

GET FIT & GET HEALTHY

Solving pain with needles?

Acupuncture has become a widely accepted alternative medicine ...and Georgetown has one of the best clinics

Did you know that Georgetown is home to an internationally renowned migraine clinic?

The Ontario Migraine Clinic, one of only two such clinics in the world, is headed by Brendan Cleary, Ph.D., D.Ac. Over 2,500 patients have passed through its doors, seeking relief from migraine pain. They have come from Singapore, Italy, Germany, England and the United States as well as Canada.

After a course of 30 to 40 treatments, more than 90% of these patients are free from migraines and their debilitating symptoms. Their relief has come not from drugs, but from the use of acupuncture.

Acupuncture has gradually become a widely accepted alternative medicine that has its roots in Eastern medicine. The World Health Organization has recommended the use of acupuncture since 1979. It is taught in all American medical schools and more research has been compiled on acupuncture than any drug on the market.

Traditional acupuncture treat-

ment consists of a specific assessment of a patient's health, followed by painless insertion of very fine needles at specific points on the body, depending on the patient's needs.

Cleary, who has been a popular guest on a number of TV talk shows, will be guest speaker for the Georgetown University Women's Club on Tuesday, Nov. 6, at 7:30 p.m. in the Gallery of the Cultural Centre.

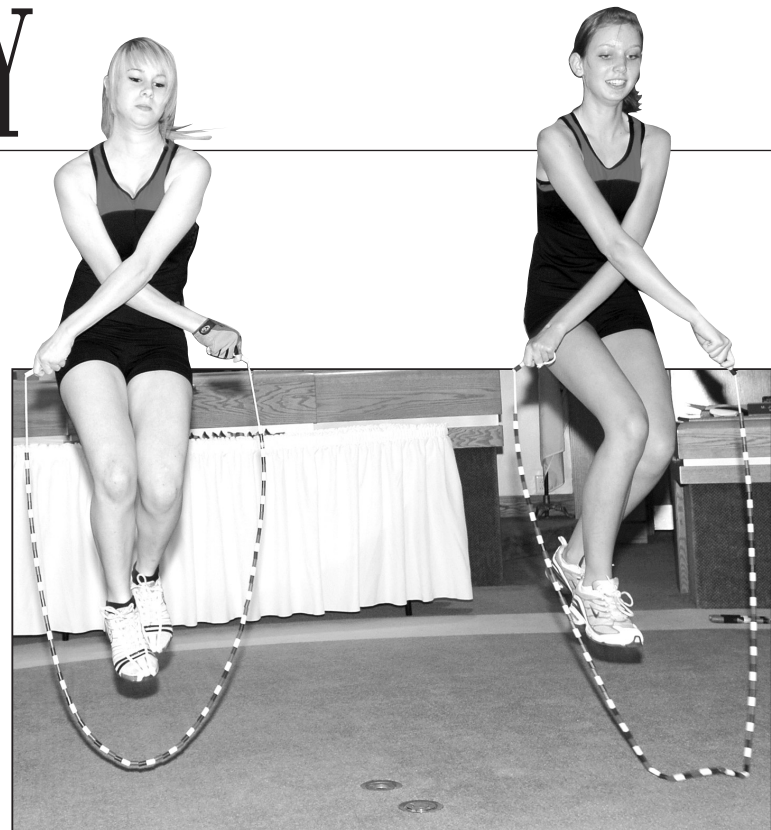
A dynamic and entertaining speaker, Cleary will demystify the practice of Eastern medicine. He will explain, in layman's terms, the very complex interactions within the human body, and how Eastern medicine has beautifully captured these relationships in order to treat the underlying causes of ill health.

Members of the community are invited to attend this open meeting and learn more about this process and how it is now used so successfully for permanent pain relief. Refreshments to follow.

Skipping to gold

Amy Chiappetta and Kathleen O'Callaghan, both of Georgetown and members of Brampton Acro Ropers showed their talents at a recent Halton Hills Municipal Awards night at the Civic Centre, as they performed some of the routines that garnered them gold, silver and bronze medals at the 2006 and 2007 Ontario and Canadian Skipping Championships.

Photo by Ted Brown



Swimming— A great way to stay fit!

Swimming, whether in a program format or as a recreational pastime, give you a great fitness results with less impact.

If you build swimming into your regular routine, you can expect to increase endurance, muscle strength and cardiovascular fitness. Swimming can also be a great cross-training or alternate workout to your normal fitness regime.


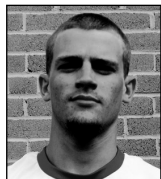
Swimming is a great calorie burner at a rate of about three calories a mile per pound of bodyweight. Swimming can also be a very rewarding experience through social interac-

tion, friendly competition and enjoying the company of others with similar interests.

The Recreation and Parks Department's Sweat and Swim monthly pass allows you the benefit of attending unlimited recreational swimming and daytime (weekday) adult aqua fitness classes (Diaper Fit excluded).

The benefits of combining aerobic and weight training exercises will help you maximize the benefits of your healthy lifestyle.

For information on the Town's swim memberships, call the Recreation and Parks Department at 905-873-2601, ext 2275.

Dan Walinga
CSEP-CPT and CFC
(Canadian Society of Exercise Physiology)
Certified Personal Trainer & Certified Fitness Consultant

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Get Healthy




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Kerry Dennie
Owner

Why should I incorporate resistance training into my fitness routine?

1. **You will lose body fat.** As your lean muscle increases so does your resting metabolism and you burn more calories all day long.
2. **Reduce your risk of Osteoporosis.** Gaining muscle allows less stress to be put on your bones. This coupled with sufficient dietary calcium is your best defence against Osteoporosis.
3. **You will be stronger.** Life will be easier. Everyday chores like lifting up the kids, carrying groceries, walking up and down stairs will not be difficult. Your athletic ability will improve and you can lower that golf score! Resistance Training allows you to have more freedom becoming less dependent on people doing things for you.
4. **You Will Reduce Your Risk Of Injury, Back Pain and Arthritis.** Strength training not only builds stronger muscles, but also builds stronger connective tissues and increases joint stability. This acts as reinforcement for the joints and helps prevent injury.
5. **It's never too late!** No matter what your age or fitness level you can benefit from resistance training. Exercise bands provide a great workout for beginners and offer the same results as weight training. Get the body you've always wanted with a properly designed program you can do it!

R.M.T.

Sherry Norman McClure

Registered Massage Therapist
Pilates Instructor (mat & reformer)
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Fact: pay-as-you-go is a rare option in the fitness world. At Lets Get FIT we are sensitive to your desire to get more exercise and your need for flexibility in order to reach your goals. We believe it's positive to achieve balance without getting bored with the same old routine. The functional training we provide continuously changes to keep your body developing and pushing through plateaus. Einstein quoted "THE DEFINITION OF INSANITY IS DOING THE SAME THING OVER AND OVER AGAIN AND EXPECTING DIFFERENT RESULTS " At Lets Get FIT our certified personal trainers make sure you get the changes you need to see results. We are pleased to offer flexible schedules for you to enjoy as well as the personal attention and motivation. You will be anxious to return.

- BENEFITS OF CONSISTENT WORKOUTS**
- INCREASED FLEXIBILITY
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 - SELF-ESTEEM AND CONFIDENCE
 - DECREASED STRESS
 - OVERALL HEALTH AND WELLNESS
- We offer affordable rates that allow you to maintain a gym membership and enjoy personal training at a fraction of the cost of most other gyms. Lets Get Fit offers many different classes on top of our training programs. We invite you to come in for more information.