

# FRIDAY THE 13TH \$uperstitious \$avings

**Friday the 13th PRE-INVENTORY BLOWOUT**

Sale Starts Friday Jan 13th to Wednesday Jan 18th  
While Supplies Last... Hurry In!

**20% Off** ONE IN-STORE ITEM!  
Pick your item. Excludes yard, animal health, feed and propane.

**80% Off** CLEARANCE TENT ITEMS Assorted Products

**50% Off** ALL WINTER CLOTHING  
Toughduck, Jackets, Bib Coveralls, Fleece.

**Country Depot** SERVING THE COMMUNITY WITH...  
• Water Softener Salt • Work Clothing • Birdseed  
• Lawn & Garden • Pet Supplies

WATCH FOR OUR 8 PAGE FLYER IN TUESDAY'S CHAMPION

**MILTON Country Depot**  
28 Bronte St. N.  
905-878-2391  
Monday - Friday 8am - 6pm, Saturday 8-5pm

- Pet Food & Supplies
- Clothing, Footwear
- Bird Seed
- Lawn & Garden
- Giftware
- Farm Supplies
- Propane
- Equine Supplies

**RONA CASHWAY MILTON**  
The How-To People.

**Little HAMMERS Club** Free At RONA

**SATURDAY, JANUARY 28<sup>TH</sup>**  
10am - noon

Age 8 & under  
Limited Space  
Call for details!

**RONA CASHWAY**  
700 Main Street East, Milton  
905-878-8171  
MILTON LOCATION ONLY.  
Canada's very own home improvement and building professionals

Store Hours  
Monday - Friday 7:30am - 8:00pm  
Saturday 8:00am - 5:00pm  
Sunday 10:00am - 4:00pm

the curves way

## Accepting the challenge

IF YOU HAVEN'T TAKEN ADVANTAGE OF THE CURVES SIX-WEEK SOLUTION, CHALLENGE YOURSELF TO DO SO

BY GARY HEAVIN

he Six-Week Solution is a small, intimate class, led by your Curves instructor, that provides an effective environment for weight loss. For six weeks, we help you and a few friends to focus on your goals. You'll find the information and motivation to effectively lose weight. And, you'll learn about our unique approach to keeping the weight off.

**WE SIMPLIFIED IT**  
Based on our newest edition of the *Curves Member Guide*, you'll enjoy tasty meal plans, new recipes, and helpful guidance-all designed to make dieting easier. You'll notice that we've incorporated the latest research from the Baylor University Curves study. Our multimillion-dollar investment is paying off as we provide you with evermore effective weight-loss information. In short, we want to make weight management as simple as possible for you.

**WE STRUCTURE IT**  
Six-week classes are consistent with our approach of temporarily dieting to produce permanent results. Since dieting lowers metabolic rate, we follow each six-week session with our proven Phase III method that helps increase metabolism without regaining weight. The structure and support provided by your instructors as well as fellow members help to keep you on track.

**WE SCHEDULED IT**  
You'll also notice that we offer these six-week classes at optimal times of the year: post holiday season, pre-summer, and after the kids go back to school. These are the times during which you can best focus on yourself. Take advantage of the next Six-Week Solution class to keep you moving toward your health and fitness goals.

Remember, effective weight loss is like a three-legged stool. It includes a regular and complete exercise program, the right diet, and the motivation to follow through and achieve your goals.

**GARY HEAVIN** holds a bachelor of science degree in health and nutritional counseling and is the author of four books. He has been counseling exercise and weight management for 30 years.

**Curves** Founder Gary Heavin pictured with his wife Diane

"The structure and support provided by your instructors as well as fellow members help to keep you on track."

**Member Guide**

**Curves 30 Minute Workout**

- Boosts your metabolism
- Meal plans that are easy & enjoyable
- Wide variety of foods
- Group support
- Available throughout the year, call for details
- Strength training women will do
- 1 1/2 hour workout in only 30 minutes
- Burns body fat
- A fun workout!
- Begins when you show up

**50% OFF NOW ON Curves 6-Week Solution** Call For Details!

**Curves**  
The power to amaze yourself.<sup>®</sup>

Over 9,500 locations worldwide.  
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curves.com