

Plenty to do in winter at conservation areas

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kids' activities, hands-on maple syrup making demonstrations, and more. Call (905) 854-0234 for more information on any of these events.

Mountsberg conservation park will feature Maple Syrup Days from February 22 to April 13 on weekends, and daily during the March Break. Call (905) 854-2276 for more information.

If your family enjoys cross-country skiing, visit Hilton Falls next Friday for a guided moonlight ski under the stars. The cost is \$7 for adults and \$5 for children. You can pre-register by calling (905) 854-0262, or e-mail hiltonfalls@hrca.on.ca with your name, phone number and the number of people in your group. Some ski rentals are available. Be sure to call ahead for snow conditions.

A pamphlet with further information on Conservation Halton's parks is included in the Cabin Fever Kit. You can also visit www.conservationhalton.on.ca or call (905) 336-1158.

Swimming and indoor skating is popular in Milton year-round. Recreational swims are held at Milton Leisure Centre, 1700 Main St. E., on Saturdays and Sundays from 6:30 to 8 p.m.

Public skating is offered at John Tonelli Sports Centre, 217 Laurier Ave., Saturdays from 1:15 to 2:45 p.m. and 8 to 9:20 p.m. Milton Memorial Arena at 77 Thompson Rd. S. offers public skates Sundays from 1 to 2:20 p.m.

Of course, each winter there seems to be at least a few of those days of extreme, record-breaking temperatures. In that case, indoor activities are a great way to be active. Some of the ideas in the Cabin Fever Kit include bowling, playing pool and walking around the mall.

Cabin Fever Kits are available by calling the Halton Region Health Department, Heart Health and Cancer Prevention Program at (905) 825-6060, ext. 7887. You can also visit www.region.halton.on.ca/health to download the kit.

I've got to admit that I've cheated a few times

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I admit I cheated a few times. The very first day my oldest daughter brought home some chocolates that she had won at a Chamber of Commerce dinner. She opened up the box and my heart just sort of fluttered. "I can't eat those," I said without much conviction. "Maybe just one." I had two, but I didn't have 10.

Another time I was in a hockey arena from 7 in the morning until 2 in the afternoon. There was nothing at that snack bar that I was supposed to eat, but after five hours of smelling popcorn, I gave into temptation. Half a bag.

And okay, so I had one beer, but it was a light beer.

But, I've also been extremely good. I sat in the same room as a box of Timbits and

didn't have one. Not one. And I'm becoming more and more conscious of the decisions I'm making with regard to eating, and making the right choices.

I know I can't do it on my own as I learned from that fiasco a couple years ago when I ended up having to walk down Main Street in my underwear. Not only did I fail to lose pounds, I gained some.

There are times when I want to stop at McDonald's and order one of everything on the menu, so I know I've got a long way to go. I've been the world's unhealthiest eater and now I'm changing everything. To be honest, I've been a glutton.

This is more than a test for myself; it affects a lot of people. Because if I can do it, anybody can.

Fat chance? We'll see.

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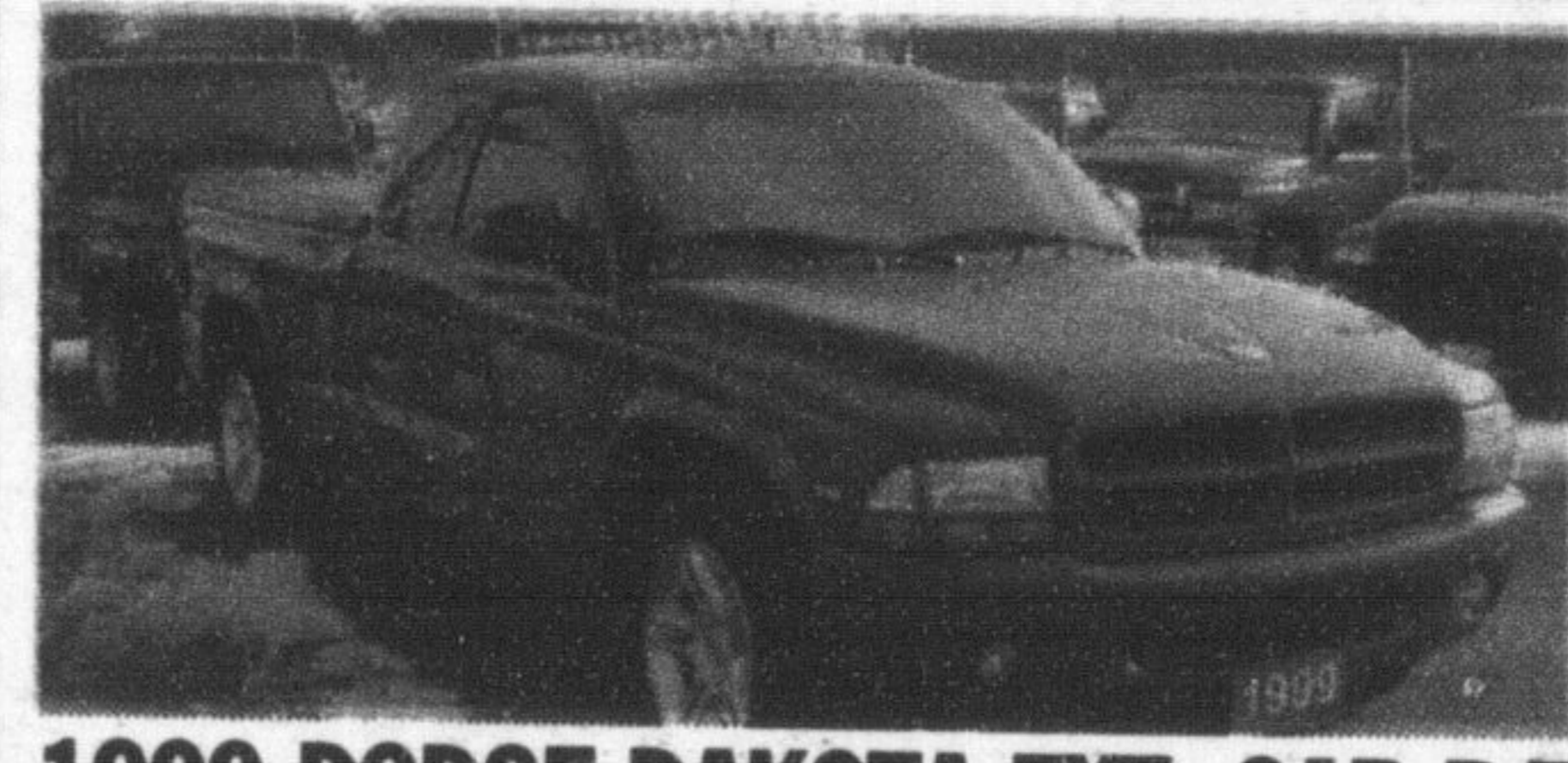
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