

Fitness tips...

Continued from page 13 for the day, so to speak.

Other choices we make can include the kind of food we eat at this tempting time. For instance, fat-free egg nog is on the market right now... and no, this does not mean you can add more rum to make up for that! Alcohol is highly caloric; if you had just one drink for every two club sodas, not only would the calories be lower but you are more likely to feel full, not to mention be socially responsible and safe.

Fried foods satiate us, but again, mega calories. Lean toward the foods that you can control the calories a bit more; to dip, or not to dip, ask yourself that question. Desserts, well, what can one say there?!

Just can't cram in the 'ten before ten'? Think of where else you can squeeze in even a little bit of physical activity. Park at the furthest end of the lot when you brave the malls (sometimes this is pure necessity, but hey, work with me here) and make trips back and forth to the car to unload purchases, vs. one cumbersome, bag-laden trip (be sure to avoid the glare of the shopping-



PIANO FAVOURITES: Piano students of Jennifer Culpeper (along with a stray guitar player) performed an assortment of Christmas favourites during their December recital held at St Alban's Anglican Church on Friday, Dec.15. Students attending the recital were: Front row, left to right, Sanjun Bak, Damon Crumplen, James Robart-Morgan, Matthew and Christian Norton. Middle row: Matt Hansen, Dulwin Jayalath, Victoria Miller, Katie Allen, Olivia Rouleau. Back row: Tanya Carscadden, Cassandra Coker, Jessica Stokes, Emily Hansen, Sangwon Bak, Kevin Hamilton, Jillian and Stephanie Mullin, Chelsea Benham. Cassandra, Tanya, Jessica Stokes and Jessica Costa also took their music over to the Elizabeth Drive Seniors residence for some musical Christmas cheer the following Sunday afternoon.

stressed driver waiting for your spot!).

Make physical activity a family affair – check out the local community swimming pools or ice rinks (i.e. Tim Hortons (Guelph) has a postcard-sized handout listing arena dates of their free skate times) and make a plan to do something active

together. Since some traditional winter activities such as tobogganing, downhill and cross-country skiing are at this time unavailable around here, be creative.

Everything in moderation – not an original concept, but still a tried and true one. Have a happy, healthy and safe holiday season and see

you at the gym in January!

Margaret Iutzi is a Canadian certified personal trainer, fitness appraiser and group fitness instructor (www.rockwoodbusiness.com) for "Fit To Be Tried" in-home fitness training. You can also find her at Staying Alive Fitness Inc., Acton.

'Wonderful calendar' from Heritage Acton greatly appreciated

To the editor,

I would like to publicly thank Heritage Acton for the wonderful calendar distributed in The New Tanner today (December 14, 2006).

I grew up in Orangeville, but when it was time to move out on my own, I found it to be too big for my small town heart. Acton has more than fulfilled my love of all things a place should be to call home and I am now

raising my own family here.

I appreciate history and really enjoyed looking at the pictures in the calendar as well as reading about the buildings and places. The committee did a fantastic job and I look forward (already!) to the 2008 printing!

Thanks again to all the dedicated members!

Sincerely,
Amanda Reed

New Year's Day BRUNCH

at **the Mill St. CROSSING**

featuring **HOT & COLD BUFFET**
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Good Tidings at
Christmastime

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On behalf of The Management
& Staff, I would like to
wish everybody a very
Merry Christmas.

Rockwood

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