

March Break

At home this March Break? Teach your kids to live and learn

(NC)—March Break is a great opportunity to spend quality time with your children, providing them with activities to fill their days that can be both fun and educational. A range of activities will keep their brains from going on autopilot and will give them something interesting to talk about when they get back to class.

"It is important for parents to make an effort to make the break fun as well as educational," says Dr. Michael Luther, Educational Specialist with Kumon Math & Reading Centres. "Being at home over the March Break can become extremely boring for children who are used to being active and busy all day long at school."

Dr. Luther suggests the following ways for parents to make this March Break fun at home, and at the same time, add some learning:

- Help your children find some interesting books for pleas-

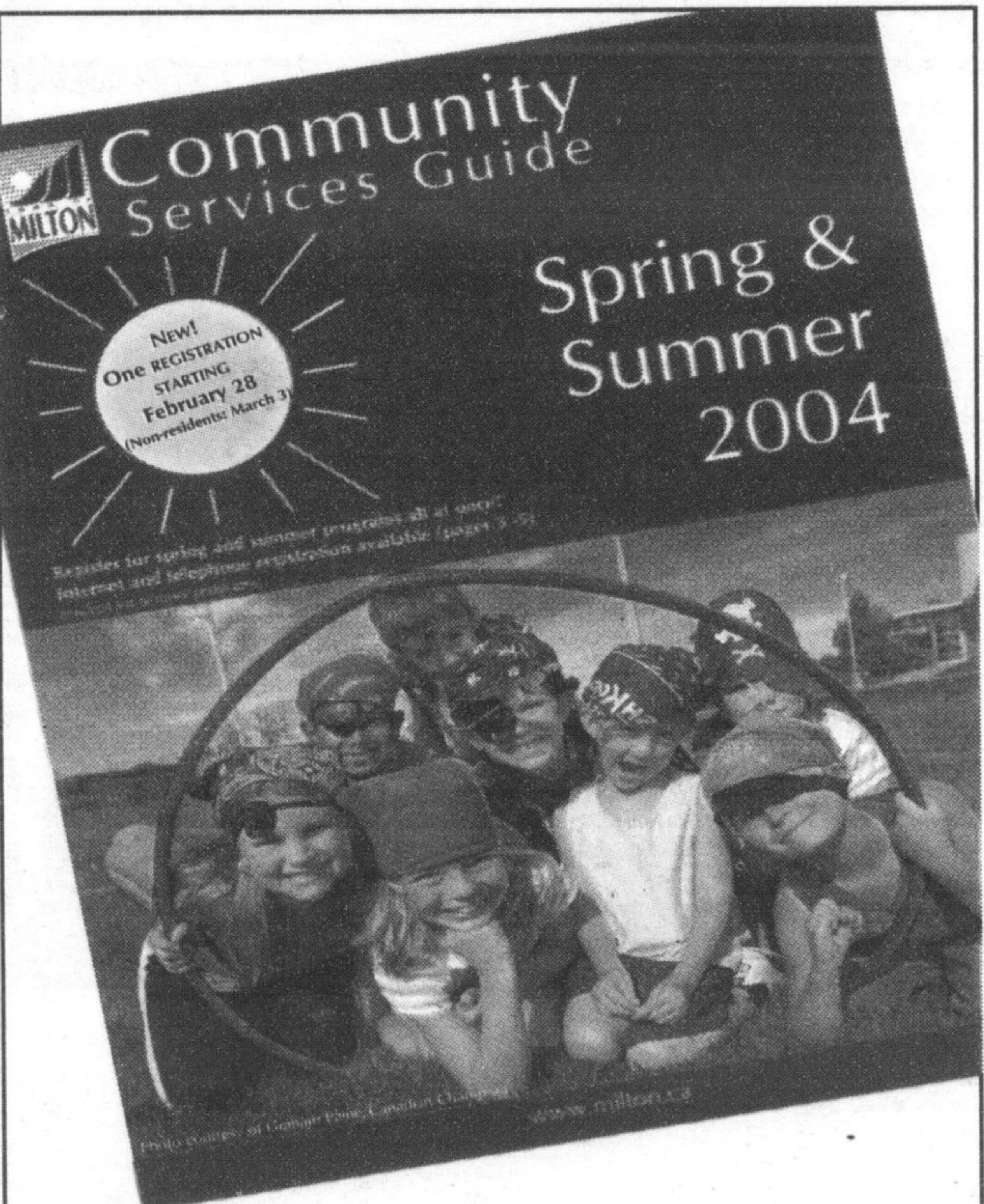
ure.

- Read to your younger children and have them discuss the stories and do related art work themes.
 - Obtain educational software for the computer that involves game-playing (e.g. math, history, geography, literature, fantasy, etc.).
 - Make sure that there are lots of arts and crafts materials and activities.
 - Plan for sports and athletic activities over this period.
 - Take time to teach your children new skills (e.g. cooking, fixing, inventing, creating, painting, etc.).
 - Obtain comics, magazines and puzzle books for your children.
 - Make sure that there are lots of jigsaw puzzles, construction blocks, chemistry sets and other educational types of activities for your child.
 - Do not allow your children to sit in front of the TV or play video games all day long. If your children must watch TV, encourage them to watch educational television shows.
 - Plan to have other children come over to the house and watch values-oriented, educational or historically-based movies.
- Planning ahead and setting up some of these activities for your children over the March Break can make the break a fun, memorable and worthwhile vacation — even if you stay home.
- News Canada



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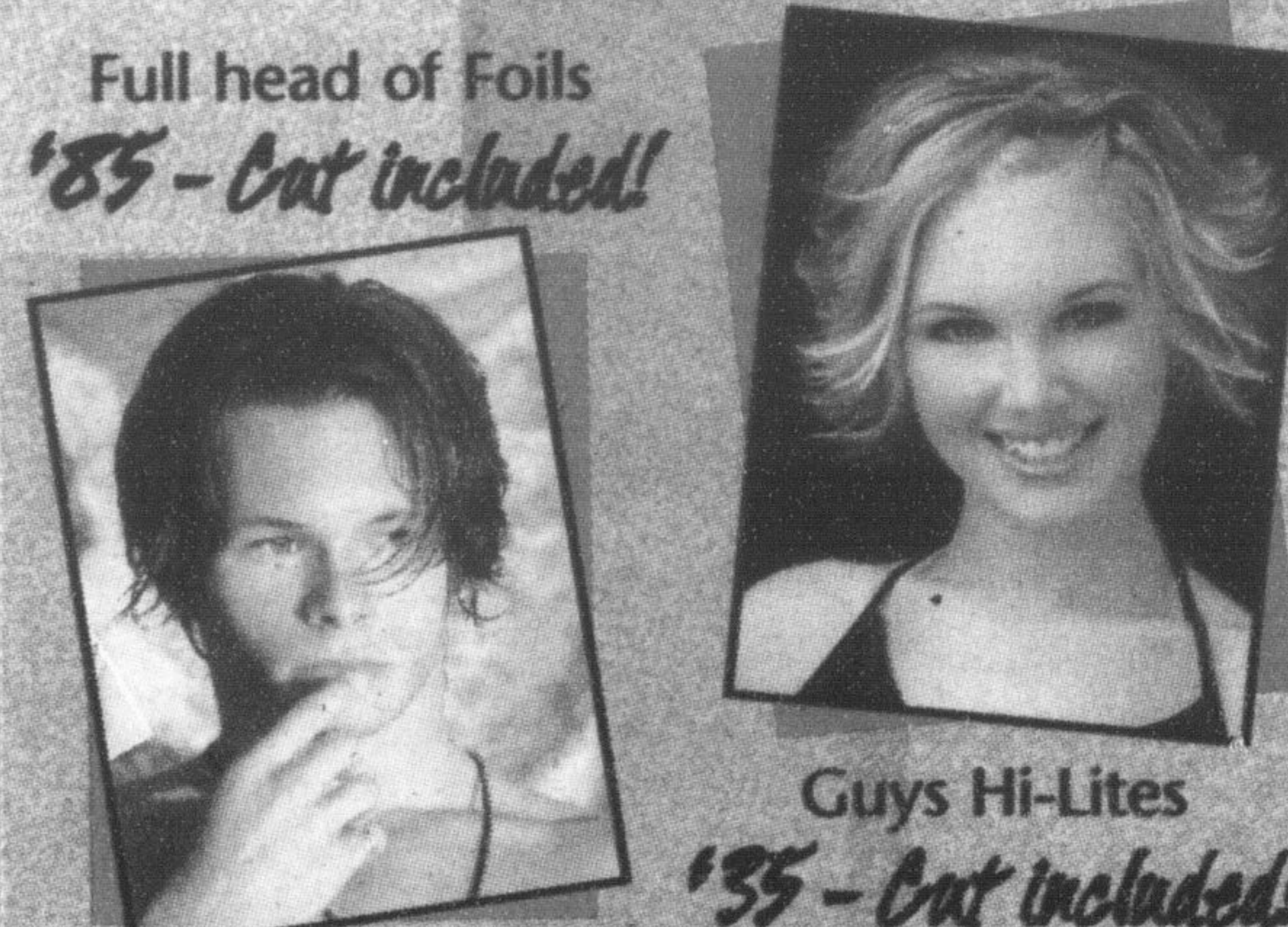
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Let's Talk About Cellulite

What is Cellulite? "Cellulite" is a popular term used to describe the dimpled type of fat deposit found most commonly on the hips and thighs. In more severe cases it is found on the abdomen, arms and calves. The warped pockets of irregularities which make "Cellulite" so difficult to lose are both visual and textural. "Cellulite" is accompanied by fluid retention, and is resistant to traditional diet and exercise programs.

The fact that "cellulite" is different from regular fat is documented by several medical studies. Dr. Fried at Rockefeller University proved that women store more fat in the thigh area than any other area, and that it only burned efficiently during breast feeding.

unwittingly made it worse by overexercising. A woman who begins treatments with stage 1 legs will progress to Stage 2.

As the treatments continue and the results progress, Stage 3 will be achieved. At this stage the legs look noticeably improved and smoother. There will be a measurable inch loss, and more shape to the legs, especially in the lower thigh. The texture of the remaining fat layer is, however soft and loose.

Stage 4 the loose fat layer is reduced and 'cellulite' is no longer visibly obvious.

How long will the results last? Vacusage treatments produce extremely long lasting results, as long as the factors that caused the cellulite in the first place are minimized. Cellulite will return with dietary abuse, however with the information that we provided to you about proper care, dietary lifestyle changes, specific leg exercise routines and periodic maintenance treatments — your legs will stay young and healthy.

Speaking Out with...



Marion Healy R.N.C.P.

At Beverly Hills Weight Management, recovery from "cellulite" occurs in four distinct stages. Stage 1 legs are the most severe. They are hard, compacted and densely pitted. It's dense appearance is often mistaken for solid muscle tone. This commonly occurs in women who have

will return with dietary abuse, however with the information that we provided to you about proper care, dietary lifestyle changes, specific leg exercise routines and periodic maintenance treatments — your legs will stay young and healthy.

Marion Healy is a registered Nutritional Consulting Practitioner with over 16 years experience in weight loss and nutrition. She is Clinic Director of Beverly Hills Weight Management and Nutrition Centre in Milton.

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