



Stay active, keep fit with asthma

Did you know that several of Canada's Olympic athletes have asthma and can still successfully compete in their sports? Having asthma doesn't mean you can't exercise, but people with asthma are often afraid of experiencing exercise-induced flare ups. This can result in tightening of the airways and shortness of breath.

Follow these five tips to help prevent shortness of breath when exercising:

1. Develop a written asthma action plan with your doctor. This will map out how to adjust your treatment based on how well your asthma is under control. An asthma action plan is available for download at www.on.lung.ca.
2. Warm up before exercise and cool down afterward. This includes stretching and starting at a slower pace.
3. If you typically experience asthma symptoms from exercising, take your reliever inhaler 5-10 minutes before starting.

4. Cover your nose and mouth with a scarf when exercising outdoors in cold weather.

5. Move your work-out inside if air pollution or cold winter air aggravates your asthma when you exercise. Recreational swimming is especially suited for people with asthma because indoor pools have warm, moist environments. Some people are bothered by pool chemicals. However, the benefits of swimming generally outweigh the risks.

If symptoms such as coughing or wheezing continue, your asthma may not be well controlled. Speak with your doctor to learn more about leading an active, healthy lifestyle with asthma.

The Lung Association's Asthma Action Helpline is available toll-free at 1-888-344-LUNG (5864) or online at www.on.lung.ca.

—www.newscanada.com

Employee Appreciation Day February 24, 2010



The Halton District School Board celebrates Employee Appreciation Day, February 24, 2010. Recognizing the over 8,000 employees, who contribute to and make a difference to the educational experience for students in Halton. The Halton District School Board would like to express our thanks, as we continue to Learn, Grow and Succeed Together.



W. Joudrie
W. Joudrie,
Director of Education

Bruce Jones
Bruce Jones,
Chair

A GOOD REASON TO SHOP LOCAL

Shopping local saves the environment. We are all aware of CO2 emissions and our environmental impact. Local shops do not require long car & bus journeys to get to, help reduce our global footprint. So... shop smart, shop our local stores... stay healthy!



Curves

The power to amaze yourself.™



Left to right: Jennifer Harvey, Annette Ryan and Angela Berlingieri
Photo by Ted Brown

The staff at Curves is honored to be voted Favourite Women's Fitness Centre yet again!

Year after year our valued and loyal members vote for us and we appreciate it so much. We continue as a club to work diligently to raise funds and awareness for many local charities and organizations; We are truly a community minded organization with two locations, Georgetown and Acton to serve you. Specifically designed for women, we offer fast, fun fitness and now include state of the art "Smart" Equipment to further enhance the effectiveness of our unique workout, and will help members reap even greater results than previously!

OUR ANNUAL CURVES FOOD DRIVE WILL BE HELD FROM MARCH 1st THROUGH MARCH 15th. DONATE A BAG OF NON PERISHABLE GROCERIES AND WE WILL WAIVE THE SERVICE FEE!!

Call now for your appointment.



Voted Favourite Women's Fitness Centre
GEORGETOWN & ACTON

HURRY IN! Offer ends March 15th

39 Main St. S., Georgetown 905-702-0418

374 Queen St., Acton 519-853-0502

Over 10,000 locations to serve you.
www.curvesforwomen.com

*Offered based on first visit enrollment, minimum 12 mo. c.d. program.

