



## Living Right

Excerpts from Creative Walking Inc.  
Margaret Languille  
Dietitian  
UNB Health Centre

In the 1970s, the aerobics fitness revolution swept the nation, as many of us tried "jogging and jumping" our way to fitness. Just as many, however, stood on the sidelines, with no desire to pound our joints or to be seen in sweatpants.

Then in the 1980s, a new breed of exercise enthusiasts started coming out of the closet - to discover walking. These folk's ignored the myth, NO PAIN, NO GAIN. Rather the new slogan became WALKING IN NO PAIN, ALL GAIN, for this group. Walking has become even more popular, with more Canadians walking than even before. Walking has been realized as the most beneficial form of exercise in which to partake.

The benefits of walking are lengthy in that it:

- produces results without pain, discomfort or injury.
- almost anyone can do it; young and old, short and tall, fit and unfit, athletic and unathletic.
- costs nothing.
- feels good and relieves tension.
- helps free up tight joints.
- improves circulation.
- strengthens the heart and musculo-skeletal system
- and helps to control weight.

There are many fallacies concerning fitness walking and weight loss and dieting. Let's separate fact from fiction.

**Myth I** - There is no need to exercise to shed fat.

**Truth** - People who diet and don't exercise often get fatter over time. Initially their weight will drop while dieting but this will be water and muscle loss. When the weight returns, it will come back as fat. To avoid getting fatter, increase your metabolism by exercise, such as walking.

**Myth II** - To lose weight, you must walk very fast.

**Truth** - To lose weight, it is important to walk for time rather than speed. Walking at a moderate pace yields longer work-outs with less soreness.

**Myth III** - To lose weight, walk three alternate days a week.

**Truth** - High intensity walks on alternate days help condition the cardio-respiratory system. But for weight loss, it's better to be active every day. This doesn't mean walking every day for an hour, but leading an active lifestyle 365 days a year.

**Myth IV** - Five to ten minute walks are worthless.

**Truth** - Everything counts. Every time you walk - even for a minute, your metabolism increases. It is all your movements over a 24 hour day that determines your daily expenditure.

**Myth V** - It's possible to lose five (5) pounds a week on a diet and walking program.

**Truth** - It's neither wise nor safe to lose weight this rapidly. Rapid weight loss consists mostly of water and muscle - the wrong kind of weight to lose. To avoid this, set a goal such as one pound per week.

**Myth VI** - Carbohydrates are fattening. Stay away from pasta, bread and potato to lose weight.

**Truth** - Carbohydrates are high energy foods. They provide quick energy for movement. They are also satisfying.

When it comes to good health and weight loss, exercise and diet are interrelated. Exercise without maintaining a healthy balanced diet is no more beneficial than diet and inactivity.

## UNB student studies in Scotland

(UNBPRI) A third-year biology student from the University of New Brunswick in Fredericton will complete her studies in Scotland on an undergraduate scholarship awarded by the McEuen Scholarship Foundation.

Hannah Grant will spend the next three years pursuing her honors degree in science at the University of St. Andrews, located in the Kingdom of Fife, on the northeast coast of Scotland. Established in 1410, the university has maintained a consistent reputation as one of the finest centres of academic achievement in the United Kingdom.

When Ms. Grant learned she had won the award that will not only cover her tuition and residence costs for the three years it takes for the honors degree but also provide her with a stipend for basic expenses, she was delighted. "I was absolutely astonished," said Ms. Grant. "I really never expected to win."

Studying in Scotland was an exciting prospect for Ms. Grant because she was very interested in learning more

about the differences between Scotland and Canada. "I am very curious about their school system, which I understand is very intensive," she related before embarking. She was also very eager to explore the historic countryside. "I can't wait to see the town, which is very small and by the sea, and the ancient buildings built hundreds of years ago." Ms. Grant left for St. Andrews on September 30.

The McEuen Undergraduate Scholarship for Study in Scotland is awarded annually to a Canadian student. Preference is given to Canadian citizens of Scottish ancestry or children of University of St. Andrews alumni. The winner is chosen on the basis of outstanding academic achievement and leadership potential. Applicants must not be more than 21 years of age and must be attending, or qualify for admission to, a university in Canada.

The McEuen scholarship was established in 1971 by Janet Evelyn (Huntington) McEuen in memory of her husband, Dr. Charles Stuart



Hannah Grant

McEuen, a cancer researcher. Both individuals came from mixed Scottish and Canadian ancestry, and Mrs. McEuen hoped the scholarship would maintain a continuing link of knowledge between the two countries. By encouraging the growth of individuals through education and encouraging the exchange of culture through travel, she believed the ties that link the two countries would remain.

## Gwynne Dyer speaks at UNB

by Sean Maloney

Speaking at UNB on 21 October, noted political commentator Gwynne Dyer provided onlookers with his perception of the state of the 'New World Order' at the end of the Cold War.

Dyer suggested that this new era will be characterized by the collapse of the remaining rearguard Communist states, an increased importance and role of the United Nations and by more interest in North-South relationships.

Dyer noted that, since the decline of the Soviet Union at the end of 1989, almost all conflicts that had directly or indirectly been a result of Cold War superpower rivalries had come to an end or were in the process of resolution, with the exceptions of Cuba, China, North Korea and Vietnam. In essential terms, the conflicts in Cambodia, Angola, Ethiopia, Nicaragua, El Salvador, and even the Middle East were undergoing some form of negotiation.

Dyer suggested that Cuba and China posed different problems. Both are similar because in both nations, the current leadership includes members of the original 'revolution', were quite accustomed to using violence and would do so to protect their interests as had been demonstrated by the Tianamen Square massacre in 1989. In the case of China however, the extreme age of its leadership indicated that some change would likely happen within five years.

The highest potential for violence, Dyer claimed, is Cuba, where opinion was and has

been strongly polarized between the emigres and Castro supporters since the 1950s, combined with the cut off of economic support from the now semi-defunct Soviet Union.

One factor in this post-Cold War 'mop up', according to Dyer, was the more visible role of the United Nations. In previous conflicts, the UN had only intervened when both sides in a dispute requested it to. Now, with the precedent of the Gulf War combined with the actions of the Organization of American States in

Haiti and the UN authorization to use force to protect the Kurds in northern Iraq, we would probably see an increased use of the UN to intervene unilaterally backed up by the United States. Dyer did, however, dispel illusions that the UN would somehow become a panacea World Government for all conflicts.

Dr. Dyer's future projects will include a television documentary series on the Second Gulf War and a second one focusing on the increased impact of the environment on international political relationships.

## Residences linked to library computer

by Pierre St. Amand

The Harriet Irving Library will be extending its computer services in the area by installing computer terminals in the 12 residences of UNB.

One computer terminal will be installed in each of the residences. Associate Dean of Residence, Richard Cuthbertson, is in charge of the implementation and, in a recent interview, revealed that the terminals will be installed in the very near future.

A few of the residences presented potential installation problems in terms of their relative distances from the campus; nevertheless, Cuthbertson assures that the system will be linked through the telephone lines of these residences, and that there should be no problem.

Dean Cuthbertson also states that in addition to the Phoenix system, other programs such as M.U.S.I.C. and the Internal Information Line will be linked to the residences' terminal.

M.U.S.I.C. line would allow the student to type up assignments at the residence terminal and send, as well as store, these assignments in their own file which would be located at Head Hall. The Internal Information Line would allow the student to look up weather reports and other internal information on campus and relevant to such.

All this is made possible through the Futures Fund of the Alumni Association which was established in 1986 to create new initiatives and innovations on campus.

the Brunswickan

Big Advertising Results Without the High Price Tag

Get your newspaper advertising done effectively! And inexpensively! We'll help you do the entire job from copy to graphics and design...for the cost of the ad space alone!

Call Us:  
Tara or Lori 453-4983