



CAN'T WAIT TO EAT! Churchill Community Church recently held its annual chicken barbecue. Lining up to enjoy some great food served by, from left, Vera Denny and Al Crawford are Brad Mansfield and his son Devan, 5. (Eve Martin photo)



BIG PUMPKINS: The winners at Andrews Scenic Acres annual pumpkin weigh-off contest were, from left, John and Ted Whitney (3rd place—54.5 kg), Bert Andrews, Kerry Alexander (1st place—192.8 kg) and Taryn Sutton (2nd place—57 kg). (Eve Martin photo)



HEALTH AND FITNESS



How to start and stay with an exercise program

BY JENNIFER DICARLO
Special to The Tanner

The best way to begin an exercise program you will stay with is to set yourself some realistic goals.

Decide why it is you want to exercise and list them according to importance. For example, your main reason may be to increase your energy level, decrease your body fat percentage, reduce stress or to meet new people.

Once you decide on your main reasons for exercising, then it is easier to set yourself a plan. If increasing your energy level and

weight loss are your main goals, you want to focus on your cardiovascular and strength training systems. If socializing is what you desire, then joining a club or group is probably the best idea, while stress reduction may include joining a yoga or T'ai Chi class.

There are many different ways to become active. Join a local health club or community centre, hire a personal trainer, start a walking or jogging program, join a recreational league, set up a home gym or simply rent some exercise videos.

Variety is the key to

maintaining an exercise routine. A couple of days a week treat yourself to an active rest day from your regular routine.

Try a new sport, go hiking with some friends, take some lessons in an activity you have always wanted to try. Allow yourself to enjoy being active and you will want to stay in shape for your days off!

If you are new to exercise, make sure you consult your physician before you begin. If one of your goals is weight loss and increasing muscle strength or endurance, make sure you start

out easily and gradually build yourself up.

It helps to discuss your goals with an expert in the fitness field who can perform a fitness and lifestyle assessment and set you up on an individualized program to suit your needs and abilities.

It is easy to make excuses, but remember nothing will make you feel better about yourself than a regular exercise routine and a healthy diet.

Jennifer Dicarlo is a certified personal trainer and fitness instructor at Body Connections Training.

GEORGETOWN AND DISTRICT MEMORIAL HOSPITAL



1 Princess Anne Dr., Georgetown
873-0111

Clinical Services:

- 24-hour Emergency Services
- In-patient and Same Day Surgery
- Intensive Care Unit
- Chronic Care and Retirement Home
- Paediatrics
- Obstetrics
- Laboratory
- Radiology, Ultrasound, Mammography
- Medical & Surgical Programs

All donations may be directed to the Georgetown & District Memorial Hospital Foundation

PLEASE SUPPORT YOUR LOCAL HOSPITAL

Have You Heard...



The **HEARING CLINIC**

Cory Soal

Registered Hearing Instrument Dispenser
Member Assoc. Hearing Instrument Practitioners of Ontario

Reg'd with the Ministry of Health, A.D.P.

Complete Hearing Aid Services

Freshest Batteries

Repairs

Custom molded sound

and water ear plugs

Free Consultation

and House Calls Available



We care about your hearing!

Please call for an appointment

18 Church St., Georgetown

(905) 873-6642

MILTON DIAGNOST^x



75 Main Street East
Milton, Ontario

(905) 878-8831

- ★ Bone Density Studies
- ★ Mammography
- ★ Ultrasound



Body Connections TRAINING

- *Fitness & Lifestyle Consultant
- *Fitness Assessments
- *Personal Programs as well as small group classes

Jennifer Di Carlo

873-7106

CREATING CONFIDENT SMILES SINCE 1982

Georgetown

DENTURE CLINIC

Alexander Trenton, D.D., F.C.A.D., (A)

— Denturist —

We Care About Your Smile!

- NEW COMPLETE & PARTIAL DENTURES
- RELINES - SAME DAY
- EMERGENCY REPAIRS
- IMPLANT DENTURES
- QUALITY SERVICES GUARANTEED
- NO REFERRAL NEEDED, SIMPLY CALL OUR OFFICE DIRECT

877-2359

18 CHURCH ST.
GEORGETOWN

(Across from the
Library, corner of
Church & Market Sts.)



THE FITNESS Technique

For ALL your fitness needs.
MOUNTAIN BIKES • TRIATHLON
FITNESS • SWIMMING • RUNNING
190A Main St. E.
Milton Ont. L9T 1N8
(905) 875-0964