

Fitness & Sports

Sports line

Health Fair: The Health and Wellness Center will be sponsoring a Year of the Family 2000 Family Health Fair Monday from 9 a.m.-4 p.m. in the Base Exchange lobby. It will include free health screenings for cholesterol, blood pressure and vision. Information will also be available on health-related topics. Prizes and giveaways will be offered. For more information, call 963-4007.

Golf tournament: The Chiefs' Group will host a golf tournament Aug. 25 at Wrenwoods Golf Course beginning at 8:30 a.m. Check in begins at 7 a.m. Entry fee is \$12 per player, plus green fees (includes lunch and beverage).

The format will be captain's choice. Prizes will be given for longest drive and closest to pin. Sign up at the golf course or contact Chief Master Sgt. Bob Langston at 963-2383, cell phone number 412-5887.



Larry Brazil of the Chiefs lets a pitch by during the recent Colonels/Chiefs game.



At left, fans of the Colonels had plenty to cheer about as the Colonels beat the Chiefs, 26-4.



Norm Moore (left) and Jon Roop of the Colonels collide as Roop comes up with the catch.

Strength training benefits more than muscles

Regular weight training does more than just build better muscles, it builds a better, healthier body.

Several new studies confirm the benefits of mild-to-moderate resistance training, which includes reduced blood pressure, lower LDL ('bad') cholesterol levels and higher HDL ('good') cholesterol levels, all of which improve cardiovascular health overall.

Another study examined the effect of weight training on osteoarthritis, a common condition among older adults that affects balance and increases the risk of falling. This study and others confirm that exercise of any kind improves strength, gait and ability to perform activities of daily living among older adults with osteoarthritis, and, in many cases, reduces the pain associated with the disease.

(Source: Journal of the American Heart Association)