

Physical analysis can tell a sad tale

by Danny Schnick

Cigarettes, drinking, and some good times have surely taken their toll on my 19 year old body and I'm sure the late night pizza and beer hasn't helped either. But when I went in for the Be Fit For Life Fit Check at the Van Vliet Centre, I was sure that I, a regular exerciser, would fare well.

Two hours of fitness tests, computer analysis, and personal counselling produced a verdict: I had the lifestyle of a 33-year old man. Comforting news. The next thing I expected to hear was that I should keel over any minute of a major heart attack.

"I wouldn't go that far," assured by Certified Fitness Appraiser Rene Huellstrung, "but you should consider altering your lifestyle."

"If you cut down your drinking to three to six drinks or less per week you should be able to knock that figure down by 10 or 15 years," encouraged Rene. At seven to 24 drinks per week I thought I was pretty respectable, although I neglected to mention that my consumption was closer to 24 and usually over one or two nights.

In any case, I thought that my moderate physical activity during the week would help my results. The fitness test took care of that notion.

Sending shivers of glee down my spine were the results of my strength and endurance test. I scored well above the national average in sit-ups, push-ups, and grip strength.

But in the rest of the testing, cardio-vascular fitness, flexibility, and fat count, I was below the national average. About 57% of the people who took the test were in better shape in the heart and lung department. Flexibility-wise (I couldn't even touch my toes), 87% were better than me. It was an especially humbling moment when

Rene told a red-faced reporter that 95% of the 100,000 people tested in Canada had less percentage-fat on their bodies. For a second that major heart attack was a real possibility.

After suggesting the computer was composed of certain farm-yard organic waster material, I calmed down and faced the facts. There are some areas of my lifestyle that need changing. After thinking about it for a while I've made my own personal recommendations: less late night pizza and beer and more good, honest exercise.

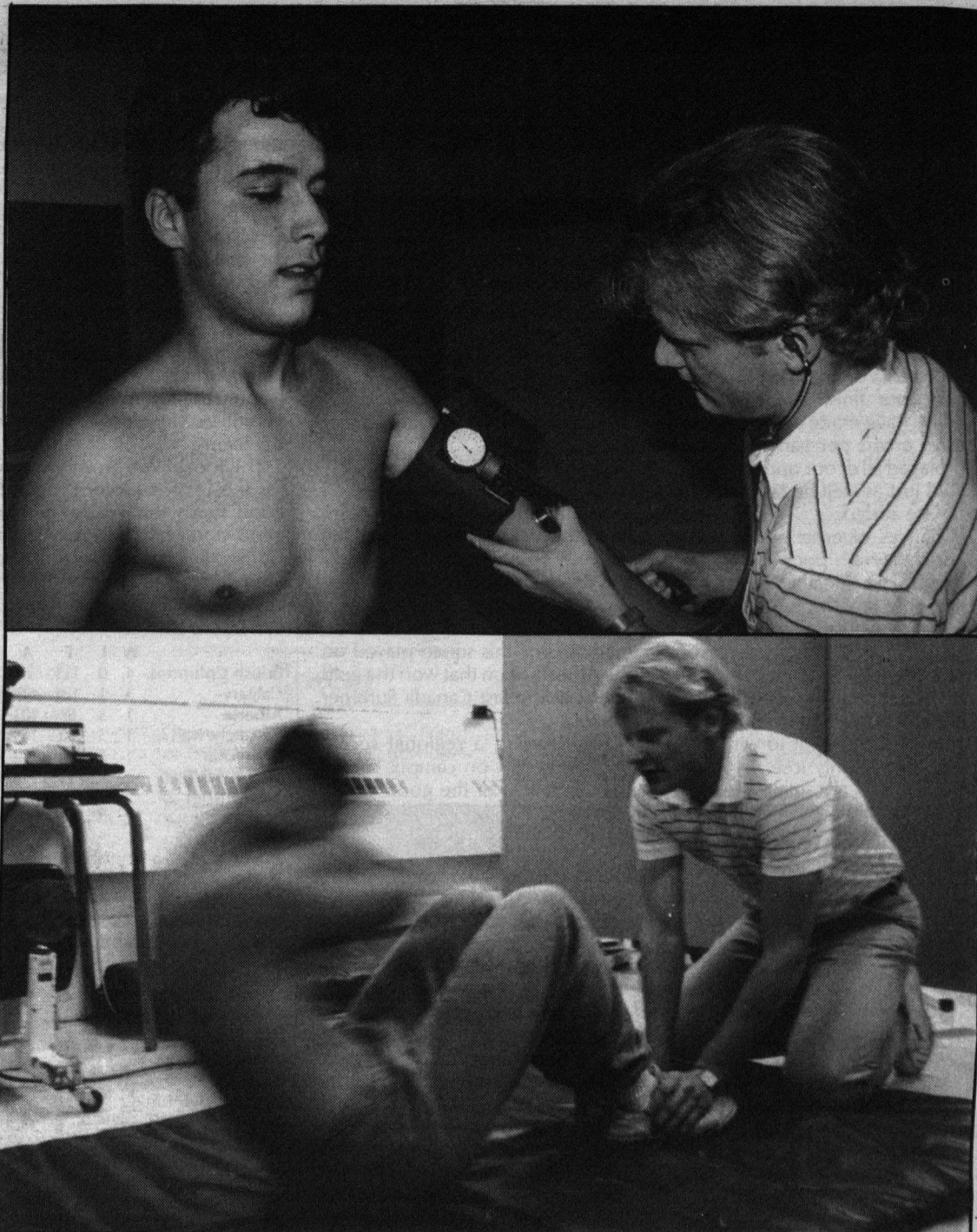
The Fit For Life Program

If you want some misconceptions about your lifestyle ended and some fears about your lifestyle realized, you can take the "Be Fit For Life Fit Check." The test that I took will cost you \$20 if you're a student and \$40 if you're a non-student.

For a more in-depth appraisal you should enroll in the complete three-night program. The fee of \$75.00 includes fitness assessment and interpretation, nutrition assessment and interpretation, lectures and workshops, practical sessions, and a "Be Fit For Life" T-shirt. The results of the eight person classes will be interpreted by registered Fitness Appraisers and a registered

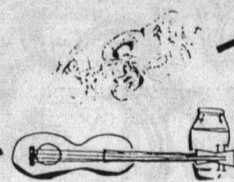
Schnick goes through the physical examination that he would later call "embarrassing."

Dietician. There are evening sessions running October 6, 7, 8, and November 17, 18, 19, at 7:00 - 10:00 p.m. each evening. For information about registering, phone 432-4435. For most people the results of the test will give them inspiration to achieve a better level of fitness and a healthier lifestyle. Even a 33 year-old boy.



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