

City geared up for Fitweek

Have you done anything special yet for Canada's Fitweek '93?

Don't worry, you've got plenty of time. The national week that hopes to show the importance of living an active, energetic lifestyle runs through to Sunday.

Perhaps the biggest day celebrating physical activity occurs on Wednesday with the CrownLife ParticipACTION Challenge. It is a one-day mass participation event held across Canada.

This year, Regina has challenged the industrial Cape Breton region of Nova Scotia to determine who can motivate the greater percentage of its population to get physically active for 15 continuous minutes.

"We've peaked at about 65 to 70 per cent participation over the last few years, which is pretty good," says Cathie Kryzanowski, program specialist for active living at the City of Regina. "We're promoting the importance of physical activity as a part of a healthy lifestyle. Certainly people who are active on a regular basis are healthier."

On Wednesday, if you jog, ride your bike, play a game of baseball with the kids, shoot some baskets or go for a walk after supper, be sure to call 352-5425 to register your 15 minutes of activity.

If you want to get involved in a group activity, join Mayor Doug Archer, honorary spokesperson Sandra Peterson, provincial health minister Louise Simard, CrownLife CEO Fred Richardson, ParticipACTION president Russ Kisby and hundreds of other downtown business people as they line dance in Victoria Park at noon.

"We think for those already active on a regular basis that Fitweek is a celebration," says Kryzanowski. "For those not physically active, it brings to light the positive aspects of a healthy lifestyle."

"We want people to at least try. We think if they try it once, they'll try it again."

Sport historian Michael Boda of the Saskatchewan Sports Hall of Fame and Museum is leaving his job on June 21.

Boda, who joined the Hall 2 1/2 years ago, is leaving to pursue a masters degree in the field of international relations. Boda has received a scholarship to attend a two-year program at Johns

Amateur Sport



By David Moser

Hopkins University's School of Advanced International Studies in Washington, D.C.

Boda has been involved with the hall's sport history project.

"It's been a very good experience working with all the volunteers involved with the Hall," says Boda. "I've enjoyed working with the committee members on the sport history project. We've seen some real advances in the last couple of years in the area of policy and getting manuscripts written."

Books on rugby, synchronized swimming, bowling and the high schools athletics association are due out this summer and fall.

"We had lots of projects on the go, but they weren't going anywhere," Boda says. "My challenge over the years was to get the manuscripts to the point where we are ready to publish them. We have 20 projects underway."

A replacement for Boda is expected to be in place by July.

A unique sporting event is set for Regina on June 11-13.

The provincial Special Olympics Summer Games will attract more than 200 athletes from eight zones to compete in swimming and track and field as well as the demonstration sports of power lifting and rhythmic gymnastics.

"We offer a variety of sports and activity for the athletes," says Glenda Francis, executive director of the Saskatchewan Special Olympics Society. "It's for their physical, social and mental well-being because they get so much out of it."

"A lot of athletes who start as a first step in Special Olympics programs actually go on to contribute in other ways to the community."

Athletes at the provincial games are hoping to qualify for the national games in Halifax in July of 1994.

(Amateur Sport appears every second Tuesday.)