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# Shepherd named top credit union manager



Mike Shepherd

## Prosperity One CEO chosen as Manager of the Year

A long-time community volunteer and businessman has been recognized with a prestigious award.

Mike Shepherd, CEO of Prosperity One Credit Union, was recently selected to receive the Alan Marentette Credit Union Manager of the Year Award.

The award was presented to Shepherd by the Credit Union Managers Association at a recent ceremony.

The provincial award recognizes credit union managers or CEOs who exemplify a

high standard of leadership and service to credit unions, their owners and communities.

Shepherd was nominated by his colleagues at Prosperity One as well as the Milton Chamber of Commerce, Halton Learning Foundation, the Town of Milton, the United Way of Milton, the MS Society and CUMIS Group Limited.

He was described by these organizations as always taking a leadership role, having a strong commitment to supporting youth, valuing and supporting his staff and attending countless fundraisers and community events.

## Ask Dr. Susan

Susan Walker, ND  
 Naturopathic Doctor and Integrative Medical  
 Director of U Weight Loss™ Clinic



### Question:

Dear Susan, I've been following a calorie-reduced diet plan for 3 months and lost a ton of weight! However, over the past few weeks the pounds have slowly been creeping back on again. What's going on?

### Answer:

Putting back the weight you initially lost is a very common dilemma for most dieters who have restricted their caloric intake.

In fact, statistics show that approximately 90% of all diets fail even when the initial weight loss results are good!

The problem with the diets is that you quickly put back the weight you lost when you stop the plan. By restricting calorie intake, your body immediately goes into starvation mode. This defensive mechanism slows down your metabolism in order to conserve the limited amount of calories coming in. When you go off your diet, the body continues to stay in conservation mode and stores any excess calories as fat. Most of the weight lost on these plans is not really fat, but muscle. Why are muscles important to the weight loss puzzle? Consider this: 1 pound of muscle can burn up to 50 calories per day! 50 calories per day equals 350 calories per week. Therefore, 1 pound of muscle results in over 5 pounds of fat burning capacity per year!

By losing just 1 ounce of muscle, your body's ability

to create energy and burn body fat is significantly reduced. So while making temporary changes to eating habits will facilitate weight loss, putting back the weight is highly likely when returning to your old eating habits. Maintaining permanent weight loss is all about permanent changes in food choices, food quantities and levels of physical activity. U Weight Loss™ helps you make those changes. This program is different from anything you've ever tried. Why? Because it teaches you what you need to do to keep your weight off for good! How? By focusing on the science behind weight loss, addressing why you're overweight in the first place. The program focuses on the right amount of calories and the correct balance of nutrients to stimulate your body to burn fat and not store it. You're given customized exercise programs at each stage of your weight loss process to keep your metabolism high and encourage physical activity – something a lot of other diets don't do. A lifestyle change is emphasized so that you can modify the habits that caused you to become overweight in the first place with knowledgeable consultants available to help you every step of the way. This is the most important part of the weight loss puzzle to ensure success. There are tons of healthy foods and recipes to choose from, ensuring optimal health and weight loss for life. And the best part is that it's simple! No calorie counting, no points and ALL RESULTS! Just follow the plan and you'll start losing weight in your first week. U Weight Loss™ program is not another diet plan. It is a lifestyle change program that will stop the yo-yo dieting cycle, and the last program you'll never need because it's guaranteed to work.

**Guaranteed Weight Loss**

**LOSE YOUR FIRST 20 lbs for free**

**BONUS: CALL NOW AND RECEIVE A free**

**DETOX & CLEANSE**  
 professional quality  
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- HEALTHY
- AFFORDABLE

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 or visit us at 470 Bronte Street South  
 email us at [umilton@uweightloss.com](mailto:umilton@uweightloss.com)  
[www.uweightloss.com](http://www.uweightloss.com)

\*Join any time between January 1st, 2009 and March 31st, 2009 and receive 10 weeks of personal coaching, a \$300.00 value. Based on the purchase of a full program, excluding products. Not valid with any other coupons, specials, or promotions. Offer expires March 31st, 2009.

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