



Healthy Living

Make healthy living a family affair

When you are young and childless, it seems easy to get in shape. Hit the gym after work, go for long walks or play on the office softball team. But once you have a family, time becomes fleeting and exercise often gets pushed aside for everything from carpooling to PTA meetings or taking the kids to the dentist. But it is possible to integrate fitness into your family's lifestyle. Devise a list of different activities your family can do together, and find out how you can fit fitness into your schedules regularly. Choose activities that everyone can enjoy, no matter what his or her age, fitness level or ability. It may be difficult, but exercising enough times will make it second nature to your family.

- Walk with the kids to school instead of putting them on the bus or driving them.
- Buy or rent tandem bicycles so the whole family can cycle together.
- Hit the pool. Sign your kids up for swimming lessons. While the kids are learning strokes, you can hit the lap pool. Or, the whole family can play their favorite sports in the water. Try volleyball, underwater tag, basketball or swim races.
- Put up a basketball hoop and play a game together.
- Go for a walk around the block or at the local track after dinner. If it's too cold, walk around the local mall or another large enclosed area.
- Plan family outings around exercise, like hiking through a park or skating. Or learn how to ski or hit the tennis court. Play a game of group



HIKING TOGETHER is a great way to not only get fit as a family, but re-establish or strengthen relationship bonds with your spouse and children.

tag and toss around a frisbee — anything that increases your heart rate is considered exercise.

- Get the whole family to pitch in on household chores, activities which burn calories.
- Run errands without the car. Load the kids onto a wagon, walk to the market, pile in your groceries and walk home.

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"It's improved a lot more than just his hearing."

"When I first noticed my husband asking me to repeat myself, I knew something was wrong.

A friend of ours had a hearing test and was told hearing aids could help her. Now she hears sounds she was missing and feels more involved when talking in larger groups. That's when I knew I had to make an appointment for him."

what you can do

A simple hearing test may be all you need.

A hearing consultation is important, especially if:

- you find it difficult to understand others.
- you suspect you have a hearing loss.
- you have trouble hearing TV, the phone, or other everyday sounds.
- it has been over 12 months since you've had a hearing test.

In-the-ear



In-the-canal



Completely in-the-canal



Exposure to loud or constant noise over a period of time, a middle ear infection, or the natural aging process are but a few ways hearing can be permanently impaired. **Many Canadians** suffer some kind of hearing loss, robbing them of important sounds in everyday life. So they turn up the TV or constantly ask others to repeat themselves. More significantly, a hearing loss can make a person feel isolated or left out.

ONE DAY ONLY!

JULY 24TH

9:00 AM - 4:00 PM

For one day only, an on-site audiologist & repair technician will be available for HEARING TESTS & REPAIRS

To better serve you, please specify the professional best suited for your needs when booking your appointment.

Hearing instruments can improve a lot more than just your hearing. If you suspect you or someone you know may have a hearing problem, call for an appointment.



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