

COMMENT

The Way We Were



While many of us have enjoyed delicious apples grown in local orchards this fall, the history of growing the fruit in the area dates back more than a century. In this photo circa 1910, four men at Georgetown Fruit Growers prepare barrels of locally harvested apples for shipping.

Photo courtesy of Equestrian Historical Society/Text courtesy of Heritage Halton Hills

From our readers THE LIFE-GIVER



Sean Murphy sent in this photo taken Oct. 6 from Glen Williams cemetery lookout.

Have a photo to share?

Email cvernon@metroland.com with details.

Enjoy an active and healthy routine today and everyday

Every day we hear about the importance of maintaining a healthy and active lifestyle and all of the great benefits of regular physical activity, healthy eating and healthy lifestyle choices.

From news reports to advertisements and conversations among friends and family, the evidence that healthy choices lead to more energy and happier lives is all around us.

As a former professional athlete, I have always done my best to stay active and to make physical activity a part of my regular routine but it can be challenging without all the support and resources that are available.

Being physically active and making healthy, nutritional choices are integral to maintaining health at all stages of life.

Supporting people to make active, healthy choices is an important priority for Halton Region.

Our website, halton.ca/healthylifestyle, connects you with a number of resources and services to help you build physical activity and healthy eating into your daily routine including:

- physical activity guidelines and nutritional resources for children, adults and older adults;
- information about walking,

active transportation, cycling and tips on how to be active when at work and school; and

- links to local resources that offer opportunities to get active as well as programs such as Halton Fresh Food Box program and Halton Food Council, which both strive to make healthy, fresh food available to all.

In addition to these resources, we have many opportunities in Halton year-round to participate in fun, recreational activities that can

help you make active living a part of your day.

The fall is a great time to check out the many hiking trails located throughout Halton.

Consider spending the day at a fall fair or touring Halton's Pumpkins to Pastries Trail.

Not only will you get to enjoy the sites and sounds of the harvest season, you also will be building active living into your day.

Great resources and many opportunities to be healthy and active, contribute to making Halton a great place to live, work, raise a family and retire.



GARY CARR

Gary Carr is the chair of Halton Region

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