

Walking into health

By Heather Reynolds

Speed, a comfortable pair of shoes, and a direction are all you need to stay in tune with the fitness trends of the '80s. Another gimmick? Not at all. Picking up the pace and pushing the heart rate into the range of aerobic training gives walking the same benefits as the gruelling workouts of an aerobic class. All it takes to walk a little faster is a longer stride at a little swifter movement and a coordinated use of the arms. These actions increase the amount of blood flow to the extremities with a related increase in the constriction and relaxation of the muscles in the legs, arms, back, and abdomen. The overall effect of a walking program; body toning and improved cardiovascular efficiency.

Continuing a program of walking may eventually lead to the need for a more intense workout. There are two major ways in

which this may be accomplished. The first of these involves an increase in the distance covered during the same time period. This induces improved muscular endurance and functioning of the heart and lungs. The second method of increasing the intensity of a workout is moving through the same program at a faster pace. This mode of activity would be similar to racewalking. The muscles affected through this sort of walking program would gain power as opposed to endurance. A critical difference between these two approaches to exercise may be seen with the body composition of the participant. Some individuals have a tendency to improve endurance rather than speed due to a larger volume of slow-twitch muscle fibres. Similarly, other individuals may have a greater tendency towards speed development because they have more fast-twitch muscles.

Trying to intensify a walking program by adding leg and/or arm weights may cause injuries to the ligaments and surrounding muscles. The extra weight forces the muscles to work harder; however, without a slow build-up to this stage of exercise, injury becomes likely.

A final consideration before jumping off the couch and heading for the door is equipment. Without the proper footwear, injury is again a concern that can't be ignored. Proper shoes include those that are lightweight, shock-absorbing, and made with a supportive leather upper. As a result of walking becoming a new means of fitness, there are more and more shoes being designed specifically for this purpose. Some examples of reputable shoes are Brooks (the Wedgewalker), Nike (the Healthwalker), Autry (Pacer), Rockport, Hi Tech, Bass, Roots, Footjoy and Converse.

Soccer Tigers closed out

The Dalhousie Men's Soccer Tigers closed out the year by snapping their on-the-road losing streak, defeating Mount Allison 1-0 Sunday to finish the season with a 3-6-4 record. Sean Grondin scored the winning goal.

On Saturday, the Tigers went down to defeat at the hands of UNB, also by a 1-0 score.

The story of the '87 soccer Tigers was one of two teams: a home team and an away team. At home, the Tigers remained unbeaten in all six starts but captured only one of 13 on the road.

A pre-season trip to Bermuda showed promise as a win (7-0 against Warwick United) and a narrow loss to Bermuda's U-19

squad provided hope for a bright future for the Tigers. Injuries to key players changed this, though.

Forwards Tim Hall and Mark Moffett were injured at the start of the year and as the season progressed, it was evident that Hall would have to sit out the entire schedule. Moffett missed four games at the beginning of the season. Improvising at the critical forward position as a result of this ended up costing the Tigers several key games, which eventually put them out of reach of the Playoffs.

Highlights of the season included a tie with East division champions and crosstown rivals Saint Mary's and an 8-0 victory

over Moncton. Other highlights included the play of UNB transfer Grondin, who took over as sweeper, and of team captains Keith Souchereau, Joey Perrault and Andrew Clark. The return of Dr. Clark certainly revived some memories of past years for soccer followers when he played between 1980 and 1980 as an aspiring young physician. Miles Page and Jeff Conatser proved themselves as the season went on, eventually providing the scoring punch needed to put the Tigers increasing in the Win column. With 12 players returning, the future could hold many positive things for the Tigers in their bid to return to AUAA prominence.



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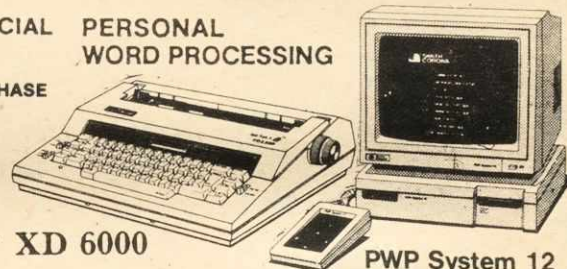
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