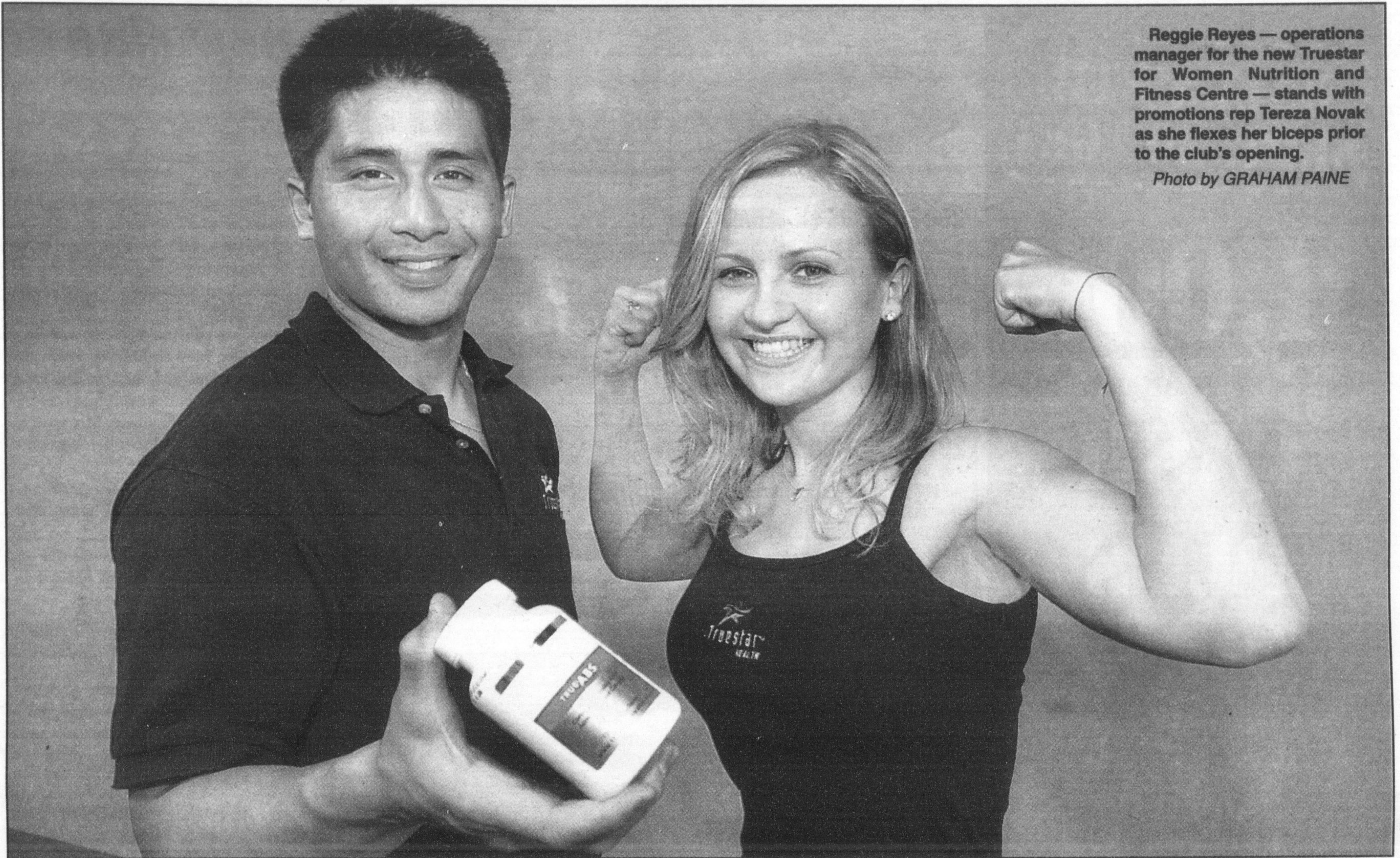


Milton Means Business



Reggie Reyes — operations manager for the new TruStar for Women Nutrition and Fitness Centre — stands with promotions rep Tereza Novak as she flexes her biceps prior to the club's opening.

Photo by GRAHAM PAINE

New women's health club set to open this month

TruStar offers one-stop facility for fitness

By **STEPHANIE THIESSEN**
The Champion

Health is more than getting proper nutrition. It's more than working out and certainly more than vitamins. And everyone knows that getting lots of sleep won't make you lose weight any more

than positive thinking will increase muscle mass.

But, put those five elements together, and you've got a sure-fire method of "creating the ultimate you," said Reggie Reyes, who has a degree in kinesiology and health sciences.

Being the best you can be is the goal of a new nutrition and fitness centre that will open in Milton.

"We're creating the ultimate you."

REGGIE REYES

TruStar For Women Nutrition and Fitness Centre, at 575 Ontario St., is expected to open later this month, with Mr. Reyes — as operations manager — at its helm.

TruStar, Mr. Reyes said, is for women who want to lose weight. But it's also for women who simply want to be healthy and enjoy benefits like having more energy, better sleep, healthier skin and less stress, he said.

"We're creating the ultimate you. For some people, that means losing 10 pounds. For others, that's getting up in the morning without a sore back, getting more sleep or having less stress," he said.

Something else that makes TruStar one-of-a-kind is...

• see COMPLETE on page B2



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