

# GET FIT & GET HEALTHY

## Springtime chores are great way to jump-start fitness goals

The start of a new season is a great time to renew weight-loss and fitness resolutions.

TOPS Club, Inc. (Take Off Pounds Sensibly), the nonprofit weight-loss support organization, shares the following tips for springing into a healthier, active, better-for-you lifestyle.

Springtime chores and activities are great ways to burn calories and jumpstart activity. Housework, especially if done to fast music, gets the body moving and the home ship-shape, too. Stretch high and bend low, extend your arms, and move as much and as fast as possible. You'll not only feel a sense of accomplishment, but you'll have burned some calories, stretched and toned muscles.

Springtime is a great time to get fit through a walking program. Even gym regulars find that engaging in a walk through the neighborhood or park in fresh air is invigorating. For those who have been sedentary, start slow and walk only as far as it feels comfortable. Build up walking time gradually. Don't forget to warm up before and cool down after to reduce stress on muscles. Wear walking shoes and dress in loose-fitting, comfortable clothing, appropriate for the weather. When walking after



Gardening is a great way to trim your waistline — pruning shrubs by hand for 30 minutes can use up 188 calories.

dark, wear bright colors or use reflective tape for motorists to see.

Plan for a home-grown vegetable garden. Order seed catalogs and visit the local garden center to get inspired. Large parcels of

land aren't needed. Utilize small containers to grow almost any vegetable or herb on a balcony or patio.

Here are common springtime activities and the amount of calories each burns if

done for 30 minutes:

- Watering lawn or garden – 63 calories
- Fertilizing yard – 104 calories
- Mopping – 146 calories
- Scrubbing floors – 159 calories
- Sweeping – 167 calories
- Weeding – 167 calories
- Planting seedlings – 188 calories
- Trimming shrubs by hand – 188 calories
- Laying sod – 209 calories
- Cleaning gutters – 209 calories
- Painting – 209 calories
- Mowing lawn (walk behind power mower) – 230 calories
- Gardening – 134 calories

Getting a fresh start with these springtime activities, coupled with a healthy eating plan, is a positive way to move weight-loss goals forward in 2010.

TOPS Club Inc. (Take Off Pounds Sensibly), the original, nonprofit weight-loss education and support organization, was established more than 62 years ago to champion weight-loss support and success. Visitors are welcome to attend their first TOPS meeting free of charge. Local chapters are in Acton (meeting every Monday night) and Georgetown (meeting every Tuesday night). For details go to [www.tops.org](http://www.tops.org)

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### Terra Cotta Community Centre

(High Street, Terra Cotta, 15 mins. from Georgetown)

* MON.	7:30 pm - 9:00 pm	Beg/Inter	11 wks
TUES. MEDITATION			
	9:15 am - 9:55 am	(no charge)	11 wks
TUES.	10:00 am - 11:30 am	Beg/Inter	11 wks
TUES.	7:30 pm - 9:00 pm	Int/Exper	11 wks
WED.	7:30 pm - 9:00 pm	Beg/Inter	11 wks

### Rampulla's Martial Arts

14 Main St., South

TUES.	1:00 pm - 2:30 pm	Beg/Inter	11 wks
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### SPRING SESSION

Monday, Apr. 12th to  
Wed, June 30th, 2010

For registration please call  
519-833-9402

### Hillcrest Church

(5th Sideroad & Trafalgar across  
from Pineview Public School)

THURS.	8:00 pm - 9:30 pm	Beg/Inter	11 wks
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### St. Andrews United Church

(Mountainview & Sinclair, Georgetown)

* FRI.	8:00 pm - 9:30 pm	Beg/Inter	10 wks
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\*No classes Friday or  
Monday Victoria Day Holiday

Gift Certificates Available 519-833-9402

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better care  
of myself."

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