



WALK THIS WAY

Halton Hills a 'walkable' community says accessibility committee member

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THE BENEFITS OF YOGA

Yoga is for everyone, but a good instructor is crucial

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HEALTH CARE

Special pullout section

Pita Pit's healthy menu allows diners to enjoy a guilt-free fast food meal

By **ANDREA LEFEBVRE**
Advertising Features Writer

When it comes to choosing a restaurant, it's important to remember that not all fast food is junk food, says Wayne Peel, owner of Pita Pit in Georgetown.

Ever since the first Pita Pit location opened in Kingston in 1995, the chain has provided fresher, healthier alternatives to traditional fast food items.

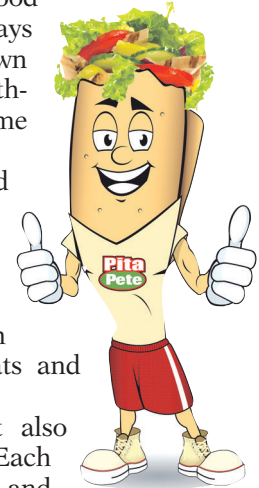
"The founders wanted a fast food place that people could come in, get healthy food quickly and go about their day," says Peel, who has owned the Georgetown location for three years. "There's nothing to feel guilty about when you come here to eat."

Pita Pit's wide variety of pitas and ingredients have a lower sodium count and are lower in calories, carbohydrates and fat than traditional fast foods. The pitas contain vegetables that are prepared fresh every day as well as grilled meats and sauces.

In addition to pitas, Pita Pit also sells fruit smoothies year round. Each smoothie contains low-fat yogurt and high-quality juice and fruit with no added syrups or sugars.

The vegetarian—and vegan-friendly restaurant delivers and caters lunches and dinners. The Georgetown location also supports local schools with a school lunch program.

Pita Pit is located at in the same plaza as Food Basics at 235 Guelph Street in Georgetown. The restaurant is open Monday to Thursday from 10:30 a.m. to 10 p.m., Friday and Saturday from 10:30 a.m. to 11 p.m. and Sunday from 11 a.m. to 8 p.m. For more information, call 905-873-8555 or visit www.pitapit.com.



Wayne Peel, owner of the Pita Pit at 235 Guelph St., says his restaurant offers a healthy alternative to fast foods, with numerous choices of pitas. With 32 toppings to choose from, the Pita Pit is an ideal place to drop by for lunch.

Photo by Ted Brown



Fall Into Good Health

Free Lecture Series, Saturday October 2nd

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|-------|---------------------------------------|--|
| 11 am | Natural Snacks for Kids | A. Sparrow, RHN |
| 1 pm | Meditation for These Changing Times | M. LeRoy |
| 2 pm | Sleep Apnea: How can Osteopathy Help? | C. Webber, RMT (Student of Osteopathy) |

* Naturopathy * Acupuncture * Registered Massage * Osteopathy * Holistic Nutrition * Counselling * Reiki

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