



Why is recreation and exercise important?

Well you know what they say: "All work and no play makes Jack a dull boy." In addition to helping you lead a more interesting life, recreation is important because of the many health, social and educational benefits it can provide. Even the word itself – recreation – indicates that something in us is lost through our daily grind that needs to be replenished. We need to be re-created periodically, replenished, built back up after a time of hard work.

Just as important is regular exercise and many people, especially personal trainers, suggest that you do some aerobic exercise and some strength training every week.

If you need to lose weight, you should decrease calories in your diet and exercise more. You should do both, because if you restrict your calories too much, your body will go into survival mode, slow down your metabolism, and that will defeat the purpose of eating less. Also, if you exercise too much, you can cause injury to yourself and not be able to continue or just get tired of doing so much. The practical solution is some of both. Here is some information on calories burned during certain types of activities:

- Walking briskly will burn 100 calories per mile.
- Jogging will burn 100-120 calories per mile.
- Running will take off 120 calories or more per mile.
- Aerobic exercise burns 220 calories in 30 minutes.
- Elliptical training will burn 280 in 30 minutes.
- Stationary bikes burn 575 calories in 60 minutes.
- Cross-country ski machines burn 642 calories in one hour.
- Rowing machines use 770 calories every hour.

Register for Fa

The Superior Glove Splash Pad was great fun for the summer but will be shut down after Labour Day weekend. It's time to find Fall and Winter activities.



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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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