

Health & Fitness

March of Dimes 40th anniversary



ONTARIO
MARCH OF DIMES



LA MARCHE
DES DIX SOUS DE
L'ONTARIO

A group of Marching Mothers collect donations in Hamilton in the 1950's. They are led by Ellen Fairclough, who was M.P. for Hamilton and the first woman appointed to the federal cabinet.

1991 marks the 40th anniversary of the Ontario March of Dimes, a not-for-profit organization that assists adults with physical disabilities. Staff and volunteers across the province will be celebrating with numerous special events to kick-off the annual Winter Fund Raising Campaign, which runs from January 2nd to February 15th, 1991.

The March of Dimes' Hamilton region, which includes the counties of Halton and Hamilton/Wentworth, will undertake community campaigns to raise a goal of \$9,000.

Forty years ago, a group of "Marching Mothers" took to the streets to raise money in hopes of funding a cure for polio. Today, thousands of volunteers in 300 communities across Ontario volunteer their time to raise money in support of adults with physical disabilities. Money raised in the 1991 campaign will support the March of Dimes' three major services which include: Independent Living Assistance, Employment Services and Assistive devices.

"We are proud of the accomplishments of our volunteers," says Veronica Tennant, O.C., former Prima Ballerina of the National Ballet and Honourary Chairperson of the March of Dimes. "Our 40th anniversary is a time to celebrate 40 years of service and to remind the community that we need their support now more than ever."

The 1991 Fund Raising Campaign which provides support to all disabled adults in Ontario, has set the highest goal of the campaign to date. With the assistance of dedicated volunteers across the province, they will work towards a provincial Community Campaign goal of \$589,000 and an Annual Fund Raising goal of \$2.4 million.

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Foot care important during winter

Though the temperatures on most winter days aren't severe, prolonged exposure to low temperatures and direct contact with extremely cold, damp surfaces can lead to frostbite - a more serious consequence of cold feet.

"Though people bundle up with heavy coats, gloves and scarves, they often forget that their feet need special attention," says Neil Nafolin, Podiatrist and member of Dr. Scholl's Foot Health Advisory Board. To keep feet warm and healthy this winter, Dr. Nafolin recommends the following:

- When outdoors, be sure to keep feet warm, dry and moving. Frostbite is the actual freezing of tissues due to excessive exposure to low temperatures. Be alert to numbness - the first sign of frostbite. Insulate feet against cold and dampness with wool or thermal insoles. Insoles will provide cushioning warmth to help keep feet comfortable. Always wear water-resistant boots with thick soles to keep feet well-protected. Two pairs of socks also helps keep feet warm. Finally,

boots should be roomy enough so that they don't restrict blood circulation.

- If feet feel cold or numb after a trek outdoors, gently massage them to restore circulation. Soak feet in tepid - not hot - water, or expose them at room temperature until they're warm. Do not place feet on hot surfaces such as a heater or radiator; allow them to warm up naturally. If blisters, pain, or color changes occur seek medical attention immediately.

- When confined in boots, skin on the feet becomes dry and flaky due to the evaporation of moisture. Apply a foot and leg conditioning lotion daily to help skin retain moisture and protect feet from the drying effects of cold weather.

The next time the weatherman says temperatures will be heading to zero, be prepared from your head down to your toes: don't let winter put your feet at risk.

For a free information booklet on footcare, write to: "Meet Your Feet", 6400 Northam Drive, Mississauga, Ontario.



Focus on Fitness

by Laurie Burns
Exercise
Physiologist

New Beginnings

This is the start of a new year 1991. I suggest that you stop hopping from one diet to another, that you stop wishing you looked this way and felt that way, that you stop feeling guilty if you binge once in a while.

I suggest, instead, that you accept health challenges that I will offer you monthly all year and that you make a serious commitment to increase the amount of exercising you do.

If you do this, I promise you will feel better and look better by the end of 1991.

Our goal this year is quite basic: I want you to become more familiar with different types of exercise and I want you to shift to a low-sugar, low-fat diet. You'll find out why as the year progresses.

In advocating this approach to eating, I am joining countless doctors, scientists and health experts who all agree this is the healthiest way to eat and the best therapy for weight loss, diabetes, heart disease, arthritis and just plain bloat.

Health challenge: Each month I will ask you to accept a new health challenge. It may not be possible to be 100 per cent perfect, but I hope you'll make real effort to try to adjust your eating habits to these new approaches. If you can do them 100 per cent, all the better! By the beginning of 1992, you'll wonder where you've been all your life.

Basic eating advice:

1. Eat only when you are really hungry.
2. Enjoy your food when you eat it.
3. Don't eat absent-mindedly, or out of boredom.

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