

Keeping fit *Hit the trails for a good workout*

Need a break from the same four walls of your gym this fall? Discover HIKING!

Using a treadmill or elliptical machine can get very tedious. Alternating your gym routine with hiking is a great way to keep your fitness experience fresh.

With every step the scenery changes so you will never get bored. With every inhalation you are breathing in antioxidants from the trees all around you, avoiding the toxins from vehicles on the streets. Bring a friend with you to enjoy the pleasure of nature while getting into shape.

Being an avid hiker and a member of the trail advisory committee in Halton Hills, I find being out on the trails in the company of nature very therapeutic for my mind, body and soul. Hiking provides me with mental clarity and feeds my inner being with a sense of peace and wellness. My worries of the day melt away as I absorb the sunshine and get my healthy fix of vitamin D at the same time!

Although your doctor may have told you to lower your total cholesterol, it's important to raise your high-density lipoprotein (HDL) cholesterol, known as the "good" cholesterol. It may sound like a mixed message, but reducing "bad" low-density lipoprotein (LDL) cholesterol and increasing HDL cholesterol is a great way to lower your risk of heart disease. Hiking is a great way to dilate your blood vessels and step-by-step work towards a happy healthy heart!

Hiking puts much less strain on your body than running or aerobics and helps build core body strength. So, if you have been sitting behind a computer all day try a hike instead of medication to relieve back pain and work-related stress.

Hiking is a good choice for people suffering from arthritis.

Depending on the terrain you choose there is little stress on your joints since one foot is always on the ground. Check with your doctor before you begin a hiking program and be sure to wear hiking shoes with good support to avoid injury.

Besides a great workout and feeling at one with nature, hiking is a great way to reconnect with family and friends of all ages. It isn't too late to give your kids memories like the ones you had growing up and to make family fitness a priority.

It is up to parents to get kids outside again and hiking is an inexpensive tradition to introduce to your family. Parents need to take control of their children's physical health practices.

Just as kids brush their teeth everyday and take out the trash once a week, so should they get exercise. It doesn't have to be a chore, if parents go the extra mile, the kids will too.

Setting a good example to your children will lead

By
**Caroline
Harris**



to responsible, healthy life choices. The conversations that come up reflect the openness of your environment ultimately bringing people closer together. Being out of the trail stimulates different topics of conversation than around the dinner table or boardroom.

So, take your family, friends and co-workers out on the trail and watch Mother Nature reveal aspects of your loved ones personalities you didn't know existed.

If you are looking for a challenge and want to climb and use muscles all over your body to get you through the hike, there are many trails with hills and elevations with varying levels of difficulty to suit you right here in Halton Hills just a couple of minutes from your doorstep.

In fact, there are so many well-marked trails nearby you can choose a different place to hike every day of the week to keep your workout interesting! If you want to strengthen your legs, volunteer to carry the backpack with your safety items inside to tone and strengthen your lower body.

Yes, I did mention to carry a backpack along with every hiking trip to ensure safe trips on the trails and to add some weight resistance to your load to build muscles along the way.

Here is a checklist of items to carry on the trails with you this fall:

- Bug spray
- Whistle
- Compass or reliable outdoor GPS
- Sunglasses & sunscreen
- Snacks and water
- Flashlight
- Map
- First aid kit
- Matches
- Knife
- Cell phone
- Personal medications

Carrying these basic items improves the chances that one is prepared for an unexpected emergency in the outdoors this fall when immediate medical response is not possible.

You can continue to hike year-round and your favourite trail looks different as the seasons change. So, get in touch with nature, explore natural settings in your home town that can only be reached by foot. Leave the hectic urban life and pollution behind for an hour or two a week.

It'll do you a world of wonders.

—Caroline Harris is a medical exercise trainer, personal trainer, CPT nutrition & wellness specialist, run coach and Juice Plus distributor. She can be reached at www.pathwaytowellness.ca or www.carolinesharesjuiceplus.com or by calling 416-389-2273

**Bring Balance To Your Life Through Nutrition & Lifestyle Changes.
Get Better Sleep, Sustained Energy, Even Mood & Build Lean Muscle.**

Re-Balance... your body with nutritional cleanse
Re-Vitalize... your health for life
Re-Plenish... your body with optimal nutrition

Specialized programs for your body & lifestyle, offering cash back rebates through referrals.

www.isamovie.com/whatsAgingYou.html



Monique Doorn RHN, CPCC

905-838-1611

cell: 647-390-2159

FULL COLOUR OR FOILS TOP ONLY \$45

With purchase of cut & style - long hair extra - up to 10 foils.
Not Valid with any other offer. Colour Technician On Premises.

FULL HEAD HIGHLIGHTS WASH, CUT & STYLE \$99

Extra charges apply for long hair.

NEW!!! The 10 minutes PROFESSIONAL COLOUR SYSTEM
That's less time than it takes to drink your coffee! **NEW!!!**

Salon Concepts spa

HALTON HILLS VILLAGE SHOPPING CENTRE
369 Mountainview Road, Georgetown
Monday-Friday 9:30 am - 8:00 pm Saturday 9:00 am - 5:00 pm
www.salonconcepts.ca

905.873.2296

Coupon must be presented to redeem these offers.

