

Myer and senior executives get into fitness

by Margo Schmitt

Campus Recreation is for staff too, and Dr. Art Burgess is making sure that staff get a piece of the action.

Who participates? Everyone from U of A President Myer Horowitz and other senior executives, to professors, to clerical staff.

The Staff Health and Fitness division of Campus Recreation focuses on providing the university staff with health and fitness opportunities. Although students can take part in these programs the emphasis is on staff, their families and alumni. The staff programs include aerobics, aquacises, Tai Chi, yoga, pre-ski conditioning and general fitness.

Dr. Art Burgess heads up this division and refers to the programs that it offers as "job related programs." The staff of the university are able to work and exercise in the same general place.

"Here we provide one stop exercise," he says, "in that people only have to make one stop per day instead of one for work, and one for a program at the YMCA or community league." Burgess feels that although a person may get home a half hour later, he or she may feel better because of the exercise and not having to battle the worst of rush hour traffic.

The programs are tailored to fit the working person's day. Classes are offered in the early morning, at noon, and after work.

"There is a real readiness on the part of the staff to take advantage of these opportunities," said Dr. Burgess. This is very evident as all 24 of the present programs are full. Because of the lack of space in the Physical Education and Recreation Complex, some programs are being held in the Garneau School, the Garneau United Church, Lister Hall, and the Cross Cancer Clinic. This has been a favorable more as these

locations are actually closer to where some university staff work.

The Staff Health and Fitness division was started in 1977 when Dr. Burgess got together with Ed Zemrau, then Director of Athletic Services, to discuss the possibility.

After a national study done in 1971 found only 2 per cent of Canadians to be physically active, *Participation* was created. By 1976, 50 per cent of Canadians had become physically active.

Dr. Burgess, the orchestrator of the division, and instructor of 6 of the

fitness programs, had been watching the *Participation* movement as a grad student in the 1970's. He had been involved in health and fitness since the 1950's, and saw a definite need for programs.

So after approaching Dr. Zemrau, the first program was implemented in the fall term of 1977. It was an early bird fitness class held at 6:45 a.m. The class registration was filled in 2 days. This semester there are 24 programs offered and more planned for next semester.

Currently there are 601 people

enrolled in the programs, out of a possible 5000. Dr. Burgess calculates that over the past few years, 1400 people have been involved in it. The idea is not to build a dependency on the programs, but to get people exercising on their own. He stressed that as people exercise, they feel better about themselves and become more productive.

All classes are co-ed, and about 15 per cent of the aerobics classes are male.

"We'd like to see more men in our aerobics classes, so we're going to

try a class with an emphasis on the male population," suggested Dr. Burgess.

More on the health side of things, Staff Health and Fitness provides programs in weight control, smoking cessation, and in keeping your back healthy.

A new series of programs will be starting in January, and will be outlined in the Campus Recreation bulletin.

Registration is at the Athletic Services office on the main floor of the west wing of the Physical Education and Recreation Complex.

Sanregret music to ears

The Pandas basketball team is back from a road trip to Lethbridge, but as soon as the shorts are washed, it's time to hit the road again.

Pandas go on an east coast swing this week with their first game starting in Guelph, Ontario.

This past weekend, Pandas won two and lost one. They beat Calgary 63-54, lost to Victoria 67-54, and defeated Lethbridge 75-65 in Canada West play.

Annette (Sanregret) played really well. She exerted an influence

in the games," says Coach Debbie Shogan.

That's good news for the Pandas as their guard set-up will be extremely strong with the likes of Susan Tokariuk and rookie Shelaine Kozakavich putting the hammer down. With Sanregret back, it's like putting Dolby setting on the stereo; sounds great.

And with aggressive Toni Kordic being in top form, the Pandas should fare well in Ontario.

Grey Cup and big prize

Who's going to win the Grey Cup next year? Just ask Debra Nichols of SORSE. Debra's 27-15 prediction of an Esk win was the closest to the final 32-16 score in the "2nd Floor SUB Experts Bowl."

Meanwhile, Editor Andrew Watts is wondering how the Esk squandered a 2-point safety (Upton's hike went over Ilesic's head). That

cost our Editor "victory" in the Gateway Grey Cup Pool.

A Digitron Alarm Quartz LC watch might be up for grabs as a Sports Quiz prize. However, if the student in TBL-1 on Monday mornings shows up first, you'll have to be content with a pat on the back.

The Bears are back in town

by Kevin Kaardal

The Basketball Bears, undefeated in Canadian competition, have returned from their USA road trip. They played five N.C.A.A. Division I teams, one Junior-College, and Lakehead University from Thunder Bay, Ontario, over an eight day period.

The team record for the trip was one win and six losses. The Bears' only victory came during Electric City Classic tournament over the Lakehead University NorWesters (69-66).

The team's best showing against the powerful Division I teams came in a seven point loss to (USIU) United States International University in Los Angeles (72-65).

Against the other four Division I teams (Utah State 105-65; Stanford

107-53; University of San Diego 86-63; and the University of California Irvine 105-57), the Bears stayed close in the first half, but the American's overwhelming size, speed, and intensity took their toll in the second half as the lop-sided scores indicate.

The Bears received good performances from Leon Bynoe, Willie Delas, and Mike Kornak. Coach Brian Heaney thought the Bears played very well and played within their system despite the severe defensive pressure applied by the American teams.

Heaney also said that it was a good learning experience for the players.

The Bears' next home game is on Dec. 7th against Athletes in Action, one of Canada's top amateur teams.

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