



Crazy Sneaker Day at Robert Little Public School brought out the creativity of the students as they decorated their sneakers for the day. Among those putting their best foot forward were (from left) Kayla Mitchell, 10, Grade 2 teacher Marie Burland, Rachel Dobbs, 9 and Devon D'Orazio, 6.

Robert Little School students take on Town Challenge

Robert Little School students have taken on the Town's Spring Active Living Challenge with great enthusiasm!

Led by teacher Marie Burland, students participate in a variety of activities to keep fit.

Some of their activities include:

- 20 minutes of school-wide Quality Daily Fitness (QDF)— Students either run around the school or move to the music routines led by QDF leaders.
- Walking Wednesdays— Students who walk or ride their bikes can enter their name on a ballot and be eligible for prizes.
- iwalk Club— Each student has

received an iwalk card with circles representing 20-minute intervals of activity. Each time 20 minutes of physical activity has been completed, students shade in a circle. When they have shaded 10 circles, they receive a golden shoe sticker. When they earn five golden shoe stickers, they receive a certificate.

- PROPS (Peers Running Organized Play Stations) — This is a co-operative games program led by Grade 4/ 5 students during one recess per day.

Research shows that children who are physically active are not only healthier, but perform better academically. Daily physical activity has positive

effects on student performance and academic achievement in terms of memory, observation, problem solving and decision-making. If your child's school has implemented any active living initiatives, the Town's Recreation Department would like to hear about them! Send your stories to aaronm@haltonhills.ca or visit www.haltonhills.ca and click on the Active Living Logo to access more information.

The Town's Spring Challenge is open to all residents and is part of a provincial initiative to get 10% more Ontarians active by 2010. The Spring Challenge is currently in its sixth week however residents can join at any point in time.

Also, the Town provides a variety of fitness programs for all ages. Call 905-873-2601 ext. 2275 for information.



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BACK TALK

By Dr. Gabor Madarasz



It was a Friday morning at 11:30 and I was starting to think about spending the weekend with the family. One of the patients had been talking about how magnificent his recent scuba diving trip had gone, he was utterly amazed at the underwater splendor. I had to agree since both my wife Kathy and I are avid scuba divers. He said, "You know it's such an incredible design. You know, the way it all was made!"

I said, "Jim, I can't agree with you more. It's really the same way our bodies are an incredible design and creation. The brain, spinal cord, and nerves making up the main headquarters of the entire body. The spine is therefore the lifeline for our entire body! This system controls some fifty trillion cells with dozens of operating systems working all at once. All the while we are completely unaware and just take it for granted, now that's incredible!"

"Doc, I guess that's the reason we need to look after it for a lifetime," Jim said as he was leaving the office. I thought yup, that's a good reason.

No wonder Hippocrates said, "Look well to the spine as the cause of disease."

P.S. We were swamped with phone calls after the last column. Please e-mail me if you have any thoughts or questions, till next time.

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