

Fitness group ends season

By LOUI TAYLOR
Herald staff writer

Operation Action wound up its year of activities in Halton Hills Friday, and the people involved with the project say they are satisfied with the way it was received.

Marlene Avery said she has met with the Georgetown Y and the town recreation department, and each group will be taking over some of the programs which Operation Action started going this past year. She said they have also left a list of suggestions for new programs which could be started by either group.

Ms. Avery said she, Heather Leslie and Dave Sinclair felt the project succeeded in its goal of promoting an increased awareness of physical fitness. This was done through fitness presentations, displays, mini-clinics and the distribution of fitness literature, she said.

The project also established an annual "fun run", Ms. Avery said, as well as setting the groundwork for the formation of a fitness committee. She said that although Operation Action was not able to get the committee formed, they felt that the committee would be formed by interested citizens as they saw the success of some of these programs on an on-going basis at virtually no cost.

ORGANIZED ACTIVITIES

Among the activities organized by Operation Action were the Mayor's Road Race, Fitness Week, lunch-hour skating and fitness classes, employee fitness leisure education clinics and FAN Fare, which provided information on food and nutrition.

The jogging clinic and the coronary clinic were both well-attended and successful, Ms. Avery said. The Ladies' Activity Workshop was filled to

capacity, and were well received, she said.

While not all the clinics on specific sports were as well-attended as the organizers would have hoped, high attendance wasn't the criterion for success.

"Even if only four show up, that's four people who've been shown something new," she said.

FAN Fare, the food and nutrition presentation which visited various areas of the town, was not as successful as had been hoped, mainly because it was presented during the summer. The lunch hour skating and fitness classes went very well in Georgetown, Ms. Avery said, and will be continued this year. In Acton, the response wasn't as good, however, and the program has been discontinued.

In Georgetown, we were getting at least 40 people out per lunch hour, and they were adults, not kids," Ms. Avery said. "People were grabbing a sandwich and going out for a skate."

MARTIAL ARTS

Among the suggestions which Operation Action has passed on to the other groups in town are clinics in martial arts, and wind-surfing, the formation of a boxing club, and a canoe club, rock-climbing, a summer regatta and CanAm games.

One of the major projects which Operation Action was not able to organize, for lack of time, was a clinic for volunteer coaches in all different minor sports. The clinic would be an athletic injury clinic for volunteer sports, and would stress the importance of warming up before the game, and doing exercises during practice sessions as well as learning skills. The clinic would also include information on dealing with injuries when they occur.

"The project accomplished a lot," Ms. Avery said. "It laid a lot of ground work for the

town. People in Halton Hills are aware of us and that means they're aware of what

we're doing. We've come a long way from last October. Fitness is a hard thing to sell."



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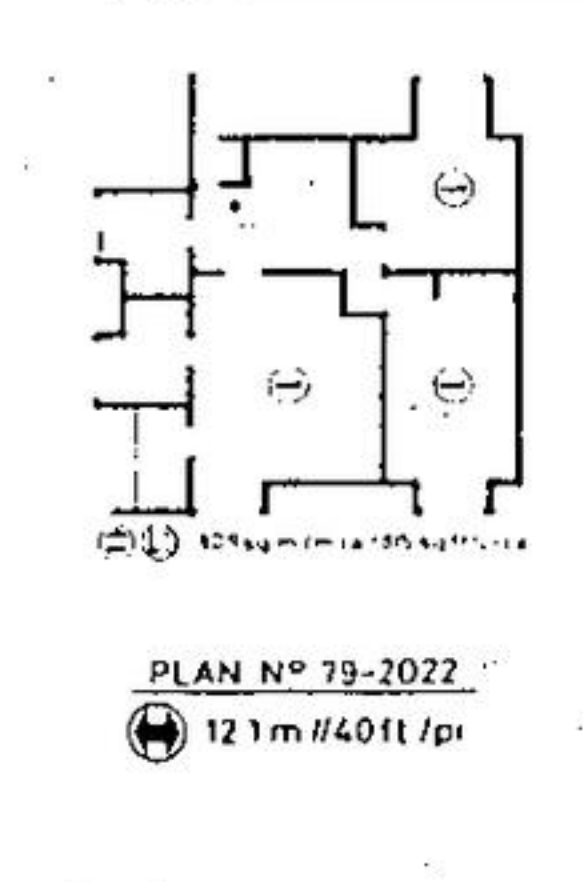
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The exterior is everyone's dream home - finished in white stucco with barge board trim, and with brick veneer and chimney, small paneled, front facing bow window, and upstairs dormer windows. Even the modern note of the garage doors has been blended into the period design through their heavily belted accents.

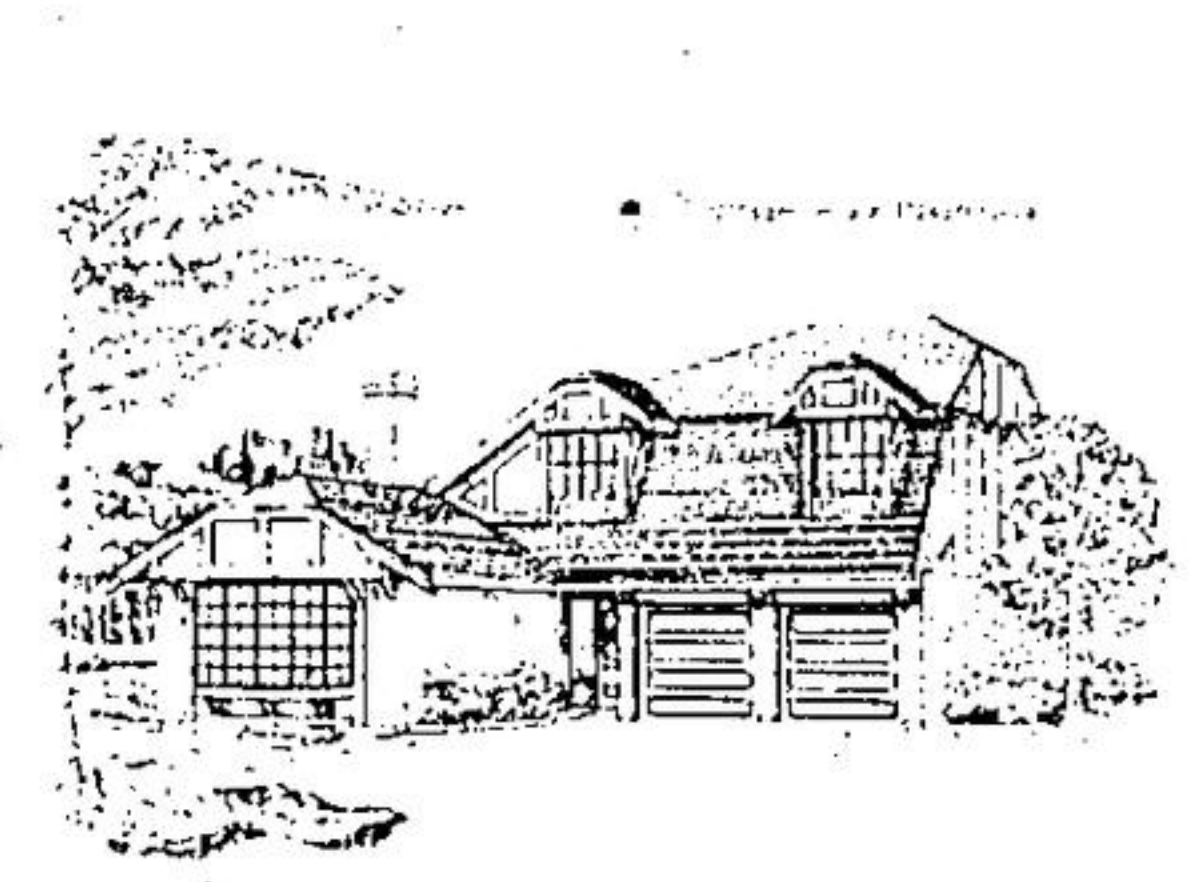
The deeply weather protected entry leads into a compact reception foyer and closet storage area, from whence naturally tall and down two risers to the sunken living room. The living room features a charming front facing bow window and a corner masonry fireplace for convivial "at home's".

A well planned U shape kitchen separates the formal dining room and the more casual dinette. It has an excellent work triangle, abundant countertop work surfaces and generous cupboard storage. The dinette has sliding glass doors to a large rear patio, for easy access to outdoor dining in fine weather. A large family room and lounge area is sunken two risers from the dinette, and also connects to the large laundry utility and mud room area.

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