

# Health, Beauty & Fitness

**ATLANTIS ATHLETICS**  
Fitness Centers

Under New Ownership  
232 Guelph St.  
905-877-0771

## Just in time for New Year resolutions Fitness centre to open

He's the first to admit he didn't spend much time in them when he played hockey but Brian Hayward knows there's a need for one in his hometown.

Hayward, his brother Bruce and his sister-in-law Kellie will open a new 6,000 sq. ft. gym in Georgetown in January called The Power Zone.

"It's something I've been kicking around for some time," the former NHL goalie said. "It's always been in the back of my mind and now with the town growing, there's a real need for a good, upscale gym."

The gym will be located in the new plaza on Guelph St. between Harvey's and Tim Horton's and will occupy five units in the plaza. Hayward said memberships would cost approximately \$45 per month. The initiation fee will be \$179 but anyone signing up before the gym opens, the initiation fee will be only \$49.

"We've gone high end—the best equipment and we've lined up the best personal trainers," Hayward said. "It's a good group of people with a mixture of backgrounds. Our lineup of instructors will separate us from everyone else."

Hayward also hopes extras such as complimentary towel service and executive lockers will also give the gym an edge. The gym will also offer group fitness sessions for teams as well as sport specific training regimens.

At the end of his playing career, Hayward became involved in manufacturing miniature goalie masks. That eventually grew into full-sized sporting goods. But when the business became too big, Hayward grew tired of the travel. He sold his share of the business to his partner and started looking for other investment opportunities.

He met his brother for a workout over the summer and they began discussing the idea of opening a gym. They were sold on the idea once the new plaza went up.

"It's a great site and once we found that site was available, we decided to go ahead," he said.

Kellie Hayward will manage the gym, which will be able to accommodate 2,000 members.

The presale office is open on Tuesdays and Thursdays, 1-8 p.m. and Saturday, 10 a.m. to 3 p.m. at the Power Zone building.

For information call 905-702-1774.

—By Herb Garbutt, staff writer

## Hair loss isn't always a sign of age

For most women, hair is an important feature, and when it falls out, it is devastating. Most women lose about 50 to 100 hairs per day. This amount of hair loss is normal and the body will naturally replace it. If a woman is losing more hair than that, she may have a problem.

Hair loss can be caused by many things. In some cases, the problem can be corrected and the hair will grow back. In others, it is more difficult.

Women in general are less likely to experience hair loss than men. Those that do, usually begin doing so later in life. Most of the women in this group suffer from androgenetic alopecia or female-pattern baldness. Caused by several factors, including age, hormones and genetics, the condition usually doesn't strike until after menopause and results in overall thinning of the hair—usually permanent.

Another condition responsible for hair loss in women is alopecia areata, which usually strikes in childhood and results in round bald patches. In most cases, the hair returns in six months to two years. Sometimes, however, the condition progresses, leading to total hair loss. Treatments range from cortisone injections to creams and ointments to topical immunotherapy.

There are several other causes of hair loss in women. They include:

• **Certain medical conditions.** Women who suffer from immune system disorders, poly-

cystic ovary syndrome and endocrine abnormalities, such as diabetes and thyroid disease, often experience hair loss. The onset of some cancers, including leukemia and lymphoma, may also result in hair loss.

• **Certain medications.** According to physicians, there are over 300 medications that can cause hair loss. Of those, chemotherapy and radiation are probably two of the best known. Beta-blockers, antidepressants, amphetamines, blood thinners and the acne medicine isotretinoin are also common causes of hair loss.

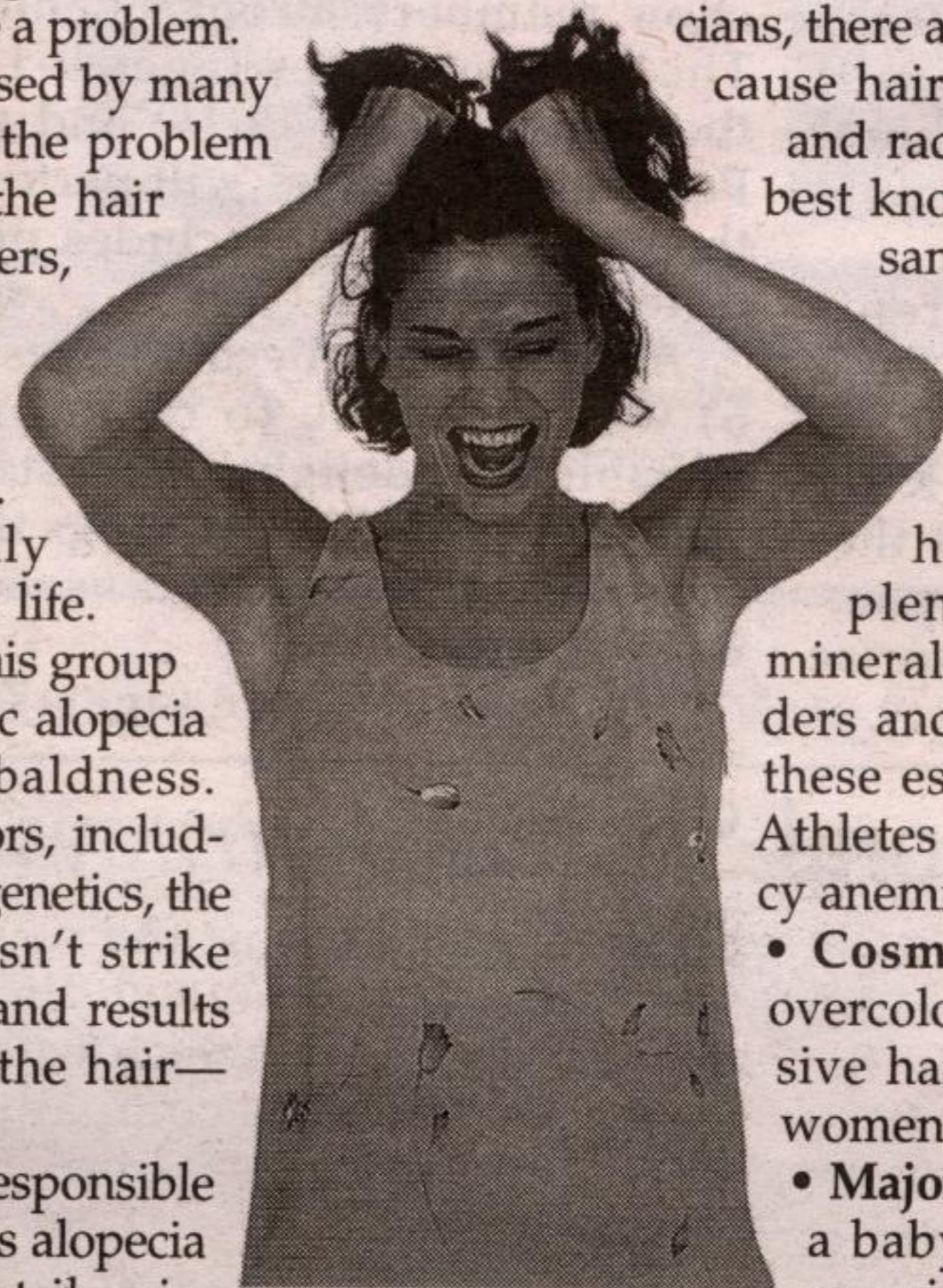
• **Poor nutrition.** To sustain hair growth, the body needs plenty of protein, vitamins and minerals. Women with eating disorders and some vegetarians do not get these essentials and suffer hair loss. Athletes who suffer from iron-deficiency anemia may also lose hair.

• **Cosmetic care.** Overperming and overcoloring are both causes of extensive hair loss. In severe cases, some women begin to see bald spots.

• **Major events.** Events, such as having a baby, undergoing anesthesia or experiencing a heavy period of bleeding or a high fever, may cause hair to fall out.

Women who are experiencing significant hair loss should consult a doctor, who will first check their scalp and determine any type of alopecia is involved. Once those are ruled out, the doctor will start looking for other causes. Hair loss in women, no matter how old they are, can be embarrassing. Fortunately in most cases, the problem can be resolved and the hair will return.

—By Tresa Erickson, special



**JUDY LONGSTREET,** *rejuvenate*  
Certified Reflexologist  
Chartered Herbalist

Offering...

- Reflexology
- Ear Candling
- Herbal Therapy
- Therapeutic Touch

Georgetown, ON  
**905-702-7846**

*The only avenue in holistic lifestyles*

MORE HEALTHY SAVING

**20% OFF**

Bring this coupon to our store at Georgetown Market Place Mall and receive 20% OFF your next purchase.

**nutrition house**

Georgetown Market Place Mall  
905-702-8204

For more information visit our website [www.nutritionhouse.com](http://www.nutritionhouse.com)  
Not to be combined with any other discounts. Expires Dec. 31/03.

**LIFESTYLE FAMILY CHIROPRACTIC**

Dr. Jennifer McLaughlan  
Family Chiropractor

- Treating Children, Adults & Seniors
- Posture Analysis
- Safe Effective Care
- Half Hour to Health Classes

New Patients Welcome  
No Referrals Necessary

**(905) 873-3113**  
2 Guelph Street

**Positive Changes™**  
HYPNOSIS CENTRES  
"Where Results Happen"

**Positive Changes Hypnosis Centre**

35 Main St., South,  
Olde Downtown Georgetown  
(Two doors south of the TD Bank)  
**(905) 877-2077**

**Quick Fit**

**Curves FOR WOMEN**  
"30 Minute Fitness & Weight Loss Centers"

Quick Fit only takes 30 minutes  
• It's Fun • It's user friendly • Is designed for women • Burns body fat • Begins when you show up!

Voted #1 Fitness Centre in Georgetown **2003 CHOICE**

Call now for an appointment  
**905-702-0418**

\*offer based on first visit enrollment, min. 12 mo. c.d. program

**GEORGETOWN THERAPEUTIC MASSAGE CLINIC**

**Dale Walker R.M.T.**  
Registered Massage Therapist  
Extended Health Insurance

- Migraine & Tension Headaches
- Pregnancy Discomfort
- Rehabilitation • Relaxation
- Repetitive Strains • Sports Injuries
- Traumatic Conditions • Whiplash & Chronic Pain

Young's Pharmacy  
47 Main Street South  
For appointment call  
**905-873-1924**

**S&S PERFUMES**

Georgetown Market Place

Brand Name  
Perfumes & Cologne  
Low, Low Prices

**905-702-8003**