

Puff! Puff! Are you fit

FITNESS FOR LIFE

So you want to get in shape! You want to lose weight, get fit and tighten up those flabby muscles! Good for you! But how are you going to do it. It is hoped that in the weeks to come this series of articles will point you in the right direction.

Fitness for Life is more than just the name of this article. It is what every Canadian should strive to achieve to counteract the sedentary life-style we find ourselves leading. Sitting behind a desk all day and then going home to watch T.V. is

not a healthy life-style. Many of the foods we eat are high in calories which we find difficult to burn off. Soon we find ourselves overweight and out of shape. Climbing stairs feels like the on-set of a heart attack. We can't even be an arm chair quarterback any more because we find it difficult to sit up straight. Now what are we going to do?

Have you ever seen the Participation commercials on T.V.? They suggest walking a block-a-day. This is a super way to begin. Soon you'll find walking, especially with someone else, is enjoyable and a

good way to get out of the house. Pretty soon you're up to two blocks then three and soon up to a mile or more, it doesn't hurt a bit.

Maybe now you are ready for more. OK, let's do more. Maybe an Aerobics class or Weight Training class or a summer Softball league. All of these provide excellent fitness benefits as well as a great way to socialize.

The possibilities are endless as are the number of activities. Contact the UNB Physical Recreation and Intramurals Program to find out more about the countless individual

as well as group activities that are available to you. Co-Ed Broomball, Beginning Weight Training, Advanced Aerobics, Hockey, Volleyball and Noon-Hour Skating and Swimming

are just some of the many activities which this feature will address in the weeks to come. In the meantime, why not

come down and talk to us and find out what we can do for you and what you can do for yourself.

For more information, contact the Physical and Recreation Intramurals Program in R. A121, Lady Beaverbrook Gymnasium between 10:00 a.m. and 2:00 p.m. or call 453-4579.

Indoor Field Hockey

The Red Sticks held their first Indoor Field hockey tournament of the year on Sunday at the South Gym on campus.

Eight teams participated in the single elimination consolation championship and represented the whole Atlantic area.

The consolation game was won by P.E.I. plus — a group of Red Sticks who originate from Prince Edward Island along with a few ringers. They defeated Chatham by a score of 7-0. Cathy Whalen scored 3 goals, Myfanwy Wollway had 2 while Judy White and Janice Morrison had 1 each. Barb Leaman recorded the shutout.

The semi-final games were very exciting and well played. Several Red Sticks are trying out for an Atlantic Indoor Field Hockey team and the whole group are trying out at a camp in Fredericton this weekend. This group was divided into two teams — Squad 1 and Squad 2.

The Squad 1 team played and lost to a strong Fredericton Club team 6-3 in the first semi

final. Leona Corey had 2 goals and Kim Corey 1 in contributing to that win. Dwight Hornibrook (a nice addition) had the other 3 goals.

The other semi final game saw the Squad 2 team against a UNB Men's team. In this 9-4 victory for the men, scorers were, Mike Simmonds with 3, Mike Whalen with 2 and Augi Lofstrom, Ken MacDonald and Jim Hickey with 1 each.

The set up a UNB Men vs. Fredericton Club final. The game was a very tight contest with the final score being 5-3 for the Men. Scoring for the men were Chris Hornibrook with 2, All Hillock, Jim Hickey and Mike Simmonds all with 1 each. Both goaltenders, Donnie MacKinnon for the men and Fran Prouex for the women had very strong tournaments.

The majority of Fredericton players in this tournament play regularly in the Indoor League at UNB every Tuesday and Thursday. The White Team is currently in the lead and undefeated.

Bloomers undefeated so far

By LISA ROBICHAUD

In Women's basketball action this past weekend the UNB Red Bloomers moved into a first place tie with the University of Prince Edward Island Lady Panthers by defeating them 77-50.

Inpoint standings of each team's recorded wins and losses UPEI was in first place before the game Thursday evening. Because of this both teams played with high intensity and emotion in hopes of attaining a first place position. At halftime the score was 42-26 for UNB.

UPEI played a tough and aggressive game but it was UNB's full court defense and hard work that finally turned the game into a Bloomer victory. Sue McMaster led the Bloomers with 20 points while Bonnie MacKenzie added 18. Sherry Dawn Jones scored 18 points for UPEI and Libby Baldwin had 12.

In other basketball action Friday night the Bloomers trounced St. Francis Xavier X-ettes 76-35. Coach Mitton commented that the team's

goals for this game were "not to give St. F.X. more than 40 points, to cut down their turnovers, and to get more offensive rebounds." She felt that these goals were accomplished. High scorers for UNB were Sue McMaster with 21 points and Emily Quigley with 11. Cathy Schick led the X-ettes with 10 points.

The Bloomers travel to Orono, Maine this weekend. Their next home game is against Acadia on Saturday, February 16 at 2:00 p.m.

Bears place fourth in tournament

By BRIAN BESSEY

The UNB Black Bears Wrestling team hosted their own tournament this past weekend. They placed fourth out of eight teams. The reason for the fourth place finish was mainly due to the fact that four potential A.U.A.A. champions were injured and not able to wrestle.

The tournament was won by Loring Air Force Base with Mount Allison University second and Lapacatiere, a club team from Quebec, placing third. The outstanding wrestler at the tournament was Chris Bell of Loring Air Force who won the gold medal at 65 kg.

The best performance by a Black Bear was put in by Randy Smith who won the gold medal at 61 kg. Randy won all four of his bouts and in the process out-scored his opponents 45-4.

Four other members of the Black Bears finished in the top three. They were Dwayne Wakerell and Chris Fuoco, winning silver medals and Don Ryan and Todd Bursey finishing third.

Dwayne won three bouts before losing his only fight to the outstanding wrestler of the tournament in the finals. Chris Fuoco wrestled well in getting to his final but was upset 12-6 in the final at 72 kg.

Don Ryan had a very good performance and began to show his potential. If it weren't for a bad call by the official Don could have at least won the silver medal at 76 kg. Todd Bursey at 56 kg. could have finished second but has to wrestle tougher in the second round.

Paul MacDonald at 65 kg. finished fourth which was a good finish for Paul considering he was in one of the tougher weight classes in the tournament. Mike Sharpe also placed fourth wrestling at 72 kg.

Two females have been chosen as athletes of the week. Vicki Hay, a rookie performer with the UNB Reds Women's Volleyball team and Sue McMaster, a third year star performer with the Red Bloomers share the honor.

Vicki was chosen for outstanding efforts on the volleyball court last weekend. The Reds defeated St. F.X. in two matches and Vicki sparked the offensive attack with 25 kills and six serving aces. She has performed very well so far this season posting over 100 kills. Reds coach Sonny Phillips stated that "Vicki led the Reds

Doug Winters at heavy weight wrestled in his first ever tournament and showed potential that could pay dividends before this season is over. Doug won his first bout of his short career. Mike Hovey and Richard Vail also wrestled but did not place. Mike Hovey had a very hard draw at heavyweight.

The Black Bears showed improvement but there is still room for a lot more which will next be shown when the Black Bears travel to Antigonish for the St. F.X. Open February 9th.

Athletes of the Week

in hitting in both of these important matches."

Sue McMaster was in top form this past weekend in games against UPEI and ST. F.X.. The Bloomers proved themselves supreme on both occasions. Sue played extremely well against UPEI scoring 20 points and grabbing 15 rebounds. Against St. F.X. she scored 21 points.

Sue is always a tough competitor and well deserving of this honor. "Sue had a good weekend as was a key to the Bloomers successful victories," added Bloomers coach Claire Mitton.

ENGINEERING WEEKEND SCHEDULE OF EVENTS

THURSDAY, JANUARY 31

9:00 a.m.-4:30 p.m. Ski day at Crabbe
6:00 p.m. Engineering Nite at Chestnut, 2 free beverages with meal

FRIDAY, FEBRUARY 1

2:00 p.m. BEER BREWING CONTEST
Head Hall Rooms A5, A6

7:00 p.m. Sleigh Ride at Mactaquac

SATURDAY, FEBRUARY 2

10:00 a.m. Broomball Tournament at the Arms
Nite at the Arms
6:00 p.m. Merve Burger Platter and 2 Free Beverages

The Business Society Ball Hockey Tournament FEB. 9 saturday

Deadline for Submissions
to Business Society Office
3rd Floor Tilley
FEB. 6

\$10 no show fee

include:
-team name
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-members' names
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