

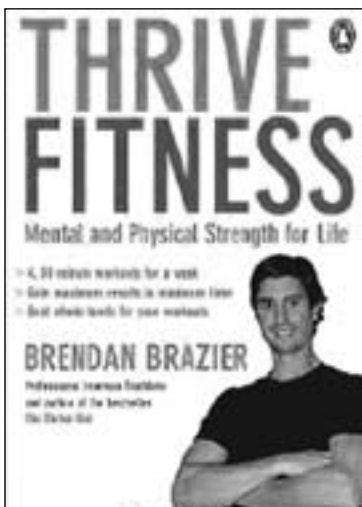
**sports & recreation**

**Thrive Fitness:  
Mental and Physical  
Strength for Life**

by Brendan Brazier

May is National Fitness Month and well-positioned in the calendar year, given that improving weather tends to fuel fitness aspirations. The benefits of exercise are numerous and weight loss is only a superficial manifestation of the effect of regular exercise on our bodies. Medical practitioners believe that heart disease is almost totally preventable by means of a healthy diet and regular exercise and yet the death toll continues to mount. Statistics Canada reports more than 72,000 Canadian deaths annually from cardiovascular disease.

Yellowknife Public Library is promoting National Fitness Month with a display of excellent materials ready for borrowing. Brendan Brazier, author of Thrive Fitness, is a professional iron man triathlete and a two-time Canadian 50-km Ultra Marathon Champion, despite humble beginnings as a rather unfit guy. Brazier believes that hectic lifestyles are the cause of declining well-being and in Thrive Fitness he sets out a program aimed at disease risk reduction, elimination of junk food cravings, increasing energy, weight reduction and promoting the development of more lean muscle. Brazier suggests that a plant-based diet and a six-week rotational workout plan are the key to improved general health and fitness. His illustrated exercises and step-by-step instructions are easy to follow. Thrive Fitness is an excellent resource for readers eager to recreate their fitness futures.



**SPOTLIGHT  
on books**

with Deborah Bruser



photo courtesy of Swimming Canada

**Olympic swimmer Mike Brown will arrive in Inuvik next week to coach the Mackenzie Muskrats swim team and to tell his inspiring story to students.**

# Inuvik to welcome Olympic swimmer

*Champion athlete plans to inspire by spreading his story*

by Andrew Rankin  
Northern News Services

For two-and-a-half years Olympic swimmer Mike Brown found himself in a rut, making no progress and unable to break his own personal best time.

But he battled through the frustrations, the aches and pains and found a way to come out on top.

"Part of me thought I reached my limit," said Brown. "I was able to push through that rut and keep working hard and was able to lower it significantly this past year."

At last summer's 2008 Summer Olympics in Beijing, he eclipsed the Canadian 200-metre breaststroke record. A Commonwealth Games gold medallist and world championship silver medallist, the 25-year-old knows a thing or two about success.

He's hoping to pass on his five point formula to the young and old when he visits Inuvik next week for a two day visit from May 13 to 14. That is hard work, commitment, having fun, goal setting and perseverance.

"I'm trying to inspire a dream in them," he said.

He'll spend an hour and a half coaching the Mackenzie Muskrats swim team on Wednesday.

Muskrats team coach Ashley Mercer said she's thrilled Brown decided to make the trip, which is covered in part by the territorial government. She said she's sure her swimmers will lap up everything he has to say.

"This is a once-in-a-lifetime opportunity to engage with one of the world's best and to have the opportunity to swim with an Olympic swimmer is

an amazing chance for young swimmers to see where sports can take them," said Mercer. "We are so excited to have him come here."

He plans to drop into both SHSS and SAMS to speak to the students. He'll also speak at a potluck dinner at the community hall from 6:45 to 8 p.m., which is open to the public. His trip to the North will also include a stop in Yellowknife, where he'll also talk to youth and coach the Yellowknife Polar Bear Swim Club.

Hailing from Perth, a small Ontario town of about 6,000, Brown said he feels obliged to get out and spread the message that with a dream anything is possible, no matter

where you come from.

"I want to share with them the ups and downs of what I went through," he said. "I was really no different from them. Sometimes kids feel like they can't go out and achieve what they want to achieve. I want to share my story and share my dreams to help inspire them."

But he said the road to the top is sometimes a rocky one.

"There's no straight line to the top," he said. "You're not going to wake up an Olympic athlete or an actor or singer, whatever you want to be. There's ups and downs all over the place. What you do with those down points will make you successful in the long run."

**"There's no straight line to the top."**



Andrew Rankin/NNSL photo

**HAND-IN-HAND**

Cassidy Ipana, 6, and Mataya Gillis, 5, enjoy a leisurely stroll through Sir Alexander Mackenzie School on May 1.

**SPORTS CARD**



**CADEN AMOS-DALBY**

**SWIMMING**

**AGE: 5  
GRADE: KINDERGARTEN**

Despite suffering the effects of a cold last week, this tough little fella agreed enthusiastically to be interviewed for our sports card feature. Caden loves to swim simply for the pleasure of floating around in his life jacket, escaping from the grind of life. He's not one bit afraid of the water and loves to pass the time in the pool playing with his toys. Next winter he plans to work on his skating with vigour. We're sure you'll do awesome, Caden!