



SPORTS

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Friday, August 12, 2016 — THE MEDICINE HAT NEWS

Got to keep moving



Ed Stiles

Training Matters

Somewhere buried deep in the psyche of all of us is the knowledge that recreation and movement are vitally important to our health, indeed our happiness.

Watching a campground full of kids laughing, leaping, sprinting, cycling and playing with total abandon while their parents watch from the safety of their loungers hammers home how we adults have truly become victims of comfort.

These same adults condemn a generation of technology-addicted teens who lay around texting and typing their days away, because they know that those teens need to move to turn into healthy adults. But when will those adults grasp that they too need to move to continue to be healthy. Judging teen inactivity while watching the latest miniseries from the couch, Cheetos in one hand and the remote in the other seems a tad hypocritical.

It's time to embrace this fundamental truth: The human machine thrives on movement and withers, wastes and functions poorly without movement — whether that machine is 12 or 55.

There is no denying that the 55-year-old needs to be more selective about the type and intensity of movement than the 12-year-old, but he must move nonetheless.

The age-old excuse that I can't be active because "I worked all day" is sadly the opposite of what the mind and body craves. Movement and exercise is the opportunity to re-create ourselves. The hormonal cascades that occur when we move invigorate and inject our exhausted state with oxygen, energy and a fresh outlook. While we rode our bikes to get the groceries in Pemberton, B.C. my son commented on how there are active people everywhere in this community. You are virtually surrounded by cyclists, runners, hikers, climbers, swimmers, paddlers, and yes, walkers. It is easy to be convinced that it is normal to continue moving as an adult.

Medicine Hat, although having a less concentrated following of adventure seekers, has literally hundreds of opportunities for positive movement experiences as well. The river, paths, pools, dog parks, mountain biking tracks, BMX, soccer pitches, ball fields, extensive parks, fishing and boating lakes, four large fitness centres, a half dozen smaller fitness centres, arenas, running races, bike races... we are a small community with big city recreation amenities. Let's get out there and re-create ourselves.

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P.S. — We must give a shout out to Sage Watson, a hurdler who was a graduate of our ASDC program and is down in Rio giving it her best. Hats off to you Sage, give 'em hell.



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