

Evaluate your physical fitness

By Laura Brown

So, you think you're in shape. Or does that extra lap in the pool or run up those stairs leave you short-winded?

If you're worried by this sign, the York Recreation Department offers a periodic series of tests to evaluate your total physical condition. This fitness test determines heart, lung and muscle endurance and flexibility.

Supervised by physiologist and York professor Dr. Norman Gledhill, the program takes no more than half an hour to complete. For a \$15 fee, six tests are given to evaluate lung capacity and the normality of lung airways, heart beat rate, leg and arm strength and power, lower back flexibility and a body fat assess-

ment.

The program is administered by inter-college co-ordinator, Arvo Tiidus. The results of the test are evaluated by Tiidus who then contacts everyone individually and offers advice on where their weaknesses lie and how they can correct them.

"This test is very useful, as well as being interesting", Tiidus said in an interview this week.

A minimum of 10 people is required to hold each session, which occurs roughly every six weeks. The program has existed for three years and, according to Tiidus, has attracted mostly York faculty and staff members, as well as people from outside the university community.

"We haven't had too many students.... people should take

advantage of this test," Tiidus remarked.

Some people know that they're in fit condition, but are still concerned about an appropriate exercise plan.

When asked for a few exercise suggestions, Gledhill advised, "Any exercise is beneficial if it's done at an intensity which is

sufficient to get the heart rate at 135 beats per minute."

"Choose something you like", he continued, "and do it at the appropriate rate for 20 minutes a day, five days a week. This is enough exercise for any normal person."

Dr. Gledhill pointed out that some type of warm-up must be

done prior to and following the exercise. Ease into any routine with simple exercises such as stretching and jumping.

Most people postpone any thoughts of getting fit until springtime. This year, why not be ahead of the game by starting now?

Council approves a new Central student government

By Paul Stuart

It took some spirited debate to get through it all, but the Council of the York Student Federation approved a new structure for central student government at York at Tuesday night's meeting.

The new model, which will be submitted to the Board of Governors later this month is a package of electoral changes and financial reform designed to safeguard the financial base for campus-wide activities (through a trust fund, which even non-CYSF constituencies can contribute to) and to make the central council more representative of the colleges.

Brad Valey, chairperson of the Vanier Council, asked what CYSF's intent was towards colleges which disagree with the new scheme, particularly in a case where a college would not want to contribute to the Ontario Federation of Students at \$2.50 per student.

David Chodikoff, CYSF's president, replied that if some college-councils "can't see the light at the end of the tunnel" it would be "too bad for them."

Chodikoff used the example of Calumet College, which he said had "fallen flat on its face," in regard to a pledge to fund campus-wide activities. He charged that Calumet "is not giving any money to course unions," which he said will receive \$6,000 from the central council this year. He said that Calumet had whittled a grant to the Third World Students Union down to \$100 after saying they would receive \$250.

After calling Calumet's offer of support to central organizations "rubbish," he said the example "proves my point that there has to be a central student council to fund campus-wide services.

Contacted after the meeting, Lawson Oates, co-chairperson of the Calumet meeting, replied that "the record speaks for itself." He said that in addition to the \$4.43 per full time enrollee that CYSF receives from Calumet students, \$5,500 was earmarked by the college for campus-wide activities, \$5,000 of which has been spent. Among the recipients were Excalibur at \$2,000 and Harbinger at \$750 Oates said that the course unions were due to appear at today's Calumet meeting and that the charge concerning the TWSU would have to be checked.

A crucial portion of the electoral reforms would have two CYSF vice-presidents elected-at-large — University Affairs and External Affairs (presently the vice-presidents are chosen by the council). MacLaughlin representative John Simon moved that all five vice-presidents be elected at-large, but withdrew his motion after a number of reps said that a new conference of all the student council heads would have to approve it.

Steve Muchnik, Founders rep, moved unsuccessfully, that none of the vice-presidents should be elected. He argued that if the new structure had been in force in the past, a president like David Chodikoff might have had vice-presidents like former BOG rep Harvey Pinder, or former Grad rep Abie Weisfeld—both of whom were strong, left-leaning opponents of the current president.

"It's not that I'm taking issue with them," said Muchnik, "but the situation would be farcical, nothing would be done."

Keith Smockum, University Services vice-president, retorted that "the problem with this council is that we're not controversial enough," and looked forward to a broader range of views on an executive with elected members.

Arguing in favour of Muchnik's amendment, finance vice-president Gary Empey said that "even among working friends" on the present executive there are differences of opinion, but that "the question is now (under the new model), would we even have the working friends to begin with?" He said that though the move to have vice-presidents elected at large was intended to prevent cliques from dominating council, "it would invite party politics which is about as 'clique' as you can get." John Simon countered that the "rationale of various groups on campus" under the present system is "to win a majority of the seats on council and have the executive stacked."

John Simon argued strongly, but unsuccessfully, against a move that prohibits political candidates from listing their political affiliations on a ballot. He admitted "that there are problems with listing affiliations but said, "they happen and we have to deal with them." He termed the change "undemocratic". Keith Smockum argued with Simon on this point and said it should be "left up to the individual." He pointed out that political labels can work against, as well as for candidates. Simon's amendment failed in a 6-6 tie vote.

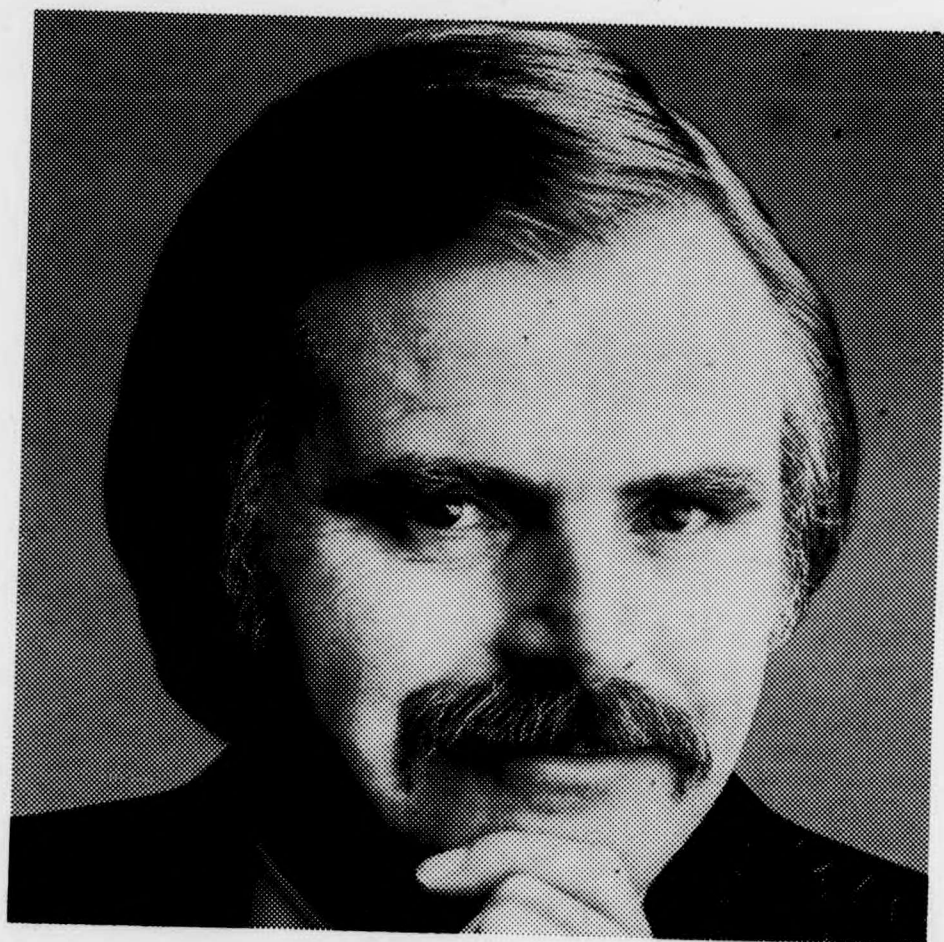
In other business, council voted \$2,500 to buy Radio York's speaker system from Western Telephone & Telecommunications.

Chodikoff said CYSF owes \$5,900 for the system and that buying it at this price "gets us out of a long term agreement, gets us some service, at least, and provides a savings that can be directed to improving the system."

The council voted \$540 to the construction of a 25-person bus shelter to be erected in front of the Ross building. The administration will foot the rest of the \$1,800 bill.



Participants pedal through test for heart rate



There'll never be another Vice President like Richard.

Never.

The President made that promise to himself last Thursday afternoon, after Richard blew an important new-business presentation.

Richard isn't incompetent. The villain is his lunches, or rather the too-many drinks he often has at lunch. Come afternoon, he's just not as sharp as he was in the morning.

Richard is playing dice with his health. His old-fashioned business style is also sabotaging his career.

Today, with competition so rough and stakes so high, even the most generous company can't be patient for long with an employee whose effectiveness ends at noon.

If you're a friend, do Richard a favour by reminding him of the good sense of moderation.

You can bet the man eyeing his job won't help him.

Seagram

