



# CWC 2007 – No smoking please

This page compliments

**BHL**

Barbados Holdings Limited

THE **Heart & Stroke Foundation of Barbados (HSFB)** fully supports those “Long-Time Cricket Fans” who have been asking the Local Organising Committee of **Cricket World Cup (CWC) 2007**: “Why is there no ban on smoking – one of the biggest bothers at cricket?”

The fans believe that: “... hundreds of cricket fans would be happy to enjoy cricket – smoke-free – for once.”

We in the **HSFB** are fully convinced that the number would be much more than hundreds and well into the high thousands.

**CWC 2007** is expected to attract the interest of and be viewed by millions

throughout the cricket loving world over a short and concentrated period of time and therefore strenuous efforts continue to ensure that the event will be free of tobacco.

To this end the **HSFB** has called on the International Cricket Council (ICC) to put measures in place to prohibit smoking and the sale of tobacco based products in all cricket grounds and other venues associated with the matches.

This is in keeping with the trend by sporting bodies around the world to ban smoking at their events. FIFA banned advertising in 1986 and the International Olympic Committee (IOC), followed suit in

1988. FIFA and IOC had declared their plans for smoke free environments in stadiums in 2000 for the Football World Cup in Japan and Korea and the Winter Olympics in Salt Lake City.

The **CWC** in South Africa in 2003 was smoke-free at all venues.

In 2003, the World Health Assembly, to which all Caribbean countries are signatories, approved the Framework Convention on Tobacco Control, which offers protection from tobacco smoke in public places and prohibits tobacco advertising, promotion and sponsorship.

Most visitors to the Caribbean come from

countries where it is now normal not to smoke in public entertainment places. Indeed Australia, Canada, England, Ireland and Scotland have already introduced legislation banning smoking in public places. Locally, support for smoke free areas is becoming overwhelming both among smokers and non-smokers.

We need to ensure a tobacco free **Cricket World Cup 2007**.

# Skip yourself fit



THE HEALTH BENEFITS obtained from a small amount of cardiovascular exercise each week are well established. Moderate to low intensity activities done as little as 30 minutes a day can bring benefits. Such activities include walking, gardening, housework, and stair climbing.

More vigorous aerobic exercise such as running, swimming, cycling and skipping done for a

minimum of 30 minutes at least three times a week are much more beneficial for improving the fitness of the heart and lungs.

Studies show that this type of exercise will help reduce the risk of heart disease, lowering blood pressure and cholesterol levels.

So why should you chose skipping over any other form of aerobic exercise? Skipping will – like other exercise –

improve your heart rate and blood pressure, promote fat loss, improve flexibility, co-ordination and balance and improve muscle tone particularly in the thighs, buttocks and calves.

It has also been stated that ten minutes of skipping has the same health benefits as a 45-minute hard run. An interesting thought for those of us with hectic lifestyles who use the excuse that we can't find time to exercise!

However, skipping may not be suitable for everyone. As it is a high-impact activity, avoid it if you have joint problems, established osteoporosis, rheumatoid arthritis or advanced osteoarthritis. If you already have heart disease or a family history of heart disease, as with all exercise you should check with your GP before starting any new exercise regime.

Don't try to do too much

too soon. Start at a work:rest ratio of at least 1:3 and build up slowly. Avoid hard concrete surfaces. Favour a springy wooden floor, carpeted surface or place a thin exercise mat down first (make sure this won't slip). Warm-up before skipping.

Do five minutes of gentle cardiovascular exercise, walking, marching and so on. Then gently stretch all the major muscle groups you'll be using. Remember to cool-down, that is, bring your heart rate down gently at the end of a session. Stretch again following your skipping session.

*Adapted from an article by Melanie Claire Betts The British Rope Skipping Association*

**Skipping can have a number of health benefits:**

- Improved cardio vascular fitness
- Increased muscular

- strength
- Better endurance
- Improved body conditioning
- Greater flexibility
- Stronger bones

**Skipping can also improve skills:**

- Improved co-ordination
- Better timing and rhythm
- Improved balance
- Improved agility

**Skipping may also bring additional benefits including:**

- Increase in social skills through meeting others
- Opportunities to travel
- Increase in self-esteem through easy to learn skill
- Fun and educational
- Opportunities to be creative

# Coping with stress

## — Part 2

### HOW CAN I MANAGE STRESS?

Create a Balanced Lifestyle ... that includes everything you need on a regular basis:

**Occupation:** Be involved in an activity that gives us a sense of purpose and satisfaction.

**Recreation:** Be sure to schedule “fun” on a regular basis. Also make time for hobbies and quiet activities which will absorb your attention away from your worries, for example: gardening, playing a sport, listening to soothing music, painting, craft activities and so on.

**Exercise:** Getting physically active helps you to release the tied up energy of stress while also strengthening your body. Furthermore, exercise helps you to clear the fat from your blood stream.

**Nutrition:** Eating a balanced and healthy diet gives your body the basic tools for coping with increased demands.

**Support system:** Interaction with people fills a human need for

companionship and sharing. You need people who will listen to your problems, understand and support you. You need people who will challenge you to be more than you think you can be. You need people with whom you can let down your guard and have a good time.

**Make changes that would reduce your exposure to stressful experiences**

– Know your limitations and learn to say “No” to excessive requests or demands.

– Set realistic goals for yourself.

– Make changes that would enable you to avoid unpleasant conditions.

– Take regular holidays.

– Face your work or relationship problems and find solutions.

– Be aware of those tasks, situations or demands that are particularly stressful for

you so that you can purposely intersperse pleasant experiences among them.

– Schedule in “down time”. Rather than working through lunch every day, plan at least one outing a week where you meet with friends other than your work colleagues. Learn to plan a completely work-free weekend every other weekend. Your attitude will be refreshed and your energy replenished.

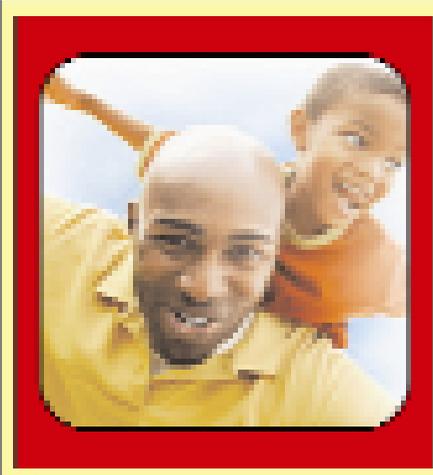
**Utilise positive self talk**

Replace negative and overly demanding self-statements with those that are more flexible, accepting and positive.

**Provide your body with regular intervals for relaxation**

Give your body the opportunity to truly relax by following structured exercises for a few minutes

several times a week. These activities enable you to release your worries and bring your body into a state of true restfulness. They may include progressive muscle relaxation, deep-breathing, imagery or meditation.



**LIFE IS FUN WHEN YOU ARE FIT**

Exercise every day. Swimming, skipping, outdoor games.

**BET UP -**

**BET ACTIVE -**

**GET OUT-**

**BE Fit**

**- NOT FAT**



**BE HEART SMART**

For more information call 437-3712