

Spring fitness challenge ends Saturday

The Town's Spring Active Living Challenge will end tomorrow (Saturday) but that doesn't mean your physical activity needs to wind down.

The Active Living Challenge continues throughout each season at eight-week intervals and the best part is that you can join at any time. Whether you've decided to join in the first week or the last, the Town continues to provide an activity log to track individual or group progress and offers links to various resources to help keep residents active. All you need to do is visit www.haltonhills.ca and click on the Active Living logo.

You need a workable plan to change your lifestyle from sedentary to physically active. Following some basic guidelines can help establish an exercise program that protects you against disease and disability and insures a healthy, independent and productive life.

Want to register for a great fitness program? Summer programs offered at Town facilities begin the first week in July. If you're not sure what is available you can pick up a Community Services Guide at any Town facility or call 905-873-2601 ext. 2275 for information on current program listings.

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