

# HEALTHY LIVING



## Putting for the hospital

President's Cup Golf Tourney organizing chair Graeme Goebelle (left) and vice-chair Rick Morrow (right) watched as committee member John Duncan knocked a few balls around before heading out on the green at the President's Cup Golf Tournament at The Club at North Halton July 25. Proceeds—\$60,000—from the President's Cup are in aid of the Georgetown Hospital Foundation to fund both medical equipment and capital redevelopment at Georgetown Hospital.

Photo by Ted Brown

## Fall is a good time to renew your TOPS goals

Fall can be the perfect time of year to make a resolution or renew an old one. The season is changing. Kids go back to school, signaling a return to normalcy for families.

Autumn is the perfect opportunities to jump start a resolution that might have fallen by the wayside since January. TOPS Club, Inc. (Take Off Pounds Sensibly) local chapter, TOPS #ON2016, Georgetown is here to help.

TOPS is a non-profit, non-commercial weight-loss support and wellness education organization with thousands of chapters in the U.S. and Canada. Members (about 180,000 worldwide), learn about nutrition, portion control, food planning, exercise, and more, in weekly meetings. Weigh-ins, group feedback, and support help members achieve their goals.

Whether it's January or September, it helps to have a plan that includes TOPS. Weekly meetings offer programs about nutrition, exercise, wellness and more. Chapters provide ongoing support and encouragement to members no matter where they are in their weight-loss journey.

"I always felt like I let myself down when I didn't live up to my New Year's

resolutions," said Betty Hagen. "Joining TOPS helped me keep my promises to myself. My chapter has been there with me every step of the way."

Hagen lost 49 pounds and has kept it off for six years.

The holiday season is stressful enough without the additional burden of upcoming resolutions. Children in kindergarten all the way through college begin a new school year every fall. It

could be the perfect time of the year for new and renewed resolutions strengthened by TOPS.

Visitors are welcome to attend their first TOPS meeting free of charge. The Georgetown chapter meets weekly on Tuesdays at St. Andrew's United Church while the Acton chapter meets weekly on Mondays at St. Joseph Church.

For info: [www.tops.org](http://www.tops.org), call TOPS 800-932-8677 or locally, 905-877-7056.



## Knights donate \$16,100 to CASHh

Following their annual Knights of Columbus Golf Tournament June 13, representatives of the Knights of Columbus Pieta Council 6026 gathered at the Cancer Assistance Services of Halton Hills office to present a cheque for \$16,100. On hand for the presentation were (from left) KoC members Jim Pickett, Gerry Cole, Tony Smyth, Brian Turner and Bob Smith, to CASHh representatives Hank Visser and Roger Fonck.

# Healthy Living...

Check it out & mark your calendar  
[www.walkthiswayorg.ca](http://www.walkthiswayorg.ca)

## Healthy food choices

Well, it's the end of August and BTS is just around the corner. BTS? (Back to school).

I don't know what it's like in your house, but I know in mine the school lunches are a mixed bag of love and hate. I love putting great healthy meals together for them...I hate doing it day in and day out, times 3 children. You start to lose options after October and it feels like you're putting the same things in every day.

So, to help prepare you for the inevitable, "Mom, I don't like that, or why can't I have those?" I thought I would offer some options and what we do in our house to give you some help in good choices for your little ones.

Oh, and I know the pre-packaged, prepared with preservatives, probably not real food options are real easy and save time, but try to avoid these for obvious reasons.

Fruit cocktail in heavy syrup or Fruit? Choose **Fruit**

Why: Fruit is nature's candy! It is an excellent source of antioxidants, vitamins and minerals. Fruit is an essential part of any healthy diet. However, any fruit canned in syrup adds sugar that you don't need or want + I don't think it even tastes like fruit once you destroy it. A 1/2 cup serving of syrupy fruit cocktail contains 24g of carbohydrate and 23g of sugar. (Think of the teachers for goodness sake...20 kids times 23 grams of sugar = ARGHH)

Craisins, raisins or other dried fruit?

Choose **Raisins**

Why: Craisins, while sounding exotic and daring, are just sugar-coated dried cranberries and sunflower oil (crazy!). Need I say more? As far as dried fruit goes, raisins are about



the best. Just like regular fruit as far as nutrition goes, but punched into a tiny little container. Other dried fruit options are numerous, but beware honey or sugar-coated. Secret tip...frozen green grapes!! Awesomeness

Pasta Salad or egg salad

Choose: **Egg Salad**

Why: Pasta salad, even healthier option pasta, is still just carbohydrates (sugar) which will just get stored as fat. Eggs are a good combination of protein, carbohydrates, minerals and if you use Olive Oil Mayo, you get a healthy fat! Egg salad is quick & easy to make.


As seen on [www.thebootcampblog.com](http://www.thebootcampblog.com) by Carrie Burrows of Georgetown Fitness Bootcamp. Carrie can be found online at [www.georgetownfitnessbootcamp.com](http://www.georgetownfitnessbootcamp.com) or by calling 647-2BE-FITT (647-223-3488).

Check out the Georgetown Kids Expo Sunday August 28th from 10 am - 4 pm at 324 Guelph Street Georgetown Ontario (parking lot next to the Tim Hortons). Finally the perfect opportunity to gather information on a wide variety of child and family programs all in one place!

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## TAKE OFF POUNDS SENSIBLY

TOPS® is non-commercial, not for profit, weight-loss support & wellness education organization. An effective weight-loss solution with an affordable annual membership of \$30.00. The first visit is free, come check us out.

**Visit [www.ontariotops.org](http://www.ontariotops.org) or call 905-877-7056**



## healthEnut café & juice bar

JOIN US  
**Thursday September 1st, 2011 to  
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**Meet the mayor at 11:30 AM!**

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