

Intramurals

TRAP AND SKEET CLUB
Saturday, February 16, 1985 is the first scheduled Field Day. Everyone who wishes to attend, please meet in front of the Forestry Building at 1:00 p.m.

For more information please call Joe at 455-0710.

NON-CREDIT INSTRUCTION

Racquetball Instruction will be offered at the beginners level on Wednesday evenings beginning March 5, 1985. Anyone wishing to acquire a basic understanding of this popular game is invited to participate in the program. This is your opportunity to receive a quality instruction in small classes with equipment supplied. Registration begins on Wednesday, February 20th at the UNB Business Office between 10:00 a.m. and 5:00 p.m.. Fees are \$10.00 for students and Recreational

Facilities Pass holders and \$20.00 for others. For further information contact the Recreation Office between 10:00 a.m. and 2:00 p.m.

CO-ED INTRAMURALS

Back by popular demand! CO-ED BROOMBALL and CO-ED ICE HOCKEY. Due to the very positive response to both of these activities, tournaments have been scheduled in each for after the Midterm Break. The Broomball Tournament will be held on Saturday

and Sunday, March 9th and 10th. The Hockey Tournament will begin Tuesday, March 12 and conclude on Saturday and Sunday, March 16 and 17. Get a group of your friends together and join the crowd at the rink. Registration information is available from the Recreation Office.

REMINDER — All teams playing in the Co-ed Basketball Tournament this weekend should check the playing schedule at the L.B. Gym.

Athletes of the week

UNB Red Devils rookie defenseman, Pierre Gaudet has been chosen as Athlete of the Week. Pierre hails from Summerside, P.E.I., and is a first year physical education student.

Pierre performed extremely well in both UNB losses to

UPEI Panthers. Coach MacAdam had this to say about his performance, "Pierre played his best hockey of the year against UPEI. He worked

very hard under tough circumstances and came up with two excellent games."

Fitness for life

By STEPHEN YOUNG

"Y.R.U. FAT" is how the license plate on Richard Simmond's car reads (whatever happened to Richard Simmonds). It is also a good question to ask yourself if you are, indeed, fat.

So how do you know you are fat! To paraphrase the philosopher Dangerfield (Rodney), you know you're fat when you fall out of bed, you fall on both sides at the same time. That's fat!

People gain excess weight, usually as fat, as a result of breaking one simple law of nature. They take in more energy (food) than they use, or burn off. It is analogous to a car which gets 10 miles to a litre (whatever happened to gallons) of gas. Every day you put in one litre but only drive seven miles. Soon, in theory, the rear end of your car would be dragging as you trunk's filled with gas. People would say "Did you see the bumpers on that" which is exactly what they'll say after you walk by if you keep eating more than you need.

Based on factors such as height, body type, metabolism and your employment activity, your daily energy requirements may be anywhere from 1500 to 3000 calories/day for women and 2000 to 3500 calories/day for men. Add to this extra daily activity such as jogging, weight lifting or

aerobics and your requirements increase. (Determining your daily requirements of energy is easy. Contact the Recreation Office at the L.B. Gym for help).

Any calorie counter will give you an idea of the calorie value of most foods. You may be surprised at how many calories you can save by something as simple as using a sugar substitute in your coffee. Check it out.

While a proper diet on it's own won't make you fit, it will help you get fit if combined with an exercise you enjoy. It has been shown that exercise burns fat cells while through dieting alone you lose a higher percentage of protein and water. Not good!!

Some other facts about fat:
—1 pound of fat is equal to 3500 calories.

—only 1 in 1,000 obese people have a glandular problem.

—the average male university student has about 12.5% body fat while females of the same age are about 25%.

—a person is considered obese with a body fat percentage of 25 for males and 35 for females.

—Spot reducing is a myth.

Remember, a balanced diet (not a fad diet) and good enjoyable exercise are the best ways to lose fat, firm up your muscles and get fit, for Life.

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ANNOUNCING

2nd Annual Grad Class Awards Banquet

Sat. March 23-SUB Ballroom
Grads, Get your nominations in to Room 106 Now.

- LIFER AT THE SOCIAL CLUB
- SOCIAL BUTTERFLY OF THE YEAR
- BOOKWORM OF THE YEAR
- NERD OF THE YEAR
- JOCK OF THE YEAR
- PREP OF THE YEAR
- COUPLE OF THE YEAR
- PERSON MOST LIKELY TO STAY IN FREDERICTON FOREVER
- PERSON MOST LIKELY TO MAKE A MILLION ANYWAY
- PERSON MOST LIKELY TO FOLLOW IN HATFIELD'S STEPS
- PLAYMATE OF THE YEAR
- SKIBUM OF THE YEAR

Serious Nominations also accepted for:
GREATEST CONTRIBUTION TO UNIVERSITY LIFE