



### TIPS FOR ASTHMATICS

Having asthma shouldn't hold you back from exercising

PAGE 3



### SENIORS LIFESTYLES

Links2Care offers Meals on Wheels program for local seniors

PAGE 8

# HEALTH AND FITNESS

Special pullout section

## Feet in Motion run clinic set for March 16

By **ANDREA LEFEBVRE**  
*Advertising Features Writer*

Believe it or not, spring is just around the corner. As the warming temperatures and melting snow draw Halton Hills residents out of hibernation, now is the time to start getting active again.

For Brad Mailloux, the owner and operator of Feet in Motion, the arrival of spring brings the first Beginner Run Clinic of the new year.

The clinic, which starts March 16, is for people who are new to running or who are getting back into the sport. The group meets at Feet in Motion for an hour every Tuesday night for 10 weeks. The first half-hour is spent learning about running-related topics like injury prevention and treatment, stretching, and what to look for in running shoes and clothing. The second half is spent doing a combination of walking and running with more running and less walking as the weeks wear on.

"It's the best way for people to get into running," says Mailloux, who holds Beginner Run Clinics three times a year. "If you join a group, you're more likely to stick with it and once it becomes habit, you tend to enjoy it more. If you run alone, you get discouraged and quit."

For those who already know how to run, Mailloux also hosts commitment-free social runs on Wednesdays at 6:30 p.m. and Saturdays at 8 a.m. starting at Feet in Motion.

Located at 72 Main Street South in downtown Georgetown, Feet in Motion is a family shoe store that sells clothing, accessories and supportive footwear to people of all ages and levels of fitness.

For more information or to register for the Beginner Run Clinic, call 905-877-3201.



Brad Mailloux of Feet in Motion on Main St. in Georgetown, laces up a pair of Brooks runners for Tim Cook as he checks the shoes for a perfect fit.

Photo by Ted Brown

**SOCCER** *Plus Grand Re-Opening*  
The Everything Soccer Store

**We're Right Around the Corner**

**Free Coffee & Donuts** **New** **360 Guelph St.** (beside Barbartowne Pub) **905-873-2273**

**1 DAY ONLY**  
**Sat. Feb. 20**  
Almost all Soccer Shoes  
**50% OFF!**  
10 am - 4 pm