



Focus on Fitness

by Laurie Burns
Exercise Physiologist

Starting is easy, staying is hard

Starting an exercise program is easy. Sticking to it is the hard part. Knowing the benefits of a good exercise program should help you to make regular exercise a part of your lifestyle.

A recent series of Gallup surveys showed that those who exercise regularly:

- feel more relaxed
- experience improvements in mood
- enjoy their social lives more
- have more self-confidence
- are more willing and able to change other health habits, eg. smoking and eating habits
- feel a stronger sense of control over their health and their lives
- are able to cope with stress better

MAJOR PHYSICAL BENEFITS

Regular exercise can reduce the risk of:

- coronary heart disease
- sudden death from a heart attack
- cancer
- osteoporosis
- high blood pressure
- obesity
- elevated blood cholesterol

With all these benefits it should be easy to start an exercise program, right?

HELPFUL HINTS

- 1) Exercise, because you want to as well as need to.
 - 2) Start out slowly, exercising 3 times per week for 20 minutes (minimum). This amount is recommended, but it may take a few weeks to build this into your lifestyle.
 - 3) Choose an activity that you think you will like. If you choose an activity that you know you won't care for, you are setting yourself up for failure.
 - 4) Make exercise a priority and let your family know it, so they can support you.
 - 5) Exercise is important, do not look for excuses or ways to get out of it.
- Congratulations! Making the decision to get started on a regular exercise program is half the battle. Committing to Get Fit is the other half.

Laurie Burns, the owner of Work That Body, will be writing a regular fitness column for The Herald Outlook.

Seniors for the Future

by Les Mellish



Seniors association has 700 members

This is the first of what we expect to be a regular senior news column. Our association has in excess of 700 members now and there is a need to open up a regular channel of communication to keep everyone informed of what is going on and what progress we are making towards a seniors centre in Georgetown.

Putting first things first, our status is now that of a charitable organization and we can issue receipts for donations. All who are members have each made donations to the Building Fund and the board of directors express its appreciation of your generous expression of confidence.

Receipts were issued as soon as was possible to those members who wished to have one. If you are a member and didn't get one, please call Treasurer Grant Greenaway at 877-7749. We regret that we were somewhat late getting them to you, but they are usable for tax year 1990.

Since we anticipate being a permanent organization involved with seniors issues and representing seniors in Georgetown, the board has initiated the process to get the association incorporated.

The association bylaws are now completed and have been distributed to members along with their receipts for donations.

Other members will receive theirs in the next week. Please read them before the general meeting scheduled for May 16th, 7 p.m. in the hall of Holy Cross Church. You will be asked to accept them at that meeting.

Also at that meeting, an action plan for a seniors centre will be presented by the board for your approval.

This plan is the culmination of a great deal of work by the Building and Planning Committee and other members of the board over the past year. Your approval of this plan will enable the board to proceed with the next phase which is to solicit the approval and participation of Halton Hills town council in a plan to make the centre a reality in Georgetown.

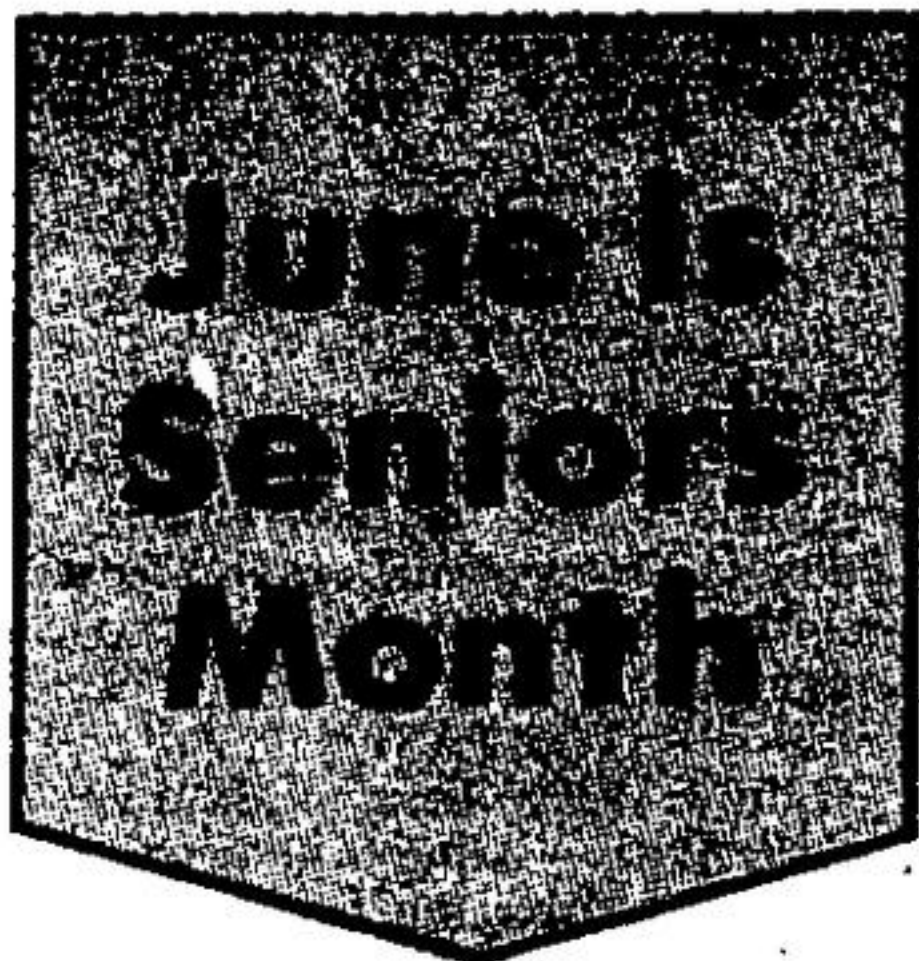
In the meantime, fund raising has been an ongoing activity. It should be noted that all donations to the association go directly to the Building Fund and money raised through activities goes into an operating account for ongoing administration expenses.

From time to time as this account accumulates, money will be transferred to the Building Fund.

The Treasurer reports the financial status to the board in written form monthly and an audited report is presented to the association at the A.G.M.

Les Mellish is the President of the Georgetown and District Seniors Association.

Seniors for the Future will be a regular column in The Herald Outlook, written for the seniors by the seniors.



June is Seniors Month in Halton, and the Region plans to hold its fifth annual Seniors Awareness Week June 10 through to June 16.

This year's theme is "Through Other Eyes" - a program intended to teach the public about senior's needs, services available to seniors, and positive aspects of aging.

Five "Through Other Eyes" workshops, which will be co-sponsored by the Region's Elderly Services Advisory Committee and the province's Ontario office for senior citizens, will be held throughout the Region during Seniors Week.

Non-elderly people will be invited to wear various devices that simulate declines in vision, hearing, strength, agility and manual dexterity. In this way the participants will learn how the body ages.

THINK PINK

Please return your pink envelope today!



ROTARY CLUB OF GEORGETOWN

Bird's nest catches fire

A bird's nest in a light caught on fire at a Guelph Street restaurant at 8:10 p.m. April 27, Halton Hills Fire Department says.

The nest was located in McDonald's parking lot and caught fire due to the heat from the light, fire officials say.

Firefighters shut off power to the light.

Approximately \$2,000 worth of damage was caused when a pot

was allowed to boil dry on top of a stove, Halton Hills Fire Department says.

The fire was out completely by the time firefighters responded to the call at 10:58 April 27 on Concession 23, Lot 7.

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