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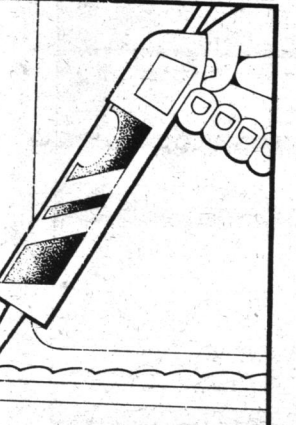
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Nubod introduces home fitness

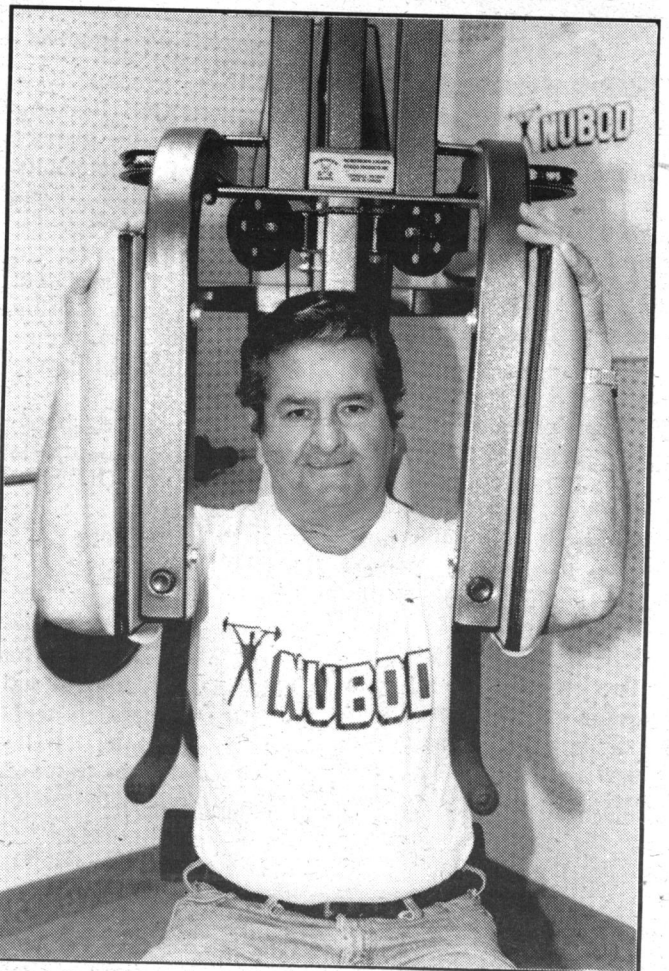
Exercise and physical fitness has become a must for many of us today. Fitness is more than a fad, it is a way of life. It slows and even reverses much of the deterioration associated with aging.

The health benefits of exercise have been recognized for centuries. Exercise is used to help treat and prevent heart disease, high blood pressure, arthritis, osteoporosis, depression and that most common of health problems, obesity. It also helps relieve stress and makes us feel better mentally and physically.

It is not necessary to work out for hours on end. Twenty to 30 minutes a day is all that is required. Expanding as little as 2000 calories a week through vigorous exercise reduces the risk of coronary heart disease by as much as one third, as well as significantly increasing life expectancy.

In today's busy world, it is not always easy to find the time to go to a club, so many people prefer to exercise in the convenience and privacy of their homes.

Nubod, located at 162 Guelph St., Georgetown, telephone 873-2600, carries many forms of exercise equipment, such as tread mills, exercise bikes, ski



Russ Diegel, owner of Nubod, in Georgetown, offers advice and equipment for home fitness. HHTW photo

machines, steppers, rowing machines, home gyms, free weights, heart monitors and much more.
 Nubod welcomes you to

come in, browse around and try some out. If Nubod doesn't have what you're looking for, an attempt will be made to source it for you.

New home sales rebounding

Greater Toronto Area new home sales reached 1,269 units in October, an increase of 44 per cent compared with October, 1992 and 13 per cent compared with September, 1993, said Murray Koebel, president of the Greater Toronto Home Builders' Association (GTHBA).

"The 1,269 sales represents the highest monthly total this year, and the best October since 1988," said Koebel. "We are most encouraged by the market's strong showing in October, particularly given the fact that the sales were achieved in the midst of a federal elec-

tion and prior to the recent substantial declines in long-term mortgage rates," he said.

"Based on continuing strong activity through November, we believe the consumer may finally be responding to the tremendous affordability situation which exists," Koebel added.

"From an employment perspective, the October sales represent 3,173 jobs*, bringing the total number of jobs created in the residential construction industry so far this year to more than 23,000. Since today's sales are tomorrow's starts, these numbers are great news for

the many thousands of unemployed workers in the home building industry," Koebel said.

Housing Data Report (HDR), prepared by Brethour Research Associates for the GTHBA, stated that October sales consisted of 897 freehold homes (72 per cent) and 372 condominiums (29 per cent). According to HDR, sales for the first ten months of the year are up 4 per cent compared with the same period in 1992 (9,300 vs. 8,934).

In addition to reporting Greater Toronto Area sales, HDR compiled sales by GTHBA member builders active in regions outside the regular tracking area. The 35 sales were distributed as follows: Barrie - 11; Brantford - 5; Kitchener, Orangeville and Stoney Creek - 4 each; Bolton - 3; Peterborough - 2; Kleinberg and Niagara-on-the-Lake - 1 each.

The Greater Toronto Home Builders' Association was established in 1921 and has more than 730 member companies representing Builders, Developers, Renovators, Service, Financial, Professionals, Sub-Contractors, Suppliers and Manufacturers and is the largest affiliate of the Ontario and Canadian Home Builders' Associations.

*Each new home built creates 2.5 person-years of employment, i.e., the equivalent of 2-1/2 full-time jobs for one year.

Car battery warning

The Hamilton Automobile Club is issuing a special warning to all motorists heading into warmer weather this winter to make sure their car battery is in excellent condition.

A warning has been received from the AAA that car batteries being sold in warm U.S. climates are good only for cars operating in above freezing temperatures.

These lesser quality batteries are reportedly being sold for the same price as the units that should start cars in extremely cold weather.

Until recent years, nearly all batteries were rated and advertised according to the number of cold cranking amps they generated at minus 18 degrees Celsius or zero degrees Fahrenheit.

Contrary to previously accepted industry practices, manufacturers and retailers in the warmer climates are now rating batteries at 0 degrees Celsius (32 degrees F), or 25 degrees Celsius (80 degrees F), which results in artificially higher amperage ratings than the batteries sold in this area.

Warranties of these batteries are limited with most offering only prorated reimbursements if failure occurs prematurely.