

HEALTH CARE

Local youths find fun in getting fit
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Herbal One open for business

Herbal One, a new weight loss clinic at 118 Guelph Street, opened last week, as Health Consultant Heather Smith (left) and Centre Director Tammy Laundrie display some of the many products available at their location. The clinic features individualized programs using herbal supplements to complement weight loss, and the program is based on using store-bought food. The clinic is open Mondays through Saturdays, and interested individuals can call 289-344-0112, for more information, or to book a complimentary consultation.

Photo by Ted Brown

The weight loss game: How to be the one who wins at losing

Being overweight or obese is one of the leading health risks to men, women and children in Canada today.

- 47.9% of Canadians were overweight or obese in 1998. Today that number is more than 50%.

- 40% of women and almost 30% of men are trying to lose weight on any given day.

Many people trying to lose weight look for a quick fix to shed the extra pounds.

They starve themselves or go on fad diets and are happy to see the pounds disappear. Unfortunately, this loss is less likely to be maintained because taking off weight so quickly does not teach healthy eating.

Most chronic dieters experience an up-and-down pattern in weight as a result of the endless cycle of crash diets. While on a crash diet your body clues in to the fact that it is receiving a very low number of calories. As a result, your body adjusts

your metabolism so that it burns fewer calories in order to perform all the necessary bodily functions. Your metabolism remains low when you stop dieting. It now takes fewer calories for you to gain weight, making it more likely that you will put on weight at the end of your diet with the return of your eating habits.

Dieting slows your metabolism, deprives you of valuable nutrients and leaves you feeling dehydrated and mental-

ly unfocused.

If you have been caught up in yo-yo dieting for years it does not mean you are doomed to be overweight. It is never too late to change your lifestyle and include healthy eating to ensure optimal health and proper weight management

Healthy eating is different from dieting in several ways:

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