

Town Hall name change to provide clarity during move

Local residents will now know the Town Hall located on Brown Street as 'Town Hall Victoria Park.'

The naming is designed to ensure clarity, since some staff will be relocated to a second facility at 555 Industrial Dr. during construction of the Town Hall expansion. The second site will be called 'Town Hall Annex 555'.

"Noting the '555' and 'Victoria Park' in the names should assist with the public identification of which 'Town Hall' they're attempting to locate," a report from Community Services Director Jennifer Reynolds said. She noted the naming will stay in place "for the foreseeable future."

Staff from the Engineering Services, Planning

and Development and Community Services departments will move to Industrial Drive in phases scheduled prior to Labour Day.

Milton council approved The Ventin Group as the architect for the expansion project at its meeting last week. The firm will be put in charge of the design and construction administration of the project, with a budget of \$850,000.

The first phase of construction is expected to start in 2007, with the second phase scheduled for 2013. The expansion plan may include the demolition of the Planning and Development department building at 155 King St. later this year. Also, the Town acquired three Mary Street properties that will be included as part of the overall plan.

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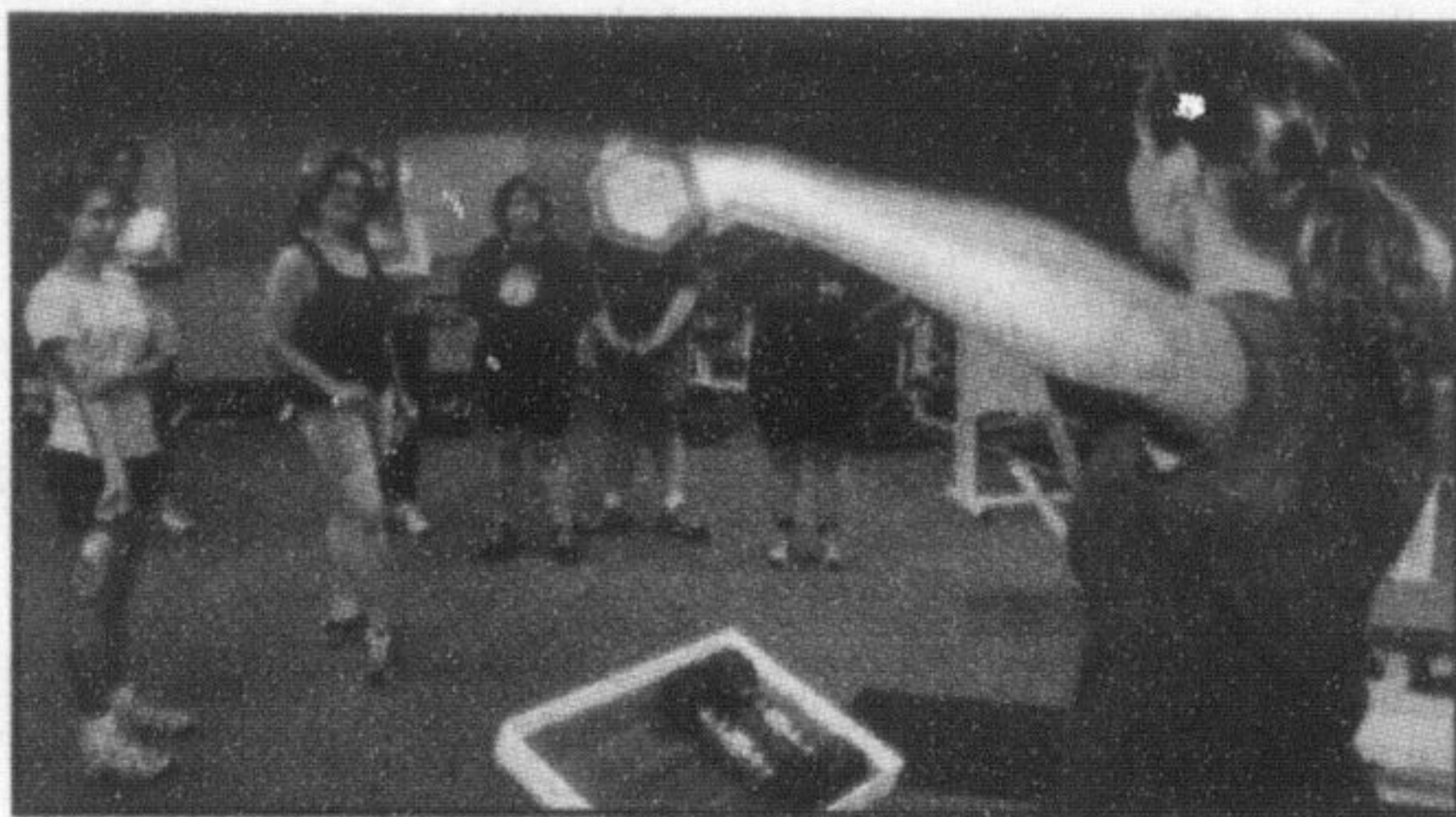
What is Unique about Truestar for Women Nutrition & Fitness Centers?

Your overall health depends on wellness in all areas of life including NUTRITION, EXERCISE, VITAMINS, ATTITUDE, and SLEEP.

Truestar for Women Nutrition & Fitness Centers are benchmarking health and wellness programs for women in Canada. Twenty centers have opened in Ontario since August 2004. Truestar For Women's state-of-the-art Synergistic Personal Training System™ — a total health program developed by a team of health experts — has received critical acclaim.

Truestar personal coaches and center staff assist members with achieving their health, fitness and wellness goals step-by-step. Working with a personal coach, members develop a total health and wellness program which incorporates a balanced integration of the five key areas of healthy living: nutrition, exercise, vitamins, attitude and sleep. Members create personal goals and then monitor their progress each day online. Their progress is also carefully tracked by professionals when they visit their local centers. The results are faster and more long-term than any other program available.

Get There and Stay There!



Health should always be at the forefront of one's priorities, but unfortunately, it's often cast aside for matters that appear more urgent and important in life. Hectic schedules don't give women much time for themselves. Circuit training is safe, efficient and ideal for improving the shape of your body, health, strength and quality of life.

Truestar for Women Nutrition & Fitness Centers are the choice for women who want to rev-up their metabolism, improve their health and witness the immediate and long-lasting benefits of a total healthy lifestyle.

With so many different fitness clubs for women, it can be difficult to select the center and program that will yield the most results.

Truestar 30-Minute Fitness for Women is booming. Here's why:

- Free Personal Coaching. A membership at Truestar Centers includes personal coaches who will assist and support members to ensure that all of their health, nutrition, and exercise goals are met successfully. Through regular consultations, coaches are available to answer questions about any of the five key areas of health and encourage members along the way.

- Successes in physical fitness can be undermined by shortcomings in nutrition or from lack of vitamins in one's diet. Truestar Centers offer a more synergistic package of health and wellness services which will increase your chances of successful weight loss and better health.

- Truestar Centers includes a good mix of hydraulic machines, free-weight stations, body-weight stations and weight-stack machines.

- Truestar Centers offer phase-based training. Using this method, the body is consistently challenged to adapt to new levels of exercise, rather than performing the same routine at the same intensity. This phase-based model creates steady fitness gains with constant and measurable successes.

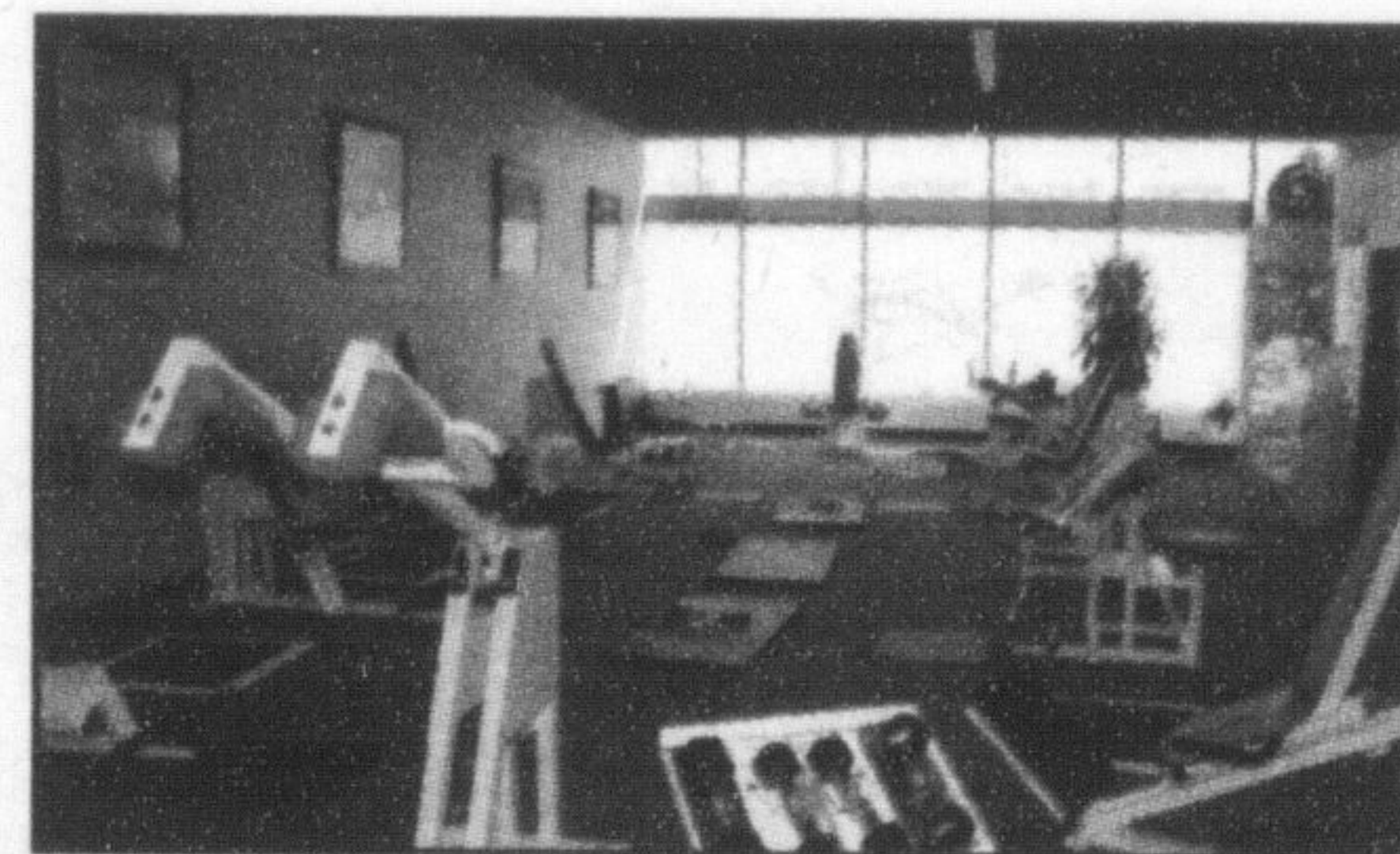
- Truestar Centers have knowledgeable staff and even videos available to help women learn proper techniques and new exercises for variety.

- It is difficult to keep your heart rate at proper levels for circuit training if you are forced to wait for equipment. Truestar Centers have designed integrated recovery squares for each station to help keep your heart rate at proper levels while waiting to use the next station.

- Truestar Centers include circuits that do not require repeat sets. This is a great psychological boost as optimal effort will be given at every station. As you work out, you won't feel the need to "save energy" for the next set, since the next set includes an entirely different exercise. Truestar circuits also include multiple exercises for similar muscle groups. Some Truestar Centers have designed specific circuits that target those problem areas such as abdominals, buttocks and thighs.

- If you enjoy performing circuit training for both your muscular and cardiovascular needs, but also like to complete 15 to 25 minutes on an elliptical trainer or bike a couple of times a week, Truestar Centers include both circuit-training and cardio-machine options.

- Truestar Centers offer additional weight loss counseling and help of any kind, in-center or online. Ask a Truestar mentor or visit www.truestar.com.



Membership Includes Access to Truestar Health Online

Membership to Truestar for Women Nutrition & Fitness Centers includes access to Truestar Health (www.truestarhealth.com). Truestar Health is the world's most extensive online health and personal profiling system which focuses on the five key areas of healthy living. Founded in 2001 by one of North America's leading entrepreneurs, Tim Mulcahy, Truestar Health has become the powerful, one-stop healthy living resource for millions of users who with just the click of a button, receive their own personalized health plans. It's like getting your own personal trainer, nutritionist, naturopathic doctor and inspirational coach to be with you every single day for the rest of your life.

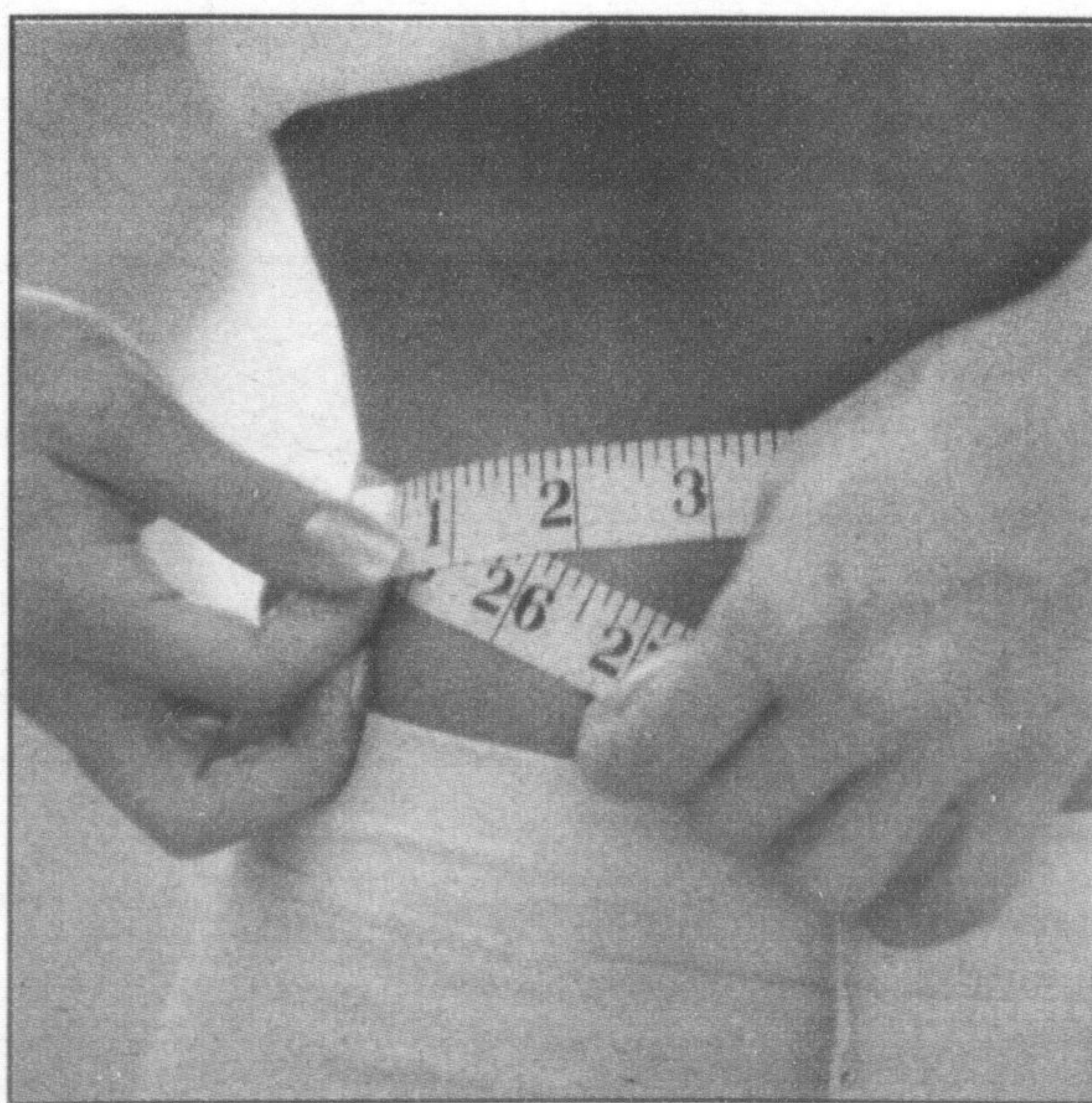
Unlike many other online health resources, Truestar Health is dedicated to improving the health of entire families, regardless of age or health goals. Full diet, exercise and supplement plans are provided for children as well as for adults. The sleep and motivation sections are also beneficial for all ages.

In order to encourage a lifetime of healthy habits for entire families, Truestar Health provides the following services:



- over 10,000 calorically, hormonally, and PH balanced meal plans for all ages and dietary requirements, including homemade meals and meals for "on the go"
- a personal weight loss tracking chart
- a personal FoodTrakker that can give you the breakdown of over 100,000 foods and meal combinations
- a printable shopping list based upon members' meal plans
- a glycemic index and glycemic load chart
- over 3,000 exercise videos, for ages 6-86
- over 15,000 workouts for beginners to pros
- a full personal vitamin profiling system
- an encyclopedia of health
- a personal goal setting program
- meditation CDs
- sleep tips
- daily health newsletters
- thousands of articles relating to the most relevant health issues

To Join a Truestar for Women Nutrition & Fitness Center call 310-TRUE for the center near you, or visit www.truestar.com.



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- cardio equipment and circuit training
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† based on following the Truestar for Women program. ‡ based on a 12-month term membership

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