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Getting physical: Canada's fit

In the 1970s, many Canadians went from couch potatoes to super jocks.

That was the decade when people started to get up and get fit, thanks to nagging TV

ads, the example of an active prime minister and embarrassment compared to some very

robust Swedes. But the nagging hasn't been entirely successful. Thirty years later the average Canadian is still overweight and spends more time on the sofa than at the gym.

While Canadians are more physically active, studies show that only one in 10 Canadians exercise at the recommended level – at least every other day for a minimum of 30 minutes at moderate intensity. As many as seven in 10 Canadians are active at least every other day and one-third of Canadians are active only twice a week or less

often.

Overall, more women than men follow a regular pattern of activity, especially in the 25 to 64 age group. Younger women and men are equally likely to do some type of regular physical activity, but older women fall behind older men.

Groups who tend to exercise more than others include:

- people who never married
- people with higher levels of education
- people living in larger communities
- people with higher incomes

Officials say that promoting participation in activities that are enjoyable enough to do on a regular basis has the most potential for optimizing health benefits.

Potentially, a physically active lifestyle can extend the quality of independent living. Some groups that need extra encouragement to get off the couch include men aged 25 to 64, especially given the relatively high incidence of heart disease among men in their middle and later years. As well, the lack of an increase among women aged 65 and older is disturbing



ARE YOU THE NEXT MISS ACTON FALL FAIR?

The Acton Agricultural Society is now accepting entries for the **2010 Miss Acton Fall Fair Pageant** Friday, September 17, 2010, at 8:00 p.m. at the **Dufferin Rural Heritage Community Centre** in Prospect Park.

If you are between the ages of 16 and 22, attend Acton High School or live in Acton, Limehouse, Ballinafad or Rockwood areas, you are invited to be a Contestant!!!

More information is available at Blooms Away Flower Shop, www.actonfair.ca or Email: missactonfallfair@hotmail.com

CONTESTANTS MUST BE AVAILABLE WED. & THURS @ 7 p.m.
Deadline for entries is 9 p.m., Friday, September 10, 2010

REGISTER NOW
for the **ACTON FALL FAIR 2010**
PARADE

September 18th (11am line up and 12 noon start on ACTON BLVD)

This year's theme is **WHEAT** 

"OUTSTANDING IN OUR FIELD"

We are looking for
FLOAT ENTRIES,
BANDS, GROUPS etc.

Prizes in 5 categories, including:
BEST DECORATED BIKES & TRICYCLES
and **BEST FLOAT!**

For reservations/information please contact
Jim Warrington - 519-853-3707

The best little fair in Ontario

Organized by  The Acton Agricultural Society

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