this is one time where comfort is more important. During warm months, loose, light-weight clothing is all you need, e.g. shorts, T-shirts and comfortable runners fit the bill (in hot weather it's wise to be active in early morning or late in the day).

In the winter months, choose the layered look! Layered, lightweight clothing is preferable to one heavy layer. You lose less body heat and your body adjusts more easily to changes in temperature. You can always take off a layer when in full stride.

Choose polyester for your inner layer(s). It draws perspiration away from the skin and keeps you dry. Wool is great for a middle layer: pile and fleece are good wool substitutes. Pile weighs half as much as wool and provides the same amount of warmth. Synthetic materials such as polyester, nylon and cottons are ideal for outer layers. These materials breathe, are light-weight and protect you from wind, rain and cold. A toque will keep your head warm on cold days. A lot of your body heat can be lost during cold weather if you neglect to cover your throat area and your head. Equally important is to wear gloves or mittens to keep fingers warm. Last, but not least, socks made from wool/nylon blend are best for your feet.

You may not need to spend extra dollars for comfortable clothing. Think carefully about what you already own, and chances are, you already have most of what you need.

Shoes

Good footwear is a must. Shoes should have:

- Enough room to wiggle your toes.
- Soles and uppers should bend to allow normal walking motion and be made of thick flexible material to absorb shock. Foam-cushioned insoles help prevent blisters.
- Heels should not slide. Arch supports in the shoes keep the feet properly positioned.
- Upper part of footwear should be made of materials such as leather or nylon mesh to allow air to reach the feet for good circulation.

For more information about active living and other healthy lifestyle behaviours contact the Lambton Health Unit, Healthy Lifestyles Unit at (519) 383-8331.

TWELVE DAYS OF WELLNESS

On the first day of wellness,
my true love gave to me.....

**A PLACE BENEATH A
SHADY TREE**

On the second day of wellness,
my true love gave to me.....

TWO LOW FAT DINNERS

On the third day of wellness,
my true love gave to me.....

THREE BIG HUGS - NOT DRUGS

On the fourth day of wellness,
my true love gave to me.....

FOUR DIFFERENT FOOD GROUPS

On the fifth day of wellness,
my true love gave to me.....

FIVE AEROBIC CLASSES

On the sixth day of wellness,
my true love gave to me.....

SIX DAYS OF PLAYING

On the seventh day of wellness,
my true love gave to me.....

SEVEN KINDS OF FRUIT

On the eighth day of wellness,
my true love gave to me.....

EIGHT HOURS OF SLEEPING

On the ninth day of wellness,
my true love gave to me.....

NINE FRIENDS FOR TALKING

On the tenth day of wellness,
my true love gave to me.....

TEN MUSICIANS FOR LISTENING

On the eleventh day of wellness,
my true love gave to me.....

ELEVEN JOKES FOR LAUGHING

On the twelfth day of wellness,
my true love gave to me.....

TWELVE DAYS - NO SMOKING

INPUT is a quarterly publication produced
by the Canadian Intramural Recreation
Association of Ontario (CIRA Ontario).

Ideas, activities and articles are needed for
future *INPUT* issues. If you have any ideas,
suggestions, special events, etc., (no matter
how crazy they may seem!) please send
them to the CIRA Ontario office at
P.O. Box 2034, Hamilton, Ontario. L8N 3T2

Edited by Sharon Scime
Design and layout by Lesley Scime

Celebrate the

25th

Annual

CIRA ONTARIO

Directors' Conference

*"HI HO SILVER! Experience it
Again for the First Time!!"*

*Guest Speaker: Bob Boucher
25 Years of Intramural Spectrum"*

April 8, 9, 10, 1994

Friday Night, Saturday & Sunday

Geneva Park, Orillia

*For more information contact:
Michelle Harkness or Sharon Scime
at (905) 575-2083*



1994 CIRA ONTARIO
Post-Secondary Students'
Conference

**"Innovation in Recreation...
Games Without Frontiers"**

University of Western Ontario
February 4th-6th, 1994

Recent Developments

Canada's FitWeek (May 27-June 4th, 1994)

CIRA and CAHPER are jointly managing the school based projects, MOGA Madness for secondary schools and Do it Daily...For Life! for elementary schools, as part of Canada's Fitweek. Anna Mees is the Project Coordinator and can be reached at (613) 748-5639 or (613) 748-5622.

Canadian Active Living Challenge

The "Challenge" is another initiative that is being jointly managed by CIRA and CAHPER. Enclosed you will find a brochure that explains the Challenge in greater detail, complete with an order form for the program materials. Carl Clements is the Program Manager and can be reached at (613) 748-5897 or 1-800-663-8708.

Vitality Planner

The 1994 Vitality Planner is here! To help Canadians adopt healthy eating, active living and a positive self and body image, this practical calendar complete with tips, illustrations and ideas were developed by Fitness Canada and the Health Promotion Directorate. For an order form, contact the CIRA National office at (613) 748-5639.

**BEST WISHES FOR A
HEALTHY AND HAPPY
HOLIDAY SEASON
FROM YOUR
CIRA ONTARIO EXECUTIVE**