

GET FIT & GET HEALTHY

Fighting MS is as easy as riding a bicycle

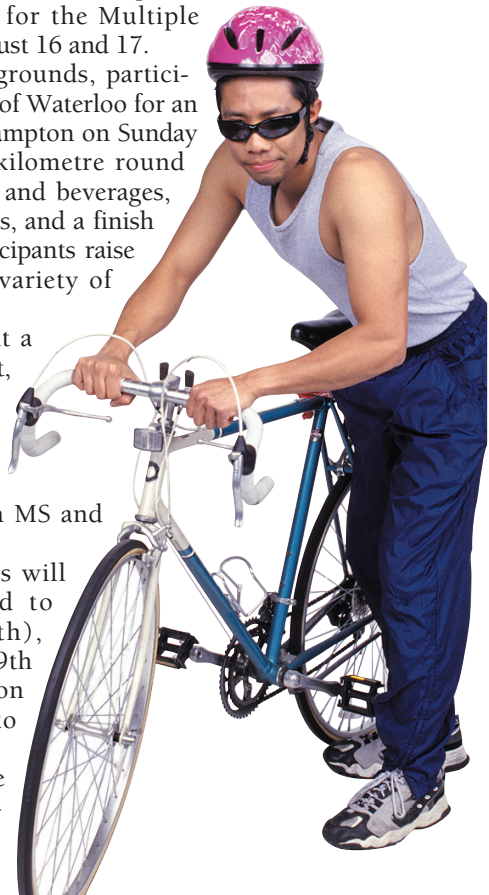
Thee RONA MS Bike Tour from Brampton to Waterloo, which raised funds for the Multiple Sclerosis Society, takes place August 16 and 17.

Beginning at Brampton Fairgrounds, participants will cycle to the University of Waterloo for an overnight stay, then return to Brampton on Sunday morning to complete the 190 kilometre round trip. The tour includes all food and beverages, rest stops, cyclist support vehicles, and a finish line massage and barbecue. Participants raise pledges and are eligible for a variety of prizes based on amount raised.

The MS Society expects that a total of 550 cyclists will take part, raising \$450,000 in pledges. Proceeds of the event will fund research into the cause and cure of multiple sclerosis, as well as provide services to people with MS and their families.

Other RONA MS Bike Tours will take place from Grand Bend to London (July 26th and 27th), Ottawa to Kemptville (August 9th and 10th), in the Niagara Region (August 24th), and in Toronto (September 7th).

More information about the RONA MS Bike Tours and opportunities to cycle or volunteer is at www.ms biketours.com



Weight loss is maximized with three workout rules

We do agree that the key to permanent weight loss and true fitness is a lifetime commitment to exercise and eating right.

But hey, there must be a shortcut to this goal in there somewhere?

"Yes there is," says Sammie Richards creator of Booty Camp Fitness, a program that invites women to laugh, jump, lunge, and punch their way to a great-looking body. "Just like learning to eat right step by step, we must also learn to exercise that way."

Don't waste your time, for example, on routines or machines that fail you, she says. Instead, here are the three key principles to give you the most efficient, weight loss workout every time, courtesy of BootyCampFitness.com:

1. High Intensity Interval Training (HIIT) – Forget walking for 60 minutes every day, who has time for that? A 10-15 minute HIIT cardio workout burns more fat. If you spent 15 minutes doing HIIT on a stationary bike, for example, it would be the "calorie burning" equivalent to 60 minutes of walking.

2. Combine Resistance & Cardio Training – Not only do you burn more calories during the workout if you combine cardio with resistance training, but it boosts your metabolism after the workout because of the resistance portion. For example, cardio alone will boost your metabo-

lism for three to six hours, and



resistance training continues to burn increased calories for 24 to 48 hours post-workout.

3. Muscle is Metabolism – Lifting weights or body sculpting isn't enough. You need to challenge your muscles by working them harder and harder each time. Progressive strength training can be done with body weight, free weights, or machines. All that matters is that it's progressive and it's challenging enough to force the muscles to make improvements. For example, each additional pound of lean muscle mass will burn an additional 50 calories or so, per day.

By J.C. Carroll, News Canada

THE POWER ZONE
FITNESS CENTRE

www.powerzone.ca
cgallagher@powerzone.ca

324 Guelph St., Georgetown
905-702-1774



Cathy Gallagher
General Manager

Too busy to work out this summer?

It is so important that we try to stick to our work out routine through out the summer so we keep our muscle conditioning and fitness level up!

Taking months off from your exercise regime over the summer (especially muscle conditioning) will make it very difficult to regain after the months off.

Compliment your outdoor activities with muscle conditioning and aerobic workouts at the Power Zone!

Bring in this article for one FREE workout!

GET FIT Get Healthy

Halton Healthcare
Air Quality & Breathing Easy

Heat, humidity and air pollution can make outdoor summer activities difficult, especially for those with heart or breathing problems.

The Air Health Quality Index is a new toll that measures air quality in terms of your health using a scale from 1 to 10.

For the general population, a reading of 1 represents a low risk to your health and 7 or greater represents a high risk.

The Air Quality Index can help you decide when to enjoy a day of outdoor activities or when to reduce or reschedule those activities.

You can learn more about the Air Quality Health Index and monitor the air quality in your area by calling 1-800-387-7768 or through a number of different websites including
www.airqualityontario.com
www.airhealth.ca

Baynes Physiotherapy Georgetown
Telephone:
905-873-4964
Baynes for your pains!

**232A Guelph St., Unit 10
Georgetown
(next to Ares Restaurant)**

Curves
The power to amaze yourself.[™]
Over 10,000 locations worldwide.

GEORGETOWN
39 Main St. S.
Downtown Georgetown
905•702•0418

ACTON
374 Queen St.
Acton, ON
519•853•0502

curves.com

New to Halton!

We provide accurate and comprehensive risk assessment for Breast Cancer using

Thermography

- Non-Invasive
- Zero Radiation
- Pain-Free
- Breast Scan or Full Body

A Vital Link for the Earliest Detection and Best Chance for Preventative Action
Finally, a better way!

UPCOMING EVENTS:

August 10th Acton Leathershow Festival - Booth in front of Willow Lane Natural Foods

August 16th **The Feminine Affair Spa Day** - Tickets Available
Includes: One 40 min. Spa treatment, One 20 min. Discovery Session, Inspirational Speakers, Demonstrations, Personal Journal / Directory, Unique Shopping, Decadent Luncheon, Refreshing Beverages, Canvas Shopping Bag & Valet parking!!!

Sept 6th OPEN HOUSE MORNING 8:00-11:30 a.m.
Nassagaweya Community Hall, Guelph Line, Brookville

MOBILE CLINICS: Please call to book your appointment.

Sept 12th Life Chiropractic – Georgetown 905.873.1871
Sept 19th Caruso Homeopathic – Guelph 519.827.9237

For more information, or to book an appointment call:
(905) 457-1700
www.heal-thyself.ca &
www.thermographyclinic.com