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Your paper carrier should be delivering your *Tanner* by 6 pm Wednesday evening. Those of you on rural routes should receive your paper Thursday morning from Canada Post. If you are experiencing late delivery please call us at 853-5100. Thank you and Happy New Year!

Aerobics class a great way to get fit and meet people

BY DOUG HARRISON

The Acton Tanner

What's the best way to trim the waistline after a turkey dinner or two over the Christmas holidays? Ultra Slim-Fast or Weight Watchers? Hardly.

Your best bet could be one of Maureen Holmes' aerobics classes.

"Continued proper eating with exercise speeds up weight loss. I've tried every diet that's going and they're not proper," says the Acton instructor of seven years.

"It used to be that three days of exercise a week was sufficient,

but now it's four. And it doesn't have to always be aerobics — it can include walking, biking or cross-training. As long as you're doing something."

Holmes has started a new 10-week exercise program, which began on Monday.

On Tuesdays and Thursdays, Holmes teaches classes at St. Alban's Church from 9 to 10 am. She also runs classes at McKenzie-Smith on Mondays and Wednesdays from 7 to 8 pm.

The cost varies according to the number of classes one attends each week. A single class for 10 weeks

is \$40 plus GST. It's \$60 for two classes, \$83 for three, and four classes a week for 10 weeks will cost you \$108.

Full-time moms, who normally comprise the morning group, can leave their baby downstairs at the church with a baby-sitter while they workout upstairs. It only costs \$1.25 per child.

The workout consists of high and low impact moves with a lot of stretching and cardiovascular exercise.

"Everybody works at their own pace," says Holmes. "The whole idea is to get the heart rate up, work hard and keep it there for 20 to 25 minutes."

Holmes says a lot of women bring their daughters and that aerobics can evolve into a family outing at the co-ed evening classes.

"I'd like to see more dads bringing their daughters out," Holmes urges. "A lot of men think aerobics is dancercise, but it's not."

"It's as hard as you make it. You don't have to sit in front of the television. You can come out and feel good about yourself and no one will say 'what's your problem' if you're energy level isn't there one night."

Holmes adds the improvement in people's co-ordination from aerobic instruction in a month's time is unbelievable.

When Holmes became an instructor in 1986, she had two people in her evening class. Now, a busy night brings out over 40, while 30 is the average turnout.

"We have fun. It's low-key, friendly atmosphere and a great way to meet others," encourages Holmes, 40. "I get teenagers to older people out. It's tiring. I fight the same battles as all the participants, so I can relate to them."

Holmes became a qualified fitness instructor after completing the Fitness Ontario Leadership Program and a CPR course. "The fun and the people keep me going. Seeing people working hard and having it pay off makes me feel wonderful too."

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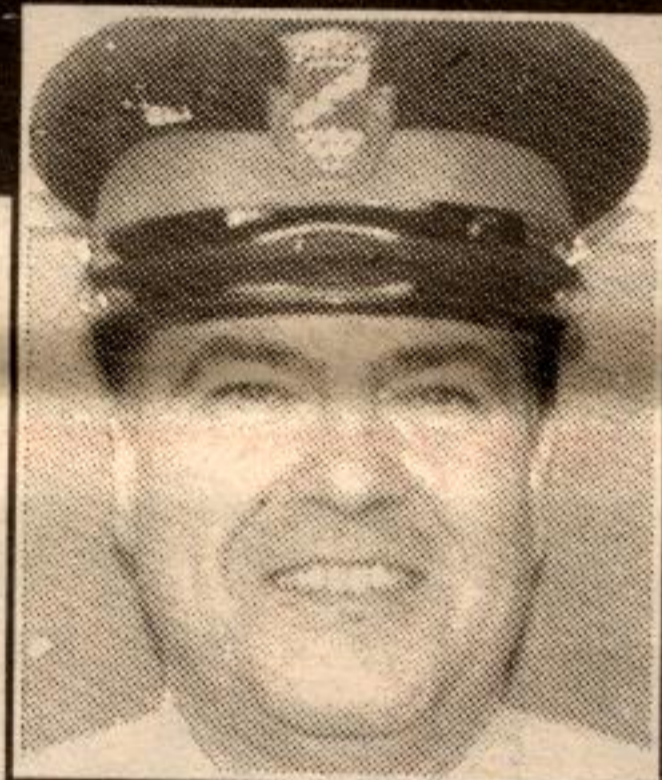
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Seniors need protection against fraud

Everyone needs to be aware of the possibility of fraud, however, seniors are usually the ones targeted for this crime. Here are some tips which may help protect people against this crime:

1. Never rush into anything involving your money or property.
2. Be wary of something-for-nothing or get-rich-quick schemes.
3. Never sign a contract until you and your lawyer, banker or other expert has thoroughly read it.
4. Never turn over large sums of cash to anyone, especially a stranger, no matter how promising the deal might look.
5. Do not hesitate to check the credentials of a salesman or public official.
6. Report all suspicious offers to the police immediately, before the swindler leaves town in search of other victims.
7. Arrange for incoming cheques to be sent directly to your bank.

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