

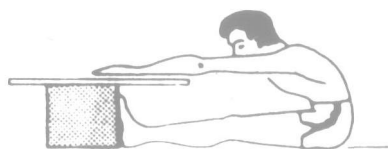
How to stretch away those years

When you find once-easy movements getting difficult and start searching for longer shoelaces, it's a sure sign your flexibility is fading and age is catching up to you. And you don't have to be old in years to have this happen.

Good performance in flexibility tests is a reliable indication that the joints of the body are properly limber and the muscles elastic and free from tightness and tension. A lack of flexibility, however, reveals diminishing capacities which are associated with aging. As we grow older, flexibility becomes reduced.

You don't have to grow old, though, to become inflexible. Sedentary living can do it much faster. Little-used muscles lose their elasticity and soon even simple everyday activities become more difficult. And as you become less flexible, you become more prone to injury, tension and fatigue.

Because suppleness and ease of movement are associated with youthfulness, keeping your body flexible is an excellent way to keep yourself



young. After all, it's your physical age that counts, not your age in years!

The Seated Forward Reach

Sit on the floor with your legs straight, feet resting against a box 12" - 16" high. Lay a yardstick across the box with exactly the first 12 inches extending towards you from the front edge of the box.

Keeping your knees rigidly straight, slowly reach forward as far as you can. Note where your fingertips stop on the yardstick, measuring to the closest half-inch. Make three attempts and, using your best performance, check the appropriate chart below to see how you rate.

If your score is between two of the figures on the chart, rate yourself in the lower category. As for your "physical age", if your rating is "Fair" then you're acting your age. For each category above the "Fair" level, you can deduct five years. For each category below "Fair", though, you must add five years.

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MEN					RATING	LADIES				
18-29	30-39	40-49	50-59	60-69		18-29	30-39	40-49	50-59	60-69
20"	19"	18 1/2"	17"	14"	EXCELLENT	21"	20 1/2"	20"	19 1/2"	19"
17"	16 1/2"	16"	15"	12"	VERY GOOD	19"	18"	17 1/2"	17"	16 1/2"
15"	14 1/2"	14"	12"	9 1/2"	GOOD	16 1/2"	16"	15 1/2"	14 1/2"	14"
10 1/2"	9 1/2"	9"	7 1/2"	5"	FAIR	12"	11 1/2"	11"	10"	9 1/2"
8"	7 1/2"	7"	5"	2"	LOW	10"	9"	8 1/2"	7 1/2"	7"
less than 8"	less than 7 1/2"	less than 7"	less than 5"	less than 2"	VERY LOW	less than 10"	less than 9"	less than 8 1/2"	less than 7 1/2"	less than 7"

Jets Otto know there's no safety in numbers

By ROCKY GRIMMER
Times staff writer

Malton Otto Construction proved to Toronto Jets last Thursday that there's no safety in numbers.

Malton edged league leaders Toronto Jets 1-0 in National Soccer League junior B play at Eglinton Flats. The win moved Malton to the top of the Piccininni Conference with 14 points from 11 games, one point ahead of

NSL

the Jets.

It's the first time this season Malton has occupied the top spot. And the team did it against the odds.

Malton, fielding only eight players, staved off one attack after another from the Jets and secured two points.

"We were trying to get the tie," said Malton coach Renato Carneletto. "We would have been happy with a point, but the guys really put out that extra effort."

For Carneletto, fielding a team short of players is nothing new this season. Malton has lost three times this season. In those games the team was short up to three players.

"It's sort of annoying, even to the other players,

that some players can't make it," he said, "but I don't blame them because they have jobs."

"We'd be unbeaten if we had 11 players at all the games," he said. "But we'll do well in the playoffs because they'll all be back."

Striker Donny Evans scored the winning goal 20 minutes into the second-half. With the Jets pushing up, eager to turn their numerical advan-

tage into goals, Evans caught the Jets defence napping.

He picked up the ball from the half-way line and outpaced the Jets defenders to score his 15th goal of the season. Two minutes later Evans nearly scored an identical goal, but the Jets' goalie deflected his low shot.

Evans, signed from Erin Mills junior B's, is the leading scorer in the NSL junior B ranks.

For the Jets it was a totally frustrating evening. The ball was rarely out of the Malton half. But the Jets couldn't crack Malton's five-man defence, which made full use of the offside trap. The well co-ordinated Malton defence moved up on numerous occasions to catch the over-anxious Jets strikers offside.

In major bantam NSL play, Malton Nido's and Joe's Eagles tied

Guildwood 2-2 to take a firm grip on fourth place.

Franco Dalbo and Chris Taliana put Malton ahead before Guildwood scored the equalizer in the last two minutes of play.

Mississauga Atlas Metal Stamping United stretched its unbeaten record to 10 games. United tied Oshawa 2-2.

Luchy Deluca scored twice as United dropped only its third point of the season.

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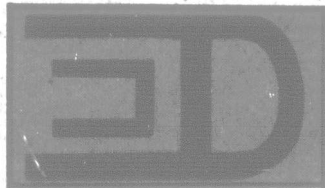
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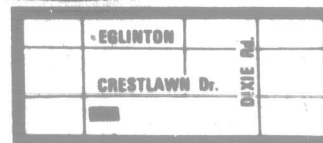
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Trillium soccer tourney

Mississauga Ferrin Falcons United will play in the Trillium International Youth soccer tournament August 15-24.

United will play its three preliminary games at Streetsville Memorial Park. United will face Trinidad August 16 at 8:30 p.m., followed by a game against New Zealand August 17 at 7:30 p.m. and the United States August 19 at 6:30 p.m.

Tournament semi-finals are on August 22. The consolation final will be played August 24 at 12:20 p.m. at Exhibition Stadium and the championship final will be played the same day at Birchmount Stadium at 8:30 p.m.