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Kelly Ralph
853-1261
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Rent increases limited

The rent control guideline for 1994 will be 3.2 per cent, the lowest guideline in the history of rent regulation in Ontario.

The guideline is the amount by which a landlord can increase the rent once each year without making an application under the Rent Control Act. Most tenants in Ontario receive a rent increase each year at or below the guideline.

The 3.2 per cent guideline for 1994 is a reduction from the 4.9 per cent guideline for 1993, and is the lowest guideline since rent regulation began in 1975. Previously, the lowest guideline was 4.0 per cent in 1986.

Under the Rent Control Act, the

guideline is calculated each year using a formula which includes a component to cover the cost of inflation in operating a rental building, and a constant component of 2 per cent to cover the cost of capital repairs to the building.

The Rent Control Act allows a landlord to apply for up to an additional 3 per cent rent increase to cover the cost of necessary major repairs or very high increases in property taxes or utilities. The landlord must justify the costs at a rent control hearing.

The 3.2 per cent guideline takes effect for rent increases which occur between January 1, 1994 and December 31, 1994.

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175/80R13...\$53	215/70R16...\$65	185/70R14...\$61
185/80R13...\$54	225/75R15...\$70	195/70R14...\$69
185/75R14...\$57	235/75R15...\$71	205/70R14...\$75
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		235/70R15...\$86

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HOURS: Mon.-Fri. 9-6, Sat. 9-12

ENERGY IN BALANCE

ABOUT OUR PROGRAM: Through one-on-one fitness assessments, training and counselling sessions, we will take you through an "EIGHT WEEK CHANGE PROCESS."

ENERGY IN BALANCE is a weight management and lifestyle behaviour modification program.

If your goal is to own a lean, healthy body, you must manage the food you eat (ENERGY IN) and you must make exercise an enjoyable part of your life (ENERGY OUT).

Our resident *Exercise Physiologist*, Laurie Burns, will determine the best program format for you, then one of our Certified Fitness Leaders will become your personal trainer and work with you to achieve your goals.

Our "ENERGY IN BALANCE" program motto is:

"The path to change has only two rules - begin and then continue..."

A SATISFIED CUSTOMER WRITES:
AMAZING!!! This program of yours called ENERGY IN BALANCE which I began in March 1993 and completed 12 weeks later, was just amazing. I had been searching long and hard for ways to control my weight which has ballooned to more than thirty pounds over my desired level. Even though I played squash at least twice a week, I found it wasn't quite enough and thought I might try some sort of other exercise program. Each week in our consultation times, it helped a lot to have my food diaries reviewed and plan the next week's activities and goals. After the twelve weeks, I was amazed by the difference. I went from 35% bodyfat to 28% which brought me from the low-fair to the high-average category. My heart was working better, my blood pressure was lower and my aerobic fitness went from fair to fit. I could even do 10 pushups whereas I could do none previously. Overall, my fitness score went from 36 to 62; from fair to fit. That is wonderful! Thanks to all the support and encouragement from you, Laurie, and all the staff at WORK THAT BODY. Without everyone's help I would have been discouraged and given up at the half-way point for sure. Right now I feel so much better, my clothes fit so much looser and I know I'm in firmer shape. I have now decided to continue with a fitness program. Thanks to WORK THAT BODY. I'm more healthy and more aware than at any point in my 49, almost 50 years!
Ruth Kuchinad July 1993

8 week program **\$199** includes weekly consultation, fitness appraisals and use of club facilities

12 week program **\$299**

Work That Body

232 Guelph St., Georgetown

(416) 877-0771



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