

# Library has lots of resources to help you get into shape

Spring is just around the corner, so it's a perfect time to shake off the winter blahs and get moving with a new or redesigned exercise program. Before you hit the fitness clubs, come to the Milton

Public Library and see how we can help in your quest for energizing your body. Health experts say that you only need 30 minutes of exercise, three times a week, to improve your health and to feel better. So stretch those muscles and spring into fitness.

The library has books, videos and magazines about many different activities, fitness programs and sports for every age and fitness level. Walking, running, golf, swimming, yoga, tai chi and weight training are just a few of the activities you can try.

If you're just starting fitness activities, you may want to take a more gentle approach. Take a look at the yoga or the tai chi sections in our collection. There are a number of books and videos on yoga including Dynamic Yoga and Fat burning yoga. The library also subscribes to Yoga Journal. Tai chi for kids: move with the animals shows great exercises for children, while Tai-chi exercises for seniors provides guidance for older fitness enthusiasts.

We have many resources about floor exercises and physical fitness, including Pilates for every body and Pilates method at home. Try our Balanceball fitness videos (for the lower and upper body) or Quick fitness the 30 minute workout. The library also has current and back issues of the magazines Fitness, Shape, and Men's Health.

Cover  
to cover



For more active individuals there are several videos on cardio-aerobics, including Cardio sculpt, and Cardio athletic kickbox. For those who prefer their exercise to be more dance focussed, we have Belly dancing for fitness & fun, the New York City Ballet Workout, and Red hot salsa beginner salsa.

For running enthusiasts, we have items such as The beginning runner's handbook, Marathon: the ultimate training and racing guide, and Runner's world magazine to keep you going. If running isn't for you, try walking instead for exercise and health. Fitness walking and Prevention's complete book of walking may lead to the path of fitness, or try the videos Weight loss walk and Walk aerobics.

If you enjoy golf the library has a large selection of books and video for improving your golf form, including Exercise guide to better golf. New additions to the collection include My golden lessons: 100-plus ways to improve your shots and Playing by the rules: all the rules of the game. The library has golf videos like Fore! Fair ways to success, and subscribes to Golf digest.

The Milton Public Library's homepage [www.mpl.on.ca](http://www.mpl.on.ca) is another place to look for information on health, nutrition and fitness. Use the 'Health' sidebar to find a series of options, including local health resources. Two Web sites found here feature active living suggestions from Choices 4 Health and Halton Healthy Moms Web site.

Come to the library, and see how we can help you reach your spring fitness goals.

Cover to cover is prepared by staff at the Milton Public Library.

## Dr. Kristina Love Optometrist

is pleased to announce  
the birth of her daughter Alexandra

She will resume practice in April  
at 2 new locations with

## Dr. Nell Van Ymeren

at 110 Nelson St. in Oakville  
(at Lakeshore, 2 streets East of Bronte Rd.)

905-827-2228

and

## Dr. Brian Marsden

at 3115-4 Glen Erin Dr.

in West Mississauga  
(in the Glen Erin Medical Centre)

905-828-2383

Call either location for appointments.

New patients welcome.

See Reni  
Tost's  
next  
recipe  
Tues.

## Correction to March 7 pie recipe

A Chef at Home recipe by Reni Tost that appeared in the March 7 Champion contained incorrect information.

The Sour Cream Pie recipe called for egg yolks and all other

ingredients to be put in a large pit — which of course, should have read pot.

Also, it called for the pie to be cooked before serving, which should have read cool.

The primary ingredient — one cup of sour cream — was also left out.

The Champion apologizes for these errors and any inconvenience they may have caused.



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