

## Work That Body

### Promoting lifestyle change trend in fitness programs

Laurie Burns, of the Work That Body fitness club in Georgetown, believes physical fitness is promoted so heavily through the media that people are making a change.

"I want to promote a lifestyle change to these people so physical fitness becomes part of their daily routine," she said.

Located on the southeast corner of Mountainview Road at Guelph Street, Work That Body Fitness Programs Incorporated is going through extensive changes which will see new showers, sauna, sun tanning and weight training facilities. A new esthetician service will also be on hand.



LAURIE BURNS

The fitness club is mainly for women although Mrs. Burns had interested males approach her at the recent BIG celebrations in Georgetown.

Mrs. Burns said men are welcome to the aerobic classes which are offered and if enough interest is shown there is a possibility for fitness classes for men early Tuesday or Thursday mornings.

When a woman registers with the club a questionnaire is filled out by the applicant which lets the instructors know of any problems that may exist in certain exercises.

The Canada Home Step test is then administered which lets the instructors know at what level of fitness a participant is at. Various other tests are also given such as strength and flexibility testing until a release form may be signed.

#### WEIGHTS

Mrs. Burns is expecting quite a few women to be involved with the weight training program this fall. Weight training differs from body building because it is not as intense and the weight involved isn't as much.

Work That Body has an age range of participants from 16 to 72 and can accommodate up to 1,200 women. There are about 10 instructors at the facility and a wide range of special services including pre and post natal classes, back problem classes, baby-sitting services and programs catered to fit everyone's schedule.

The official opening of the new facilities will be on September 12 with the cost of a three month membership being \$99.

With the renovations still underway there are special rates available until September and a five week registration available for \$27.50 which will entitle the fitness enthusiast to visit the club twice a week.

### Proper shoes necessary in aerobic dancing

Aerobic dance has been increasing in popularity since it first came into vogue in 1969. This versatile routine combines a cardiovascular workout with exercises designed to improve flexibility, endurance, agility and coordination. And as with any sport, proper footcare is a must for maximum gain.

The foot takes an incredible pounding in a typical aerobic routine. Injuries can include stress fractures and, in some cases, Achilles tendonitis.

The proper shoe is very important in aerobic dancing. You are cushioned against running shoes, as they do not provide the lateral support specifically needed for the activity.

Tennis or court shoes are more appropriate. There are also new aerobic dance shoes which are designed for precisely the types of movement an aerobic dancer goes through. Any shoe, however, is better than no shoe.

The Podiatry Association suggests certain features in an aerobic shoe. The shoe should include lateral support through the arch and midfoot, toe guards for added protection and a light midsole.

Shop for shoes late in the day when your feet are larger. Put on the socks or leotards you plan to wear in class, and make sure there is enough room in the shoe — a thumb's width at the end and a "pinch" over the toe area.

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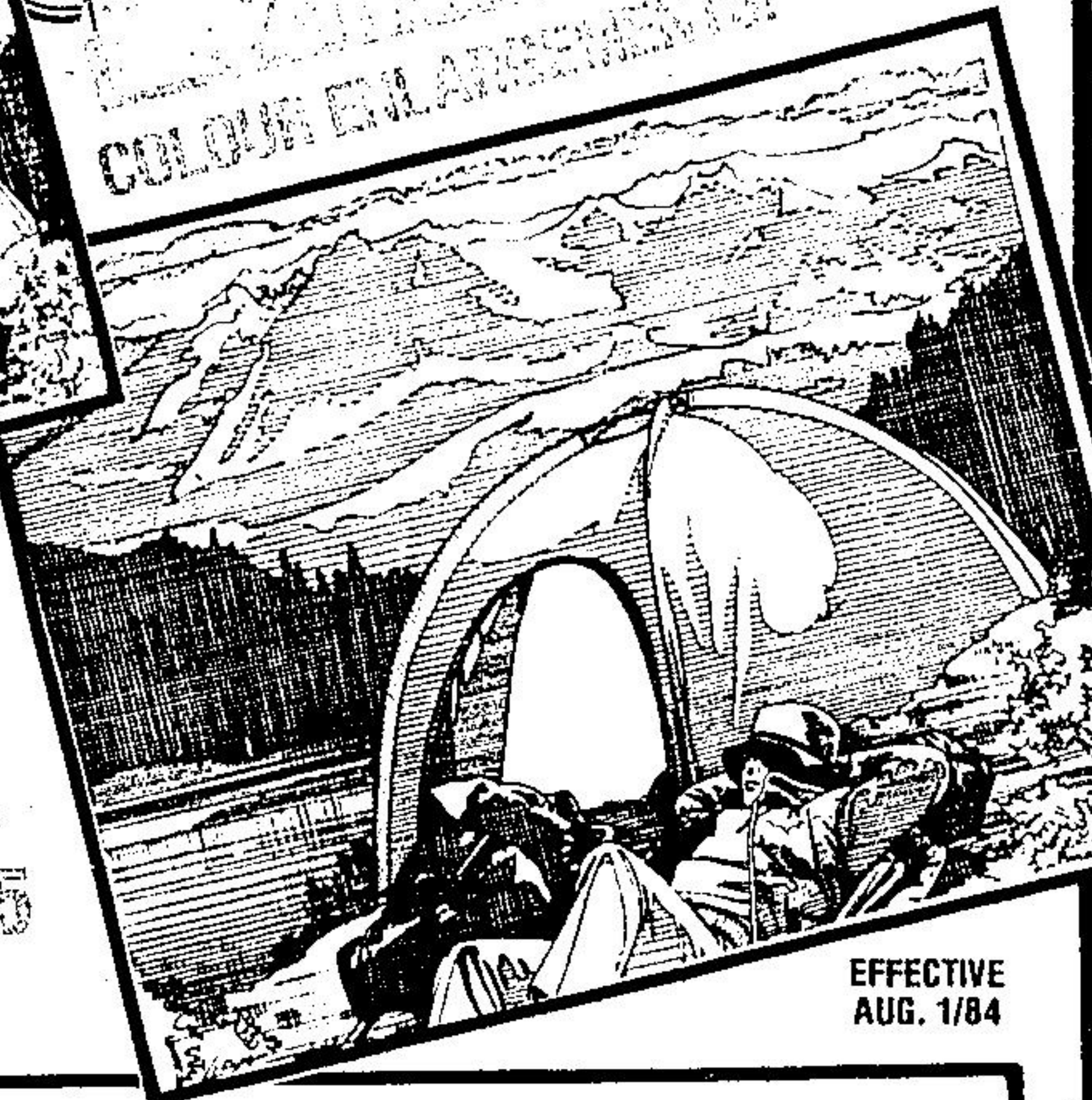


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