

# Fitness movement still going strong

by Carol Kassian

The fitness fad has passed — right? Wrong.

Although including physical fitness into one's lifestyle may no longer be a novelty, participation in physical activity has not declined. Instead, fitness has become a movement in which leading a regularly active way of life is commonplace.

The fitness movement began in the early 1970's with 2% of the Canadian population participating in physical activity on a regular basis. Since then, increased involvement in physical activity has taken place. In 1986, participation rates grew to 56% of the population being physically active and the trend appears to be continuing today.

The effects of this movement

have not escaped the U of A. The magnitude of the growth is reflected in the number of people participating in the Fitness & Lifestyle Programs offered through Campus Recreation.

The first fitness program on campus was an Early Birds fitness class that began in October, 1977. Class participants faithfully met at 6:45 a.m. to take part in what was at that time, the Staff Fitness & Lifestyle Program. Twelve years later, the same class is still in operation, with many of the original members still participating. The program itself, however, has experienced dramatic changes.

The current Campus Fitness & Lifestyle Program (CFLP) offers fitness classes to the entire university

community including students, staff, alumni, and their families. In addition, the program has expanded off campus and is providing classes at the U of A Hospitals and Garneau Elementary School.

This fall, 84 different fitness classes have been offered through CFLP in order to meet the demands. Immediately upon accepting registrations, 44 of these classes were filled and another 12 classes were at 90% of capacity. A total of 1750 participants have registered in fitness classes so far this year. This is only a portion of the thousands more who participate on their own in the many different opportunities for physical activity available on campus, including Intramural programs and the drop-in use of the Van Vliet

Centre.

The fitness movement has not only affected the number of people participating in programs, but a proliferation of activities has also taken place. Classes that appeal to many different interest areas are provided including a variety of aerobic dance classes, aquacises, yoga, t'ai chi, and skating for fitness.

New classes are also available each year. This year, Dao Yin and Run! have been introduced. Dao Yin is a gentle and simple Chinese exercise system that was developed from the same theoretical origin as Accupuncture. Run! is a class that involves instruction on the development of an efficient running form for competitive level runners.

As well, a new program targeted at older adults has been developed. Project Alive and Well is available to the general public and provides a wide range of physical activity to adults 55 years of age and older. Currently, 127 individuals are registered in this program.

The growth in both the number and variety of fitness classes on campus emphasizes that many members of the U of A community recognize the benefits of physical fitness and are incorporating regular physical activity into their daily living.



Jeff Cowley

The Panda field hockey squad is hoping to finish in the offensive zone this weekend. If they can, they'll be able to move out of fourth place.

## Pandas looking for better performance

by Todd Saelhof

Finish. That's what the University of Alberta Panda field hockey coach Dru Marshall believes is the necessary ingredient for a successful recipe in tourney two of the Canada West showdowns. The all-important second tournament begins Saturday in Winnipeg with the Pandas in a fourth place tie with the host Bisons.

It's no secret that the capable Panda offence has lacked the scoring finish around opposition nets so far this season. Alberta's one

goal performance in the four games of tourney one on the September 29th. weekend in Calgary was an indication of that. An optimistic Marshall plans to make amends this weekend, however.

"We are going to go with a more attacking system against both U of M and U of C," Marshall said.

With this policy in mind, look for an aggressive Panda squad in the first two games of the tournament. The Pandas begin Saturday hockey action against the Bisons, followed by game two with the University of

Calgary Dinosaurs. The Dinos are ranked fifth nationally, but Alberta had been dominating the early season games before dropping last tourney's 3-1 game.

Playing U of C in the second game this weekend could mean a Panda victory, especially since the Dinos begin the weekend with a tough matchup against the favorite Thunderbirds from the University of British Columbia. A tired Calgary squad coupled with a strong second game for the Pandas (a green and gold forte in the preceding tourna-

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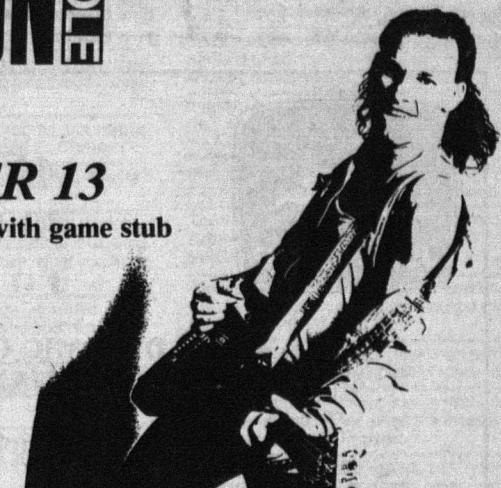
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