

## Safety Council seeking Halton Heroes

The Halton Region Safety Council (HRSC) has announced the search for this year's recipients of the Halton Heroes Award, an honour the HRSC gives to Halton residents who selflessly and courageously save or attempt to save the life of another person.

Halton residents may nominate a person or persons who have demonstrated a special commit-

ment to the safety and well being of others through a particular act or acts during the last 18 months. The HRSC, which is comprised of a police officer, representatives from Halton's local municipalities and volunteers, will carefully consider all nominations received by October 8, 2005.

To nominate someone for the Halton Heroes Award, call 905-815-6058, or mail your nomination to:

The Halton Safety Council, P.O. Box 52053, Oakville, Ontario L6J 7N5

For more than 35 years, the HRSC has endeavoured to make Halton safer through its mandate to heighten awareness of the importance of public safety. The HRSC educates children through school visits that focus on water safety, block parents and safety in the home.

# Truestar is 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.

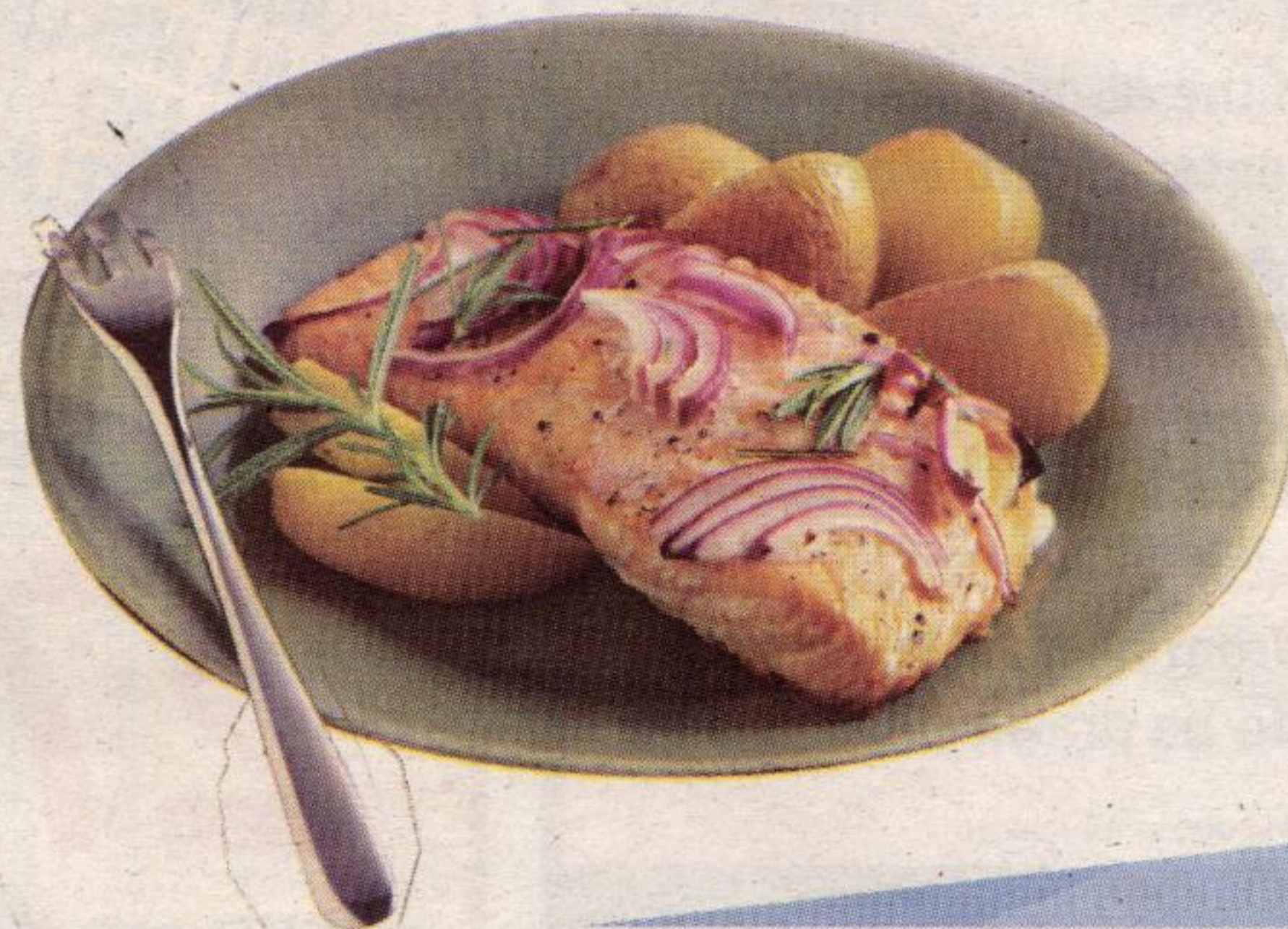
Truestar personal coaches and center staff partner with members to achieve their health, weight loss, fitness and wellness goals, step-by-step. Working with a personal coach, members develop a total program which incorporates a balanced integration of the 5 key areas of healthy living: **NUTRITION, EXERCISE, VITAMINS, ATTITUDE & 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!**

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.



Lori Harvey

**LOSE WEIGHT THE RIGHT WAY**

Call **310-TRUE(8783)**

**\$0 Initiation† 1 Month Free\***

†limited time offer. \* based on 12-month term membership



**Truestar for Women™** [www.truestar.com](http://www.truestar.com)  
Nutrition & Fitness Centers