

Welcome to Fitness Day

Thursday, Oct. 29, is Invest in Fitness Day on the UNB Fredericton campus.
All activities are open to everyone on campus and to alumni.

Schedule of Fitness Day Events

12 noon to 2 p.m. *Demonstrations* by sports clubs at the Sir Max Aitken Pool, the West Gym and the Aitken Centre. Everyone is welcome to see the scuba club, lifeguard, rower, men and women's hockey teams, martial arts, aerobics and cricket displays—plus some surprises.

12 noon to 5 p.m. *Blood pressure clinics*; demonstrations of relaxation techniques; booths on nutrition, diet, stress and tension; and fitness testing in the SUB ballroom. Come and *find out how fit your are* and how you can become more fit.

12:30 p.m. 5 km *Fitness run*, starting and finishing at the SUB. Open to individuals, participants will estimate their finishing times. Prizes will be awarded to the runners who come closest to their estimated times.

1:00 pm *Tug-of-war* open to teams of 10. Men's women's and co-ed teams are welcome. Prizes for all categories—which are determined by team weight. Don't miss the "fun tug" between men's and women's teams. All taking place below the SUB.

2:00 to 3:30 p.m. *Fitness challenge, block 1.*

3:30 to 5:00 p.m. *Fitness challenge, block 2.* Men's, women's and co-ed teams consisting of six members will choose one of these time blocks. Two members from each team must participate in aquatic activities in the S.M.A. pool, two in novelty and skill events in the gym, and two in ice activities at the Aitken Centre. Points that are awarded for placings and participation will be combined for team scores. Come and watch and cheer on your favourite team.

5:00 p.m. *Reception and awards presentation* for participants and organizers in the SUB cafeteria.

Registration forms will be available on October 5, 1987, at the following locations: SUB office, all libraries on campus, the intramural office (A121) and outside the business office.



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presents



Mel Hurtig

Mel Hurtig

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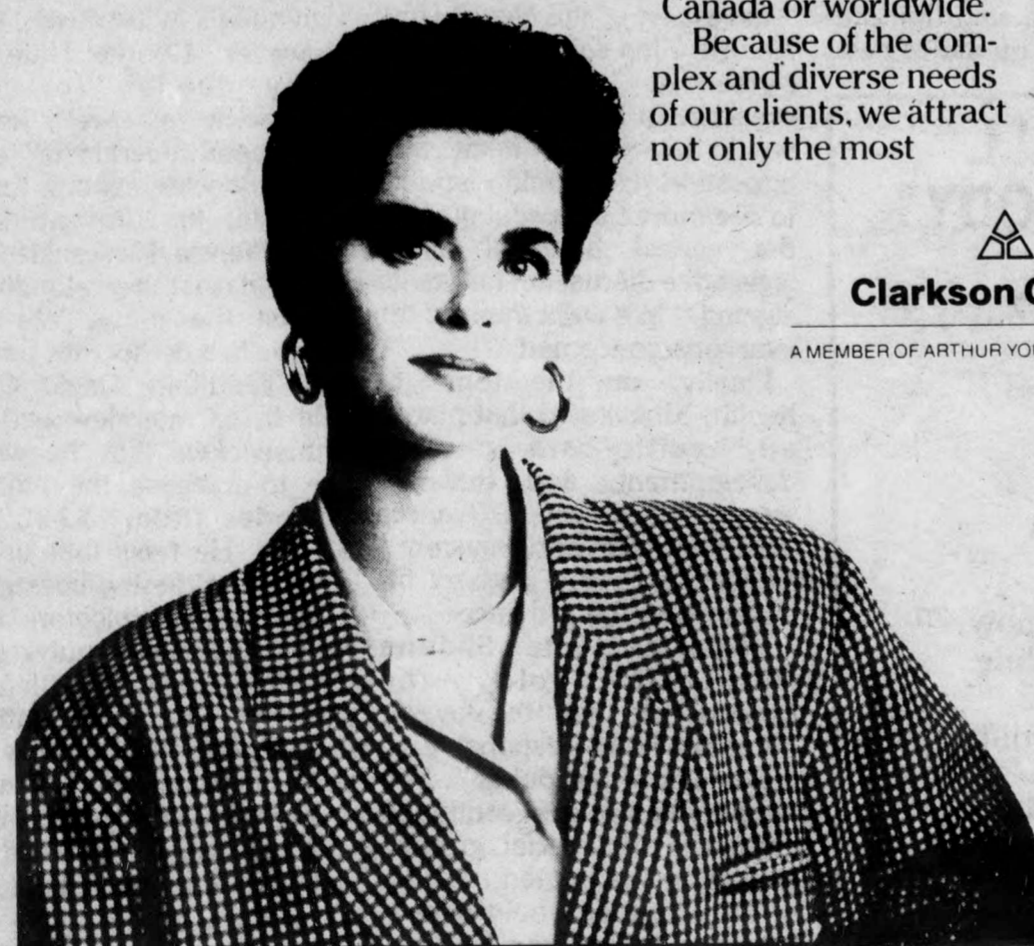
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