

# It's time to spring-clean some daily routines

Now that we are opening up our windows to let the fresh air in, springtime is as good a time as any to take a fresh approach towards diet and exercise—and to even spring-clean some of our daily routines.

This February, the Heart and Stroke Foundation (HSF) released its Annual Report on Canadians' Health and made a rather startling observation. The current wave of Canadian baby boomers now turning 60 could be the first generation to actually turn back the clock and experience a decline in quality of life.

Compared to 10 years ago, the rates of obesity in boomers have soared by nearly 60 percent, according to HSF data posted on the Ministry of Health Promotion website, HealthyOntario.com. A whopping 52

percent of boomers are inactive and yet, 80 percent still think they will enjoy a longer life expectancy than previous generations. Rising obesity rates and inactivity among boomers are now threatening years of steady progress towards better heart health.

**Eat Well and Have More Fun**  
So as we spring-clean old habits, let's replace the old advice to "improve your diet and exercise" with updated tips on how to eat better foods and how to get fit by having a lot more fun. To get you started here's a checklist to pin on your fridge, or take with you when shopping for groceries, summarized from HealthyOntario.com:

**Eat Well**

- Follow Canada's Food Guide to Healthy Eating. Log on to [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) or call 1-800-OCANADA.
- Plan meals around vegetables and fruit for important vitamins and minerals.. Fill up on fibre like whole grain bread and cereals to promote a healthy heart.
- Choose a 'good fat' like olive and canola oil for nutrition and cholesterol control.
- Eat more fish, like salmon, sardines, mackerel, herring and trout for essential omega-3 fatty acids.
- Reduce trans and saturated fat. Cream, marbling in meat, whole milk, many snack foods and cookies are high in artery-clogging, trans and saturated fat.
- Achieve and maintain a healthy weight.

**Have More Fun**

- Make a personal or family commitment to try a new activity each season: hike, bike, dance, bowl, fish, camp, swim,

walk, run, skip rope, play ball, ski, skate, snowshoe, and more.

- Walk, cycle, wheel, or in-line skate to work or school.
- Go line dancing, folk dancing, square dancing, your choice.
- Set your garden in bloom: dig, prune, rake and weed.
- See how many different 10-minute

walking, wheeling, or cycling routes you can find in your neighbourhood.

- Get off the bus two stops early and walk home.
- Arrange to meet a couple of friends for a walk at the same time every day. For more information general well-being visit HealthyOntario.com.-

—News Canada

## Treat your feet (and body) to a foot reflexology session

Foot reflexology is a natural form of healing based on the principal that there are reflex points or areas on the feet that relate to every area of the body.

Other parts of the body also exhibit these same relationships starting with the microscopic cell, the iris, the ear, and hand, to name a few. The points on the feet being very specific, over a larger area with easy access, makes reflexology a wonderful and enjoyable way to positively affect the entire body.

Using specific applied pressure to these areas initiates a response in the associated body part or organ to increase circulation, induce deep relaxation, revitalize energy, cleanse the body of toxins and impurities, as well as many unpredictable results unique to each person.

Reflexology has been practised with growing popularity here in North America for approximately 100 years. Over time it has been developed into a science as well as a healing art. Methods and techniques for working the reflex points are continu-

ally being discovered and fine-tuned. There is evidence that some form of reflexology was practiced in Japan, China, India, and Egypt as far back as 4000 years. The soles of the Buddha's feet with their 108 painted symbols are evidence of this ancient wisdom.

A certified reflexologist must be educated in regards to the human anatomy and physiology, treating many imbalances in the body using natural methods, client/practitioner confidentiality and hygienic practices, as well as many hours of study and documented practice hours followed by a lengthy practical and written exam.

Finding a certified reflexologist in your area is as easy as looking in your local Yellow Pages under the heading Reflexologist, or Holistic Health Services. Typically a one hour treatment will range from \$40-\$70.

—Article provided by Angela De Haas Certified Reflexologist, 905-875-7895



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