

# More than 380 Halton smokers took part in butting-out contest

For the second year in a row, more than 380 Halton smokers have tried to break their habit by becoming one of 10,000 contestants in the provincial Quit Smoking 2001 Contest.

"We know about 31 per cent of these people will remain smoke-free one year after their quit date," said Vito Chierfari, chairperson for the provincial contest planning team. "This is really an impressive accomplishment as many entrants have smoked at least 20 or more cigarettes per day for more than a

decade."

Prizes were presented to nine contest winners, but none were from the Halton area.

Kim Lambert of Wawa was presented with the grand prize of a Caribbean cruise for two.

The contest was launched January 15. Smokers had to have registered by February 28, assigned a non-smoking buddy to support them and committed to staying smoke-free for at least the month of March.

"In our follow up phone calls

with last year's entrants, we found out how important buddies were in the quit process, so this year we asked smokers to sign up a support buddy again," said Tanya Kulnies, a member of the contest planning team for the Halton Region Health Department.

"We congratulate all the buddies for their part in helping so many people stay smoke-free."

The Quit Smoking 2001 Contest was funded in part by the Ontario Ministry of Health and Long-Term Care.

# Get a free kit from health department

• from ARE YOU on page 16  
Make home smoke-free

Second-hand smoke is the most common and harmful form of indoor air pollution. Have a family meeting and talk about the reasons for making your home smoke-free. Create a plan for what to do if someone asks to smoke in your smoke-free home.

### Reduce your stress

Stress is a part of life. Humour is a great way to reduce this stress. Start a 'Fun Jar' of ideas the whole family can enjoy. Everyone can put an idea in the jar. Ideas may include going to the park to play Frisbee, watching a favourite movie, or playing a board game.

### Be physically active

Physical activity doesn't have to be hard or take a lot of time. Improve your health. Canada's Physical Activity Guide to Healthy Active Living

recommends 30 to 60 minutes of moderate physical activity most days. You can add up short activities (of at least 10 minutes) and count them toward your total for that day. Daily routines such as walking the dog, working in the yard, cleaning the playroom, vacuuming or walking to the store can all be counted toward your daily physical activity.

For more great ideas to lead a healthy life, order your free 'Halton Healthy Homes, Healthy Families' kit. In the kit are tips to help you make your home healthy, a calendar with fun stickers (that the kids will love) to help you keep track of your progress, and lots of great resources. There's also a contest with many prizes to encourage your family to create a healthy home.

Health Notes is prepared by the Halton Regional Health Department.

# Hospital hosts workshop on breast health

April is Cancer Awareness Month.

In connection with this, Milton District Hospital will host a breast self-examination workshop titled Mammacheck next Tuesday from 7 to 9 p.m.

Participants will learn how to recognize the properties of normal breast tissue, recognize the common characteristics of breast lumps, locate lumps in a silicone breast model, describe the lump's characteristics, perform a self breast examination and perform a thorough, visual inspection of your breasts.

Breast self-examination specialists have trained seminar instructors.

One in nine women in Ontario can expect to develop breast cancer in her lifetime. In fact, breast cancer is now one of the leading types of cancer in Canadian women.

To register for the workshop call 338-4379.

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