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WE MAKE YOUR SPACE A BETTER PLACE!

Movers' & Shaker's Marketplace

will be published every Tuesday and Thursday going out to every home in Halton Hills plus Erin on Tuesdays!

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Size

Rates per Week:

	1 Week	2 Weeks	4 Weeks
2" x 1.5"	\$63	\$58	\$49
2" x 3"	\$90	\$87	\$69
4" x 1.5"	\$90	\$87	\$69

Includes process colour

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Ask The Professionals

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Marta Masley
B.Sc.(PT), M.C.P.A.

Q: I've just started my Spring jogging regime, which involves running about 10 km, 3-4 times weekly. I'm beginning to experience pain in both my shins. I assume this is "shin splints". What exactly is this and what should I do?

A: "Shin splints" is a general term used to describe pain and inflammation as a result of repetitive microtrauma to the top two-thirds of the tibia (the main shin bone). There are actually a number of different causes for this syndrome, namely: irritation of the membrane between the tibia and fibula (other shin bone), stress fracture of the tibia, tendonitis of the posterior tibialis muscle, increased pressure (and ischemia) in the anterior tibialis muscle.

More importantly, it should be remembered that shin splints is an overuse syndrome. Contributing causal factors are: uneven running surface, ineffective running shoes, a sudden increase in mileage, the beginning of a brand new running regime, over-pronation.

Standard treatment includes rest and possibly oral anti-inflammatories. If the problem has resulted from a tendonitis, then your physiotherapist will utilize modalities such as ultrasound and will work to increase your lower leg flexibility/strength. He or she will also address the possibility of poor lower extremity biomechanics, such as over-pronation.

Ultimately prevention is the key. Anytime you start (or re-start) a running program, make sure that your shoes are not worn-out and you progress gradually to increase distance and change terrain. Prepare your lower leg muscles with a stretching/strengthening program at least 4-6 weeks before you start your running program, maintaining it throughout your running season.



Diana Coryn
Sales Representative
905-609-4613

dcoryn@amjcampbell.com
www.amjcampbell.com



Diana Coryn

Q: My husband just got transferred and we need to plan a move to Calgary. What steps do I need to take?

A: The first thing you should do is call a professional moving company like AMJ Campbell. Unfortunately there are many movers out there who are fly by nighters and will take advantage of families who are moving. At AMJ we treat your possessions like they are our own and your family like it's our family. We have Quality Assurance guarantees that will give you piece of mind during this stressful time.

As your local AMJ Campbell representative, I will personally visit your home and do a detailed walk through ensuring we evaluate everything that needs to be moved. We need to ensure that proper care is given to fragile and older items and make sure we have the proper size of truck and correct number of crew members on hand to do a great job for you on move day.

As Canada's largest coast to coast moving company we have locations across the country to ensure your move goes smoothly from start to finish, whether its around the corner in Georgetown or across the country or even around the world!

When I visit your home I will leave behind a detailed check list that will enable you to easily look after things you need to before your move. I look forward to assisting you and your family on life's next great expedition to Calgary.



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Wendy Farrow-Reed
CHRP (Certified Human Resource Professional)

Q: Is your Social Media policy clear?

A: Social media use in the workplace has become a fact of life for employers. Many companies have even come to embrace once-feared social networking sites, such as Facebook and Twitter, blogs and other web-based tools for client development, recruiting, branding and other business purposes. Employees' social media use--both inside and outside the workplace--remains a double-edged sword for employers, however, promising both business opportunities and risks. Though the most obvious problem companies face may be decreased productivity, employers should not lose sight of the less obvious legal risks inherent in web-based applications. For example, an employee who reveals confidential or proprietary information in a blog entry that can be viewed by millions of readers, or a supervisor who posts discriminatory comments on his public Facebook page regarding employees. What about an employee who engages in criminal conduct using her employer's computer? Employers may also encounter legal issues when disciplining employees for improper social media use. A solid first step in managing the risks is adopting an appropriate policy for social media use.



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Q: I recently had a bunch of blood tests done and my doctor says I am at risk of developing diabetes. How does he know this and what can I do to try and prevent diabetes?

A: Your blood tests may have revealed that you have Impaired Glucose Tolerance (IGT). This means your blood sugar levels were higher than average but not as high as those of people with diabetes. Some people with IGT will go on to develop type 2 diabetes, others can bring their blood sugar levels back to normal with simple lifestyle changes.

Lifestyle changes that can help include:

1. Modifying your diet. Increase your daily intake of fresh fruits and vegetables and reduce your fat and sugar intake. Follow Canada's Food Guide to improve your diet.
2. Quitting smoking. Diabetes and smoking both increase the chance of heart disease.
3. Getting active. Work towards getting 60 minutes of physical activity each day.
4. Controlling other medical conditions. High cholesterol and high blood pressure are risk factors for developing diabetes. Take your medication as prescribed to help keep these conditions under control.
5. Maintaining or reaching a healthy weight. Being at a healthy weight reduces your risk of developing many conditions that are associated with obesity. These include diabetes, heart disease and cancer.

Do you need more information? Come talk to your Healthwatch Pharmacist. We're here to help.