

Fitness for Life

By STEPHEN YOUNG

Did you know that four out of five North Americans experience significant back pain at some time in their life. Did you also know that to a large extent, we bring on the problem ourselves because of our lifestyle. Too much stress, not enough exercise, excess body weight, poor posture and body mechanics all work against us. There is nothing wrong with slumping in an armchair with a beer and watching a football game. but make sure this is an *exception* to your health habits.

Our lower back is the area most likely to get injured. Because we walk upright, the lower back has to support all of our upper body. We'd be better off crawling on all fours, but that would make it difficult to drive a car, or play basketball.

The lower back muscles have to keep the upper body balanced and at the same time they have to be supple enough to allow movement. By proper and regular exercise of the lower back muscles, this is possible.

All too often people neglect the exercise the lower back area. Go into our weight room any day and you will see people do a thousand sit-ups but never do one exercise for their lower back. All muscles are set up in groups. If one muscle flexes or bends a joint, another muscle has to extend or straighten the joint back into its original position. Our abdominals bring our upper body forward while our lower back muscles work in the opposite direction and bring the upper body back. Over development of one group of muscles can lead to more problems than you had in the first place.

The type of exercises prescribed for strengthening the lower back are numerous and varied. Some exercises which were supposed to help the lower back actually damage it according to recent studies. Some exercises for the lower back are specific to the height, weight and sex of the person doing it. Your genetic distribution of weight (men have fat deposits on their abdomen while women have more on their thighs) can dictate what exercises you do.

Before you start any exercise program for your back, consult at least two experts. A good book on the market is *Bend and Stretch* by Gordon Stewart and Robert Falkner (around \$5). If you already suffer from lower back pain consult a doctor before (there's that word *before* again) you start a program. Remember the old saying 'an ounce of prevention is worth a pound of cure'. Well, it actually does apply in the case of your lower back. Take care of your back properly and you will not be part of the 80% who suffer back pain. Keep you back Fit for Life!

Blazers continued

speed and physical style of play still gets the puck loose for her linemates.

Besides the dominating Cooper, there are four other quality defenders on the Blazers. Veterans Debbie MacLoon, Dianne Leblanc, and Rose Theriault don't have the size usually found on the blueline, but are among the smartest women's players in the Maritimes. Rookie Cathy Potts rounds out the defense, she is big and fast and has good puck-moving ability. Utility forward Carolyn Boushal rounds out the skaters. Carolyn is one of the team's hardest workers and fits in well on either wing making her quite an asset.

The goaltending is in the capable hands of Wendy Dickinson, one of Canada's top women's goalies, Wendy left a lot of people talking about her in last year's nationals with a tremendous effort in a game against Ontario, Sue Keirstead a second year player has worked hard in becoming an excellent back-up to Dickinson.

Mike Power is the second year coach of the Blazers and expressed the view that this could be the year for UNB at the Nationals. "I think we have an excellent chance of improving our finish, we do not have any pressure on us, unlike most of the teams we play."

Good luck UNB, from all your supporters.



Complete line of Marital products. Over 250 in our Catalogue. Send \$2.50, postage and handling, with age and signature to:

J & R PRODUCTS
P.O. BOX 337
MONCTON, N.B.
EIC 8L4

\$2.50 Refundable on First Order.

THEATRE ST. THOMAS presents

"WORKING"

a musical

(based on the book by Studs Terkel)

Directed by Debbie Gray

March 20, 21, 22, 23

*Le Centre Communautaire
Ecole Ste. Anne*

Priestman St.

8:00 PM

Tickets: ADULT \$5.00
STUDENT \$4.00

Available at: MAZZUCA'S
LE CENTRE COMMUNAUTAIRE
ST. THOMAS BUSINESS OFFICE
THEATRE ST. THOMAS MEMBERS

CONTACT LENSES

DAVID G. HARDING

Contact Lens Practitioner

Dedicated to the highest professional standards of Contact Lens Practice.

- Eye examinations promptly arranged
- Information and Consultation
- Personal and Complete Service

454-2131

MCADAM OPTICAL

KINGS PLACE

"Where we never forget how important you are"



One pair
Skiis (190
R Bindin
\$500. As
four time
Rossignol
Tyrolia
season. P
ner. No
One pair
size 9 1
New bla
Phone
455-7755
Brand n
racquet,
prince s
B-8200,
squash r
dition,
Monica
Cordles
Phone 4
1981 Ho
cle, new
seat. 190
offer. F
call 455-
One pair
Boots - s
tion. As
Men's D
10, go
\$100.
Cassette
revers
Booster
with fa
conditi
Deck (u
tape ca
loudne
switch;
wind. A
Power
tion. P
One pa
pads; \$
long, \$
One Se
with
\$230.
Equali
nel. C
Call 45
Degas
Trayno
311,
453-49
Norco
- New
still hl
idtion.
are wo
summe
p.m. a
1980
km, ne
tion; \$
454-38
Car
Deck,
2 6 x
at 457
Ride
Thurs
or 22.
Steve
Two
size p
as po