

# Healthy Living

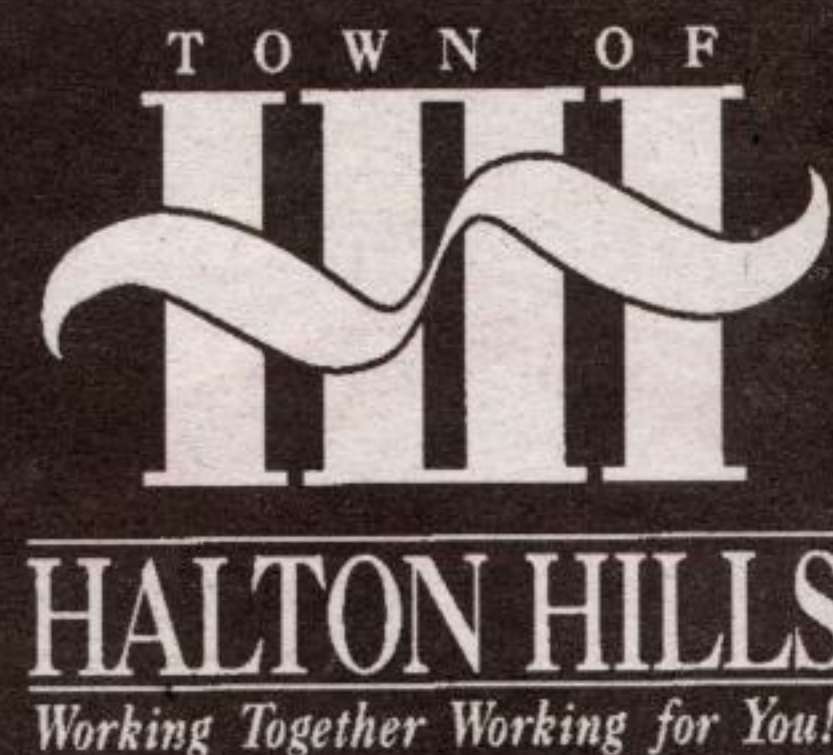


## Youths golf for breast cancer fund-raiser

The Third Annual Cancer Research Charity Fund-raiser and Golf Tournament, hosted by 13-year-old Marcus Rees, was held at Clublink's Blue Springs Golf Club in Acton. Twenty-six of Marcus's chums participated in the event, and raised \$3,000. "This charity golf fund-raiser offers a great opportunity for friends to raise money to help find the cure for cancer and to give back to our community," said the Christ the King student. All proceeds will support breast cancer research at Princess

Margaret Hospital through the Weekend to End Breast Cancer and the Heather's Heroes Walking Team.

Photo submitted



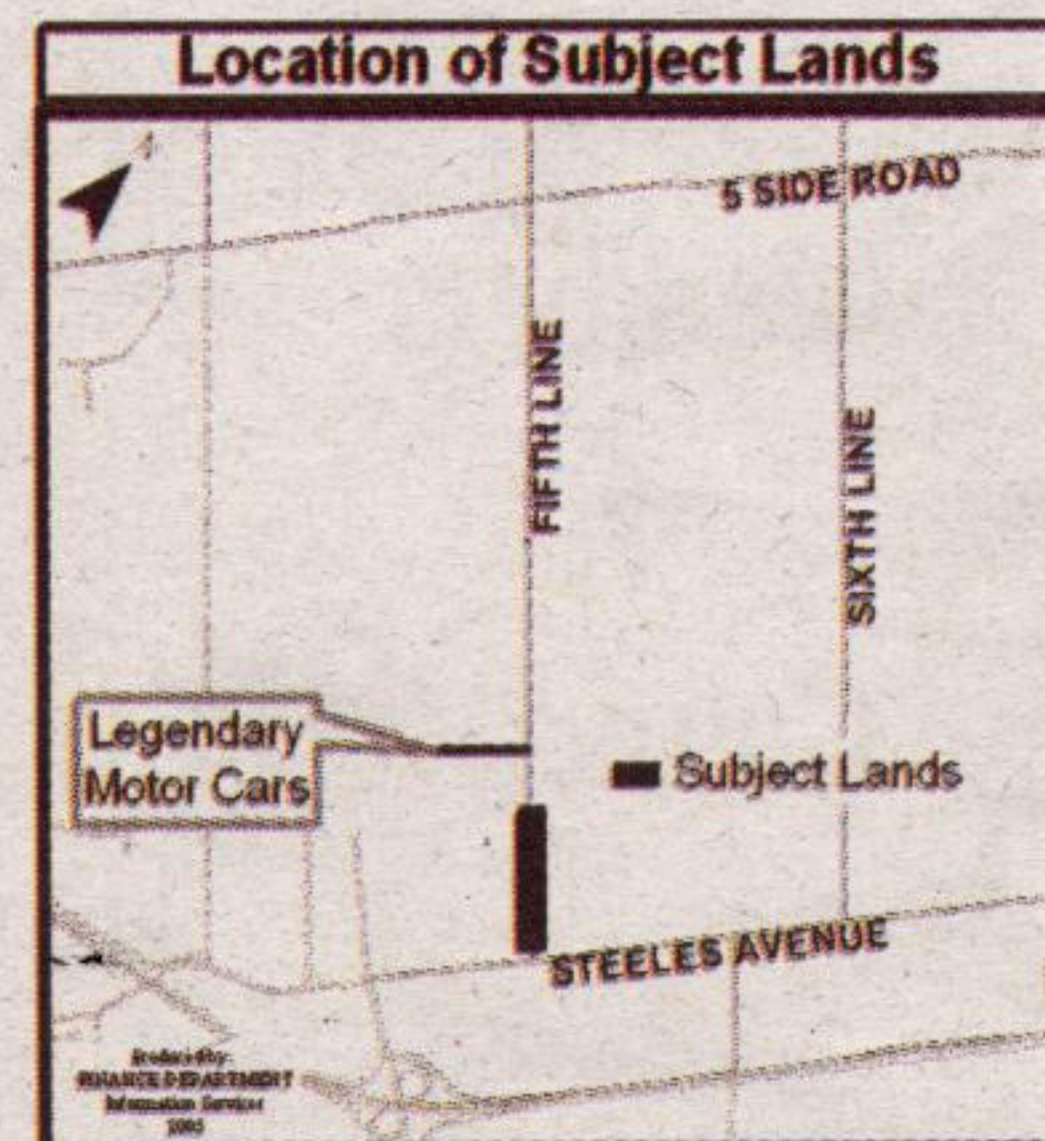
### ROAD CLOSURE NOTICE

**Fifth Line Reconstruction and Realignment**  
Town of Halton Hills (Georgetown)

Fifth Line will be closed to through traffic from Steeles Avenue to Mansewood Tributary (south of Legendary Motor Car Company) to facilitate the reconstruction of the roadway.

The closure is expected to begin **September 19, 2005** with reopening scheduled for **November 2005**.

The reconstruction of Fifth Line will include excavation, new road base, storm sewers, concrete curbing, sidewalks, asphalt and sodded boulevards. In conjunction with the above work, Fifth Line will be realigned to provide a new intersection with Steeles Avenue to allow for future signalization.



Plans detailing this project are available for viewing during normal business hours at the Engineering and Public Works Department. Inquiries should be directed to Mr. Chris Mills, P. Eng., Manager of Engineering Design and Development, 905-873-2601 Ext. 2301 or Mr. Carmen Sframelli, P. Eng., Contract Administrator of Pitura Husson Limited, 905-709-5825. 141

### COURTESY NOTICE

During the **Acton Fall Fair** on **September 16-18, 2005** at Prospect Park, normal park operations (including ball play and leash free zone) will be suspended and a park admission will be in effect: Parking \$5.00, Adults and Students \$7.00, weekend pass \$15.00, children 6-12 \$3.00, and children 5 and under accompanied by an adult free.

Please refrain from bringing backpacks and refreshments.

### SPECIAL EVENT RESTRICTIONS

- No Dogs
- **Prior to admittance, we reserve the right to:**
  - Inspect all bags
  - Refuse entry to anyone suspected to be under the influence of alcohol or drugs
  - Remove alcohol, drugs, weapons or other items detrimental to public safety from those seeking admittance

During the event, please report any security issues to the Halton Police.

Contact the Recreation and Parks Department at 905-873-2601, ext. 2269 for more information. 142



## Truestar for Women™

### Nutrition & Fitness Centers

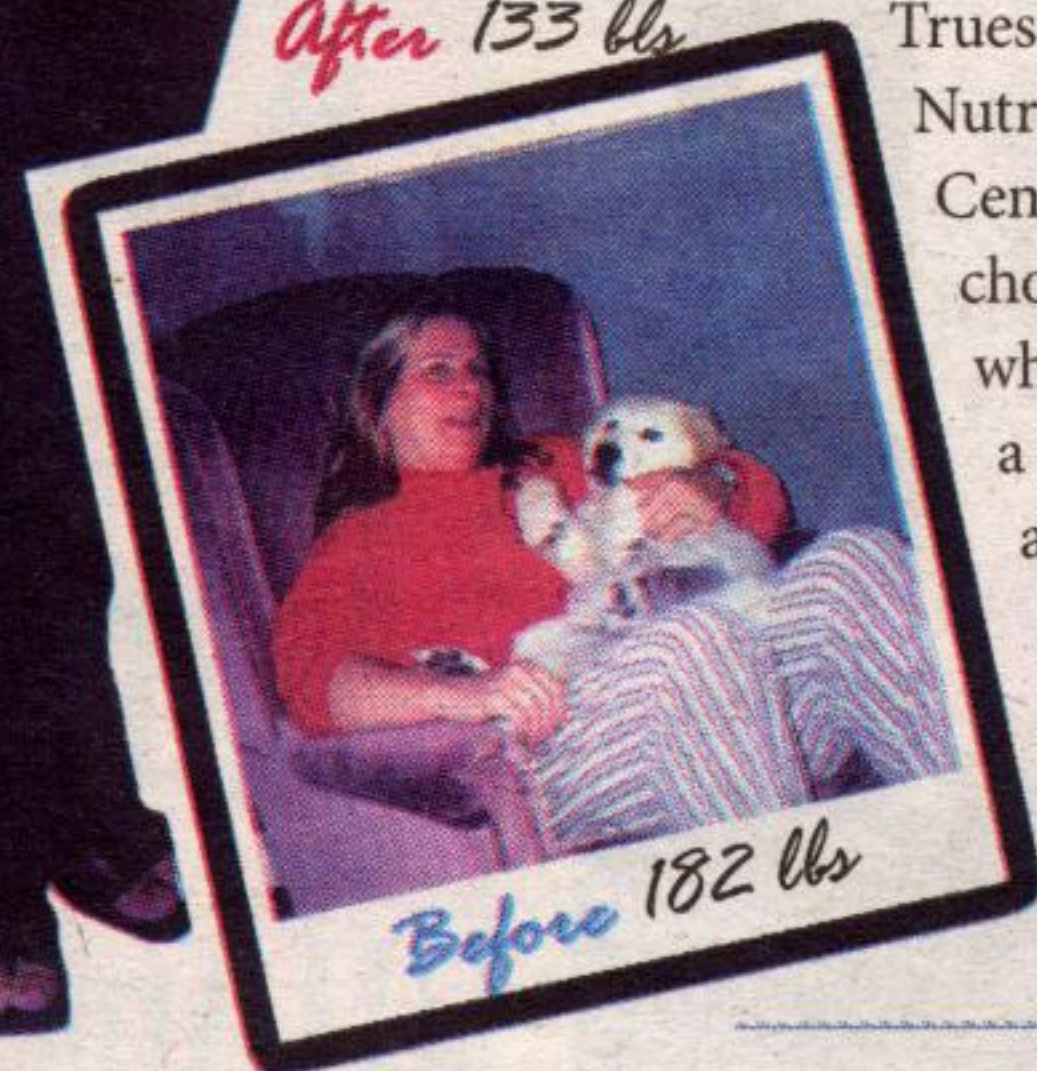
## It's a **LIFESTYLE**, not a **DIET**

**T**ruestar for Women Nutrition & Fitness Centers are benchmarking health and wellness programs for women and their families in Canada. Over 25 centers have opened in Ontario since August 2004. Truestar's state-of-the-art Synergistic Personal Training System™ – a total health program developed by a dream team of health experts, has received critical acclaim.

Truestar personal coaches and center staff partner with members to achieve their health, weight loss, fitness and wellness goals, step-by-step. Working with a personal coach, members develop a total program which incorporates a balanced integration of the 5 key areas of healthy living: **NUTRITION, EXERCISE, VITAMINS, ATTITUDE** and **SLEEP**. Members create personal goals and together with their professional coaches then carefully monitor their progress each day online and weekly at their local center. The results are faster and more long-term than any other programs available.

**WHY? Truestar is a lifestyle, not a diet!**

After 133 lbs



Truestar for Women Nutrition & Fitness Centers are the choice for women who want a total health and wellness program, not just a gym.

### MAKE TRUESTAR FOR WOMEN NUTRITION & FITNESS YOUR CHOICE FOR WEIGHT LOSS. **HERE'S WHY:**

- **Total Health Programs based on the world's leading health website ([www.truestarhealth.com](http://www.truestarhealth.com)).** The site includes over 10,000 calorically, hormonally and pH balanced meal plans, over 15,000 workouts from beginner to advanced, over 3,000 exercise videos for ages 6-86, a full, personalized vitamin profiling system, an encyclopedia of health, a personal goal setting program, meditation CDs, sleep tips, thousands of articles relating to the most relevant health issues and much more.
- **Free Personal Coaching.** Most clubs charge \$50-\$100 for personal training. Coaching in all 5 key areas of health, including exercise, is free at Truestar Centers. Coaches assist members to develop total health programs that guarantee successful weight loss on the road to optimum health.
- **Customized Exercise Programs.** Truestar Centers have options for everyone. Customized exercise programs are designed for all ages and levels of fitness (beginner, intermediate, advanced). The programs include circuit options, cardio workouts and free-weight stations.
- **Guaranteed Weight Loss\*.** The Truestar Weight Loss Program has been so effective that weight loss is guaranteed or your money is refunded. \*based on following the Truestar for Women program
- **Top-Rated, Doctor-Formulated Supplements.** Taking the right vitamins and supplements everyday is essential for vitality, immunity and wellness. Truestar Centers offer a professional series of vitamins and supplements for over 500 medical conditions.
- **Attitude Program.** With the proper motivation and goal plans, you can improve all areas of your life. Truestar will show you how to set goals and how to reach them successfully.
- **Sleep and Relaxation.** Sleep is often the overlooked key area of health. The Truestar Sleep Program and natural sleep aids will assist with your total weight loss and overall sense of well-being.

**h Free\*\***

\*\*based on 12-month term membership

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