

# Health benefits increase as physical activity increases

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ical activity most days and add it up 10 minutes at a time.

You may want to consult with a health-care professional if you're not sure what to do or how much to do when starting. The benefits increase as physical activity increases. When first starting out, the benefits can include meeting new people, feeling more relaxed, sleeping better and having more fun.

Something else you can do is expand your social circle. A can-do attitude is vital. Two strong signs of well-being are how often you visit with friends and how often you're involved within your community.

The more you can contribute in a meaningful way, the more your health will benefit. A strong circle of friends and family often paves the way for a long life ahead.

Human touch, love, esteem and respect have

direct positive effects on health and can protect you against tougher times. No single type of support is effective for all people and all situations. It's important to find something that works for you.

There are countless connections among the body, mind and spirit. Keep them all in good repair. Don't ignore the warning signs of disease and disability. Get active to keep your head clear and your body free. Actively engage in life.

It's never too late to begin healthy habits and you're never too old to benefit from those changes.

After all, age is only a number.


For more information about the Halton Region Health Department's Older Adults Program, call (905) 825-6000, TTY (905) 827-9833 or toll free 1-866-442-5866.

Or you can visit [www.region.halton.on.ca/health](http://www.region.halton.on.ca/health).

## Save some lives, **DON'T DRINK & DRIVE** *Have a Safe and Happy Holiday!*

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**In Tribute of  
Kortney Dakota Burge  
June 17/92 - Oct. 3/98**

*When God calls little children to dwell with him above,  
Family and friends sometimes question the wisdom of his love.  
For no heartache compares with the death of one small child,  
Who does so much to make our world, seem wonderful and mild.  
Perhaps God tires of calling the aged to his fold,  
So he picked a rosebud named Kortney, before she could grow old.  
God knows how much we need them, and so He takes but a few,  
To make the land of heaven more beautiful to view.  
Believing this is difficult, still Somehow we must try,  
The saddest word mankind knows will always be "Goodbye".  
So when a little child departs, we who are left behind,  
Must realize God loves children, Angels are hard to find.  
We'll love you forever, We'll like you for always, As long as we're living,  
Our baby you'll be.  
Missing you with all our hearts.  
Love Mom, Dad & Kodi.*

*Please drive safe this holiday season.*

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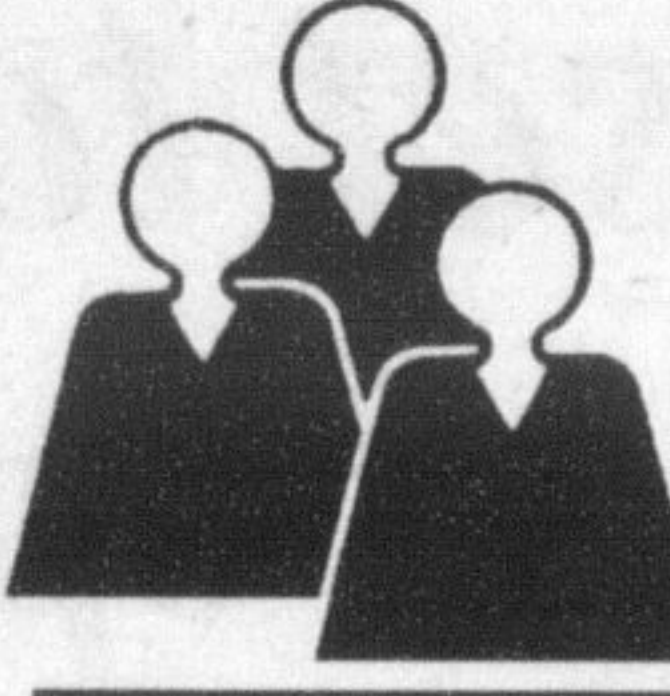
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**We never want you to have to write a  
tribute for someone you love because  
someone decided to drive drunk.**

**Love life. Don't drink & drive.**

**Holiday Party Tips**

If you drink & drive, odds are against you. Even a small amount of alcohol can impair your reflexes and cloud your judgement.

1. Be a responsible host - have non-alcoholic drinks available.
2. Serve snacks like veggies, cheese and light dips that don't make you thirsty.
3. Be prepared for overnight guests.
4. Mix drinks yourself or designate a bartender.
5. Stop serving alcohol well before the party is over.
6. "Pass someone your keys"

*Your life is in your hands . . .*  
**Please Don't Drink & Drive**

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