

Getting away from it all to get fit

Every Woman in the World Conference sets up for its fifth year of putting fitness into the weekend getaway

BY KAREN GRAM
VANCOUVER SUN

As sisters looking for a fun weekend away, Lynn Kanuka and Kerri Carlson wanted more than a nice hotel with a sauna and steam.

Both world-class athletes in running and gymnastics respectively, with loads of contacts in the fitness world, they wanted to try out some fitness programs they had never tried before.

So they invited all their friends up to Whistler and they taught each other cool new moves. Moves from Nia, or Pilates, yoga or martial arts. It was so much fun, they decided to invite every woman in the world.

So began the Every Woman in

the World Conference.

Now in its fifth year, the Whistler conference on May 30-June 1 offers 45-minute or longer tastes of an incredibly diverse list of fitness programs, including fishing, belly dancing, mountain biking, Pilates, pole dancing, African dancing, tai chi, laughter yoga, hiking, climbing, tennis, golf, qigong, hip hop and street jazz.

Then there are the programs promoting mental fitness and health such as aromatherapy, meditation, healthy skin care, "clearing the clutter," nutrition and more.

There are more than 40 back-to-back workshops to choose from.

Kanuka says the idea is to

make all the options available so that women can try them without having to commit to an eight-week program they aren't sure if they'll like. Then, having tried them, they return home inspired and ready to fulfil their passion.

But the conference, at the Delta Whistler Village Suites, always ends up being about much more than just trying out fitness programs.

"The weekend always starts out being about being active, but it ends up with everyone making connections with others and creating really good energy," says Kanuka.

Last year, about 200 women registered and they expect about 250 this year.

Doug and Diane Clement, fitness advocates with a long line of credits behind them, and the authors of *Start Fresh: Your Complete Guide to Midlifestyle Food and Fitness*, will give a keynote address at a dinner Saturday night.

A silent auction raises money for two charities working with women in the Downtown East-side, Beauty Nights and Dress for Success.

To register, go to www.every-womanintheworld.com.

May 26 is the last day to register. It costs \$299 for the basic package including all the workshops or \$649 for everything including accommodation and dinner.

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The fifth annual Every Woman in the World Conference, which promotes mental fitness and health through activities such as yoga, Pilates, belly dancing and tai chi, will be held in Whistler from May 30 to June 1.

Word of the Day

OXFORD CANADA'S
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rapscallion
rap SKAL y'n

DEFINITION: a rascal or rogue.

In the prologue we discover that the cook is a good-natured person, but also something of a rapscallion.

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CONSIDERING CHELATION

Dr. Alison Vandekerckhove ND

Chelation is a therapy in which specific compounds are administered to bind, or chelate, toxic metals including mercury, lead, arsenic, cadmium, and aluminum from the blood. Chelation therapy can be an important action to take in cases of heavy metal toxicity as the human body is unable to efficiently excrete these substances through normal detoxification functions.

Toxic metals, and possibly excess amounts of iron or calcium, can accumulate in the arteries and other body tissues, leading to free radical damage, inflammation, and increased vulnerability to infections. These processes are thought to initiate the process of atherosclerosis (narrowing of the arteries).

Beyond improving arterial and cardiac function, studies have shown that patients who undergo chelation can also experience improvements in a variety of immunological, neurological, and degenerative conditions, such as diabetes, Alzheimer's disease, arthritis, and autoimmune disease. Several patients also have reported a return of normal temperature to the feet, regaining of ability to walk long distances comfortably, a decrease or elimination of chest pain, lowered blood pressure, improvement in brain function and muscle coordination.

Start your spring cleaning where it matters most - consider chelation to clean up your vessels and improve your health.

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Exercise may reduce exposure to estrogen, theories suggest

From CI

Numerous studies show that the higher the estrogen exposure, the greater the risk for breast cancer, so

women who begin menstruating later, or enter menopause early, have a lower risk of breast cancer. Girls who are physically active are more likely to start their periods later.

But the solution isn't as simple as telling girls to get out and exercise.

"It has to be more than just the kids," Gotay said. "It has to be their moms, their teachers, the people at church. It has to be the community. They have to see their mothers exercising too."

Girls used to drop out of physical activity when they hit their teens, but it's now dropping to age nine, said Sydney Millar, a national coordinator with the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS). Fully 63 per cent of girls were considered inactive compared to 44 per cent of boys in a 2003 Canadian Community Health Survey.

"Dropping out of PE used to be around peer pressure and parents saying it's not appropriate for girls to be active," said Karin Lofstrom, CAAWS executive director. "Now it's the job after school, family responsibilities, and computer and phones that are a distraction. In some places, it's what's offered for the girls. They are the ones who didn't like phys. ed. and organized team sports that are competitive and if that's all that's offered, then we're not engaging those girls."

Think about all the girls "that go in Grade 8 and try out for the school team, don't make it and never go out again," Millar said.

And girls who drop out early never develop basic sports skills.

"If you didn't get good quality [training] in how to run, jump, throw, kick, swim, skate or whatever at a younger age, you're less likely to do it later because you're not all that coordinated," Lofstrom said.

Sadly, the same barriers at age 13 are still there at 55 or 70, Lofstrom said. "Other than a few more grey hairs, you would be talking to the same people."

What you can do:

■ Often girls are unaware of what their options are, Lofstrom said. "They know they hate basketball, volleyball, soccer, blah, blah, blah, but they don't know what they do like. Find a hip-hop dance teacher. Find something and let them sample it. Oh, these things are fun, there are not so many rules, you won't look silly and if you do, it'll be okay," Lofstrom said.

■ Go to your local community centre and other service provider and ask for "girls only" programs. "I've just run four years of girls only programs throughout the province," said Bev Siver, executive director of ProMOTION Plus, a non-profit organization promoting women and girls in physical activity and sport in B.C. "About 50 per cent are now sustainable. [Service providers] realized there was a niche they weren't hitting."

■ Volunteer as coaches, officials, committee and board members. "Women like to be asked to join these positions," Lofstrom said. "They don't just put their hands up. It has to come from other women involved - 'You'd be really good at this. You should put your name forward and we'll support you.'"

At the 2006 Torino Winter Olympics, women won two-thirds of the medals but less than 15 per cent of coaches were women, and those proportions are probably representative of the entire country, Lofstrom said. Women are more involved at the community level but haven't been progressing to decision-making positions.

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They realize that today's 65 is the equivalent of the 1980s 45. Their focus is to lead healthy active lifestyles. At the same time, they want to look as young as they feel.

Skin care can present challenges, however. Ten to 15 years after menopause the skin has changed. There may be tightness and discomfort due to dryness; that dryness contributes to the formation of fine lines and wrinkles. Skin begins to wither and lose its elasticity. Skin cells are no longer able to process necessary nourishment. Alterations in colour, texture and transparency can create a sallow complexion.

Increasingly active women in the 60s are seeking science-based, reliable and trusted cosmetic products that can help restore their skin's vitality.

For 75 years Vichy Laboratories has specialized in bringing the best of new scientific breakthroughs to skin care products. It recognizes the need to address skin care at all stages of a woman's life. Its new CelléBiotic rejuvenating nutritive care is one of those new products especially created for women 60+ to help them recapture the healthy, glowing, firm skin they enjoyed in their youth.

Healthy glowing skin starts with a healthy body; you can not address the skin in isolation. All our body systems and organs interact; all play a part and influence each other. Regular exercise, a healthy diet and proper medical care when needed are the basic building blocks of good skin care.

Then there is the need to address specific problems - that dryness, the internal cellular breakdown, the need to continue to nourish the skin and reverse a sallow aspect to face and neck.

That is where CelléBiotic can play a vital role. Inspired by 25 years of research into longevity it combines the science of probiotics, proven to extend cellular life, with the nourishing value of Vitamin B8 and adds those necessary minerals women need to maintain healthy skin.

As always Vichy gives the skin the respect it deserves with a product that is hypoallergenic, free from allergenic fragrances, based on proven science and formulated with soothing Vichy Thermal Spa Water.



CelléBiotic helps beauty take a new direction. It moves into the serene and becomes a synonym for blossoming and self esteem.

Next week: How research on longevity inspired a new rejuvenating skin care product.

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Sudoku solution

4	1	5	9	7	8	2	3	6
8	2	6	4	3	5	7	1	9
3	7	9	1	6	2	8	5	4
5	3	1	6	2	7	4	9	8
7	6	4	8	5	9	3	2	1
9	8	2	3	4	1	5	6	7
1	5	8	2	9	4	6	7	3
6	4	7	5	1	3	9	8	2
2	9	3	7	8	6	1	4	5