ntramurals

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

For more information please call Joe at 455-0710.

NON-CREDIT INSTRUC-TION

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 well in both UNB losses to

dah

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

defenseman, Pierre Gaudet has MacAdam had this to say merside, P.E.I., and is a first year against UPEI. He worked year physical education stu-

Pierre performed extremely

UNB Red Devils rookie UPEI Panthers. Coach been chosen as Athlete of the about his performance, "Pierre Week. Pierre hails from Sum- played his best hockey of the

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

Fitness for life

By STEPHEN YOUNG

license plate on Richard Sim- quirements increase. (Determmond's car reads (whatever ing you daily requirements of tion to ask yourself if you are, Gym for help). indeed, fat.

fat! To paraphrase the of most foods. You may be surphilosopher Dangerfield prised at how many calories

time. That's fat!

People gain excess weight, usually as fat, as a result of own won't make you fit, it will breaking one simple law of help you get fit if combined nature. They take in more with an exercise you enjoy. It energy (food) than they use, or has been shown that exercise burn off. It is analogous to a burns fat cells while through car which gets 10 miles to a dieting alone you lose a higher litre (whatever happened to percentage of protein and gallons) of gas. Every day you water. Not good!! put in one litre but only drive seven miles. Soon, in theory, the rear end of your car would 3500 calories. be dragging as you trunk's fill- -only 1 in 1,000 obese people ed with gas. People would say have a glandular problem. "Did you see the bumpers on —the average male university you keep eating more than you age are about 25 %8.

and your employment activity, females. your daily energy re- -Spot reducing is a myth. quirements may be anywhere from 1500 to 3000 calories/day for women adn 2000 to 3500 calories/day for men. Add to jogging, weight lifting or muscles and get fit, for Life.

"Y.R.U. FAT" is how the aerobics and your rehappened to Richard Sim- energy is easy. Contact the monds). It is also a good ques- Recreation Office at the L.B.

Any calorie counter will give So how do you know you are you an idea of the calorie value (Rodney), you know you're fat you can save by something as when you fall out of bed, you simple as using a sugar fall on both sides at the same substitute in your coffee.

Check it out.

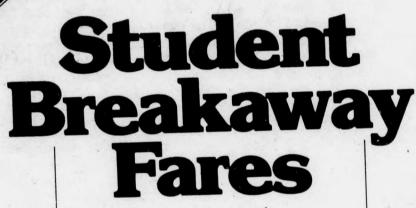
While a proper diet on it's

Some other facts about fat: -1 pound of fat is equal to

that" which is exactly what student has about 12.5% body they'll say after you walk by if fat while females of the same

—a person is considered obese Based on factors such as with a body fat percentage fo height, body type, metabolism 25 for males and 35 for

Remember, a balanced died (not a fad diet) and good enjoyable exercise are the best this extra daily activity such as ways to lose fat, firm up your



Fly home, you deserve it! Point-to-point in the Maritimes, one way, stand-by, just:

Point-to-point stand-by, in Newfoundland, just:



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EASTERN PROVINCIAL

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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