

FALL REGISTRATION GUIDE



Moderate exercise aid to health

Your heart is a muscle. Like any other muscle, it needs to stay active. You should ask your doctor what exercise program is right for you. For most people, moderate exercise for 30 minutes four or five times a week helps to reduce the risk of coronary heart disease and has other benefits as well. Some of the activities in this fall registration guide may be just right for you.

Regular exercise helps to raise the level of "good" cholesterol (called HDL cholesterol). HDL helps remove "bad cholesterol" (LDL cholesterol) from your arteries. A high level of LDL in the blood can cause fatty buildup in your arteries, blocking the flow of blood and possibly leading to a heart attack.

Exercise also can help lower your blood pressure. If your blood pressure is too high, your risk of heart disease, and possible heart attack or stroke, is much greater than if you keep your blood pressure under

control. Exercise can help you do this.

Exercise can also help you to lose weight. Being overweight can greatly increase your risk of heart disease, as well, by raising your blood pressure and your cholesterol level. Losing weight through a sensible program of exercise and diet can go a long way to keeping your heart as healthy as possible.

Exercise has other health benefits too

Exercise also strengthens the lungs, tones the muscles, and keeps the joints in good condition. And if you have diabetes, exercise is an important part of achieving good diabetes control.

Exercise helps you cope with stress

Almost everyone at one time or another experiences stress. The effects of stress are the result of the hormone epinephrine ("adrenaline"), which is released into the blood, speeding up the heart and increasing the blood pres-

sure. The release of epinephrine can be triggered by anything we are worried about or when any excess demands are made on us. Being subjected to stress on an occasional basis is not usually harmful. Continual stress, however, will eventually have a detrimental effect on your health.

Whether you suffer because of stress depends on your reaction to it. Exercise is an excellent way of coping with stress, and incorporating a program of regular exercise into your daily routine can help you deal with stress more effectively. Here are some other good tips on how to cope with stress:

- Plan your day.
- Set realistic deadlines for your work.
- Adapt to the situation.
- Try not to "fight" the stress.
- Balance your diet.
- Put time aside each day to relax.
- Take time off — a change of routine can help you to relax.

Whitney Stables offers new wrinkles

Whitney Stables, situated on the 87-acre family farm for Hacking has two excellent coaches in Julie van Wieren and Joe Cauchi.

There are 30 stalls, 10 of them newly opened, which provide comfort-

able accommodation. The large indoor arena and outdoor sand ring is complemented by a viewing lounge and five tack rooms.

Horses presently boarded include pleasure

mounts, Level A show jumpers, eventers, dressage and ponies.

Another new wrinkle is the after school and Saturday riding lessons available to the public from Beginners to Advanced riders.



REGISTER FOR ALL FALL LEAGUES

Starting the week of September 2nd

<i>Mixed Leagues</i>	<i>Monday, Thursday & Friday Evenings</i>
<i>Ladies</i>	<i>Tuesday Evenings & Wednesday 1pm</i>
<i>Competitive</i>	<i>Wednesday Evenings</i>
<i>Mixed Seniors 55+</i>	<i>Monday & Thursday 1pm</i>

Kids Leagues Forming
Mondays, Tuesdays, Wednesdays,
Fridays-After School
Saturday & Sunday Mornings

Little  Allstars -Tuesdays pm, Wednesdays, Saturdays am

Stop in or call for more information

519-853-0470

10 Main St. N. Acton



SUE'S PLACE

The Dance & Fitness Wear Store

For the personal touch in all your dancing and skating supplies

Bodysuits

Skirts

Giftware

Tights

Shoes

Accessories

Skating Dresses



Mon-Wed 10 - 6 Fri 10 - 5
 Thurs 10 - 8 Sat 9:30-4
 Sunday Closed

SUE'S PLACE

In the Speedvale Plaza

362 Speedvale Ave. E. Guelph

(519)836-8609

COME THROW ROCKS IN OUR HOUSE!

Acton Curling Club

YOU ARE INVITED TO AN OPEN HOUSE!

Enjoy *free* curling every night from 7:00-9:00 pm from October 15-18, 2002

Instruction and equipment provided

★ Registrations due by Oct. 19th ★



BRING A FRIEND!

General Rates (excluding tax)

Men	\$242.00
Ladies	\$231.00
Couples	\$429.00
Kids	\$55.00
Seniors	\$135.00

For further information, call Lori @ (519) 856-4033 or Liz @ (905) 877-9890 or leave a message at the Club @ (519) 853-0110