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Youngsters find fun in getting fit

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and strength even though muscle growth has not happened. (And should not happen from training at their age).

"Our clothes are too big"— Even at the halfway point in our training the boys had to tie their shorts up tighter and t-shirts were getting baggier and bigger. Cunha told Walinga that he needed a belt for a pair of pants in which he never needed before.

They learned what it takes (even at a young age) to stick to a workout program and see the results from it. They are all involved in activities outside of the gym. Cunha plays baseball and practises quite a bit and still gave a great effort. Lepore plays football and often has tough practices. Sharkey was hoping to perform better in gym class.

Both boys improved at the drills they were doing in practise with their

respective teams. Cunha's coach times his players at how fast they can run the bases and Cunha improved his time by four seconds, going from 13 to nine seconds. Lepore does running drills in football practice. Before starting training he was always at or near the end of the pack, now he is at the front of the pack, usually in the top six.

The trio's bad habits of eating unhealthy foods and lack of exercise have quickly changed. They are now eating healthy and have an exercise routine that is helping them lose weight and feel better about themselves.

Their advice to kids that are in the same position as they were three months ago is to: "try working out, you'll have fun, meet new people, lose weight and feel better."

—Article courtesy Power Zone Fitness

With these five tips

Take the boredom out of exercising

- **Assistance:** Instead of a friend, ask a professional to keep you accountable, such as a personal trainer, or boot camp instructor.

- **Track Your Progress:** Set goals, make a realistic plan to reach them, and celebrate when you do.

- **Get Out Of The Box:** If your personal trainer isn't creative, or if the machines put you to sleep, it's time to fly the coup and find new adventures.

- **Be With Like-Minded People:** You may start out alone with you fitness

goals, but don't forget that the people at your gym, or in your group class, consider exercise a worthy, lifestyle value. Making new friends in this setting may be the best motivator of all.

- **Find The Fun:** Try something new. Join a fitness boot camp for example, where dedication, combined with laughter, burns so many more calories than dedication alone.

Boredom busters courtesy of BootyCampFitness.com.

—By J.C. Carroll, News Canada

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Carol, your skin is positively glowing, what's going on?



My friend Kate and I have always said that beauty takes care and feeding. Eating right, exercising, and keeping hydrated all contribute to keeping that youthful glow that we all seem to desire.

Kate and I started talking about the age-old question: is beauty skin deep, or does it come from within? Frankly, at this point in my life, it doesn't consume me. Don't get me wrong. I like to feel beautiful. But, the things that I am doing to take care of myself are for me. I get some exercise. I try to eat right. I take some vitamins. But the most important thing that I do is drink my eight glasses of pure Kinetico water everyday. I feel like I have found my very own fountain of youth.

I am so happy that Kinetico is in my life and I am really happy that Kate is considering a Kinetico system as well.

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