

# Health, Beauty & Fitness

## Rising number of inactive children concern Medical Officer of Health

The Halton Region Health Department believes it is important for children and youth to become more active. Dr. Bob Nosal, Halton Region's Medical Officer of Health, is concerned with the rising number of inactive children and youth.

"Over half of Canadian children and youth aged five to 17 are not active enough for optimal growth and development," said Nosal.

To remain healthy, children and youth need to be active everyday, he said. Regular physical activity can have huge benefits such as enhancing healthy growth and development, strengthening the heart, improving self-esteem, and building friendships.

Health Canada recommends that children and youth have at least 60 minutes of moderate physical activity plus 30 minutes of vigorous activity throughout the day in periods of at least five to 10 minutes. Children can build up to the 90 minutes of daily physical activity gradually over a five-month period.

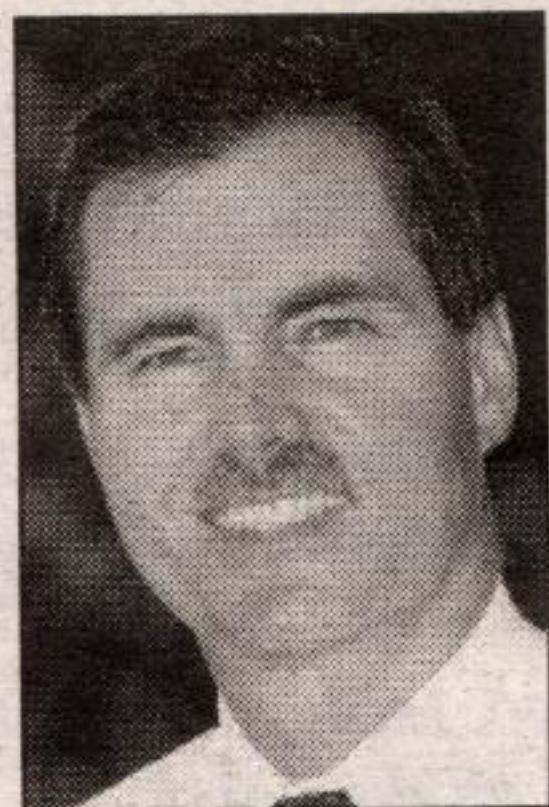
The *Physical Activity Guides to Healthy Active Living for Children* (6-

9 years) and *Youth* (10-14 years) explain how to go about this in detail. Visit Halton Region's Web site to download a copy at [www.region.halton.on.ca/health](http://www.region.halton.on.ca/health)

Parents and teachers play a key role in encouraging children and youth to become more active and Health Canada has developed booklets to make it easy for you. The *Family Guides* provide a "Call to Action" tool kit that describes how parents, caregivers and guardians can encourage their kids to get active. *Teacher Guides* describe options for teachers to incorporate physical activity into the curriculum with sample class projects and successful ideas developed by teachers.

*Gotta Move* and *Let's Get Active* are magazines designed for children and youth that provide information about physical activity and promote fun and easy activities to try. Kids can track their progress on a chart using stickers that feature pictures of activities they have completed

More information, call the Halton Region, 1-866-4HALTON (42-5866), ext. 7887.



DR. BOB NOSAL

## Mind, body and spirit is focus of Nia fitness program for 20 years

The Nia Technique, one of the leading body-mind-spirit fitness programs in the world, is 20 years old this year.

Nia is an expressive program developed by Debbie and Carlos Rosas in the early 1980s as they moved away from the "no pain, no gain" of high impact aerobics and created the "pleasure principle" of grounded cardiovascular movement.

In 1983, the American duo kicked off their shoes and began teaching the Nia Technique, creating a new genre of fitness known today as "mind body fitness". Incorporating natural principles, Nia works because it is the body's way, drawing from and blending the core elements of dance arts, martial arts and healing arts.

Over the past 20 years, the Rosas have

### Tips to make your 'real' skin age look younger

You may be 41, but your face and hands look 51. Or, you may be 51, but no one would ever guess by your skin. Dermatologists are quick to point out that we all have a "real" skin age, and a "chronological" skin age. Here are some quick tips on how to make your skin look younger, courtesy of Olay and of Dr. Michael Roizen, author of the number one bestseller, *RealAge: Are You As Young As You Can Be?* He is also the founder of [www.realage.com](http://www.realage.com).

- Keep track of your blood pressure and keep it normal low. Arterial aging is one of the three main factors influencing skin age and appearance. Good artery health includes a diet high in fruit, fish, potassium, and calcium.

- Eat five to six servings of vegetables a day, and two to three pieces of whole fruit.
- Eat fish at least three times a week.

trained thousands of teachers, who now offer Nia in 20 countries, reaching more than 60,000 students. People of all fitness or wellness levels, from the unfit or overweight to the highly-athletic, reap the benefits of this body, mind, spirit practice. It is taught in spas, gyms and health clubs as well as in schools, dance studios, universities, wellness centres and hospitals.

Local Halton Hills fitness studios also offer Nia and they are good places to join others who love to have fun while they work out, and who are experiencing the benefits of a fitness practice that focuses on the joy of movement in a healthy, safe environment.

Call 1-800-762-5762 or [www.nia-nia.com](http://www.nia-nia.com) to learn more about Nia.

- Eat the good fats like olive oil, avocados, flaxseeds, canola oil, fish and nuts, keeping them to 25% of your total daily calories.

- Sunshine produces vitamin D. Ten to 20 minutes of it every day, with a sunscreen on face and hands, will keep you looking young.

- Moisturize with lotions, which are specifically developed to counter the signs of aging.

- Get your sleep: minimum six and a half to seven hours for women and seven to eight hours for men.

- Quit smoking and avoid secondhand smoke for better general health, but also to prevent fine lines and wrinkles around the mouth.

- Remove unnecessary stress from your life. Daily exercise and calling on friends frequently will help to de-stress.

—News Canada

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\* Based on full program, excludes product, expires Friday, September 26th

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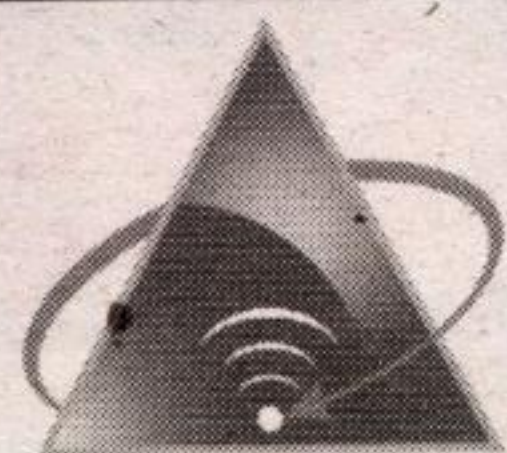


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