

GET FIT & GET HEALTHY

Take a walk during Active Aging Week (Sept. 20-26)

What does “walking” mean to you? For older adults, walking can mean a leisurely stroll with friends, maintaining physical fitness, or a way to get from one place to another. Walking can make life very enjoyable.

In Halton there are several species of birds to see, many parks and trails, and if you pay attention you may see an eagle, swan, fox, or a deer.

Across the world, people, ages 50 years and older, will experience the theme, “Be active your way” during special events offered during Active Aging Week—the annual health promotion event of the International Council on Active Aging (ICAA) that will be held September 20-26.

Active Aging Week is an annual event held the last full week of September (prior to October 1, International Day of Older Persons). The week was initiated by the International Council of Active Aging to give as many older adults as possible the means to experience activities and exercise in a safe, friendly and fun atmosphere. During the week, host organizations provide a variety of free activities, such as classes, educational seminars, access to fitness facilities, health fairs and community walks.

Active Halton will join the international campaign by promoting walking to older adults. Walk every day! Visit www.activehalton.ca for these tips and tools to help you get started.

- Order a Walk This Way Kit to kick-start your own personalized walking program.



- Borrow a pedometer from your local library and count your steps to better health!
- Wear your pedometer on a Conservation Halton trail and log your steps at haltonhikes.ca. For every 10,000 steps logged, a tree will be planted
- Pledge to walk to a place you might normally

drive to at www.iCANwalk.ca

- Take to the trails or join a local walking group.

“Walking is the number one activity among Canadians and it is a natural way for people of all ages to get out and have fun,” says Halton Hills Recreation and Parks Supervisor of Community Development Frank Prospero, who is co-chair of Active Halton.

“In addition, walking builds strength and endurance which can help prevent falls, a major problem for adults later in life,” adds Monica Marquis, falls prevention coordinator from the Mississauga Halton Local Health Integration Network.

“The images of aging are changing,” says Colin Milner, CEO of ICAA, “and today it is known that staying physically and mentally active leads to better overall health, improves mood and brain health, and encourages older adults to contribute to society, their communities and their families. That’s why the special events of Active Aging Week open the doors to new, fun and educational activities.”

Active Halton has an ambitious plan to increase the physical activity levels of Halton residents by 20% by 2012. With funding from the Ontario Trillium Foundation, Active Halton works together with the community to accomplish their goal by facilitating workshops, sharing information and resources, networking, and educating the community about the benefits of physical activity.

Take advantage of the local natural environment and community resources by taking a walk today!



Julia Fountain,
BSc, ND

There can be barriers to feeling your best. We help you uncover them and treat them naturally.

Q: I manage my seasonal allergies with anti-histamines. Are there other options?

A: To explain our naturopathic treatment strategy I'd like to use an allergy analogy. A healthy immune system is like a pot on a stove – simmering – until there is injury, attack or infection to fight. The immune system then boils over – activates, inflames, fights off the infection, then resumes simmering in stand-by mode. When you're experiencing allergy symptoms your immune system is boiling over. The anti-histamine approach is to put a lid on it. Suppress the symptoms, you may stay comfortable temporarily but stop the anti-histamines and the symptoms come back. The naturopathic approach is to take things out of this boiling cauldron that may be contributing to immune activation. In naturopathic lingo this is called 'lowering the total toxic load'. Food intolerances, constipation, imbalances in digestive flora, nutrient depletion, essential fatty acid deficiency and body burden stores of toxins through past occupational or other exposures can all contribute to a high toxic load. This pending toxicity may not be symptomatic on a daily basis until the pollens you encounter during allergy season tip the scales and symptoms appear. As allergy sufferers lower their toxic load, improve detoxification, clean up their diet, replete with nutrients and use homeopathic desensitizing formulas leading up to allergy season many become less dependent on medication and feel more in control...and that's nothing to sneeze at!

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Raking fall leaves is a vigorous workout so make sure that you stretch before and afterwards.

Be careful when you lift heavy piles of leaves so that you don't hurt your back. Switch sides and positions often to avoid overtaxing your muscles.

Make it easier on yourself by enlisting others to help and taking frequent breaks.

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