



EVERYONE WANTS THEIR FAMILY TO BE SAFE AND HAPPY

By learning the art of karate, you'll not only develop the ability to defend yourself, you'll introduce a host of other benefits to your entire family. Anyone from the age of five can start karate. Anyone. Any age, shape or size. Unlike the monotony of the treadmill, karate offers stimulating and mentally challenging cardiovascular exercise. It's also a fun way to improve your stamina, increase flexibility, reduce stress and even lose weight. The mental benefits are also enormous. Every class promotes respect, courtesy, good manners, kindness, compassion, courage and loyalty. As we all know, team sports aren't for

everyone. In karate, you can learn at your own pace and move to the next level when you're ready. For those who give up too easily, karate offers the motivation to achieve new goals constantly. No matter what age you are, it always feels great to earn your next belt. Karate helps to build self-confidence and allows those who are shy to gain the nerve to look others in the eye. So whether you and your family join to be safer, make new friends, improve your physical and mental health or just to have fun doing something different, karate offers wide-ranging benefits for the whole family.

MILTON KARATE

For more information contact Sensei James Burke (6th degree black belt), Milton Karate School: www.miltonkarate.com

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"Just Eat!" is the stigma of an eating disorder

(NC)—The glamour and mythology surrounding celebrities' experiences with eating disorders spills into everyday beliefs about the mental illness. Both the general public and many health care workers have been found to believe that individuals with eating disorders are to blame for their illness. "Because of the myths surrounding eating disorders, many people trivialise the problem," says Dr. Gina Dimitropoulos, an eating disorder expert with the Toronto General Hospital. "Although eating disorders result from a mix of biological, social and personal issues, many people think that individuals develop them out of vanity or to get attention." The shame and secrecy that results from the stigma of having an eating disorder can have many negative effects, says Merryl Bear, director of the National Eating Disorder Information Centre, www.nedic.ca. Their website discusses many of the effects of myths and stigma around eating disorders.

These include delaying treatment either because the affected individual is too ashamed to ask for help, or because health care professionals lack appropriate knowledge to help. Family members and friends report finding it difficult to communicate with someone with an eating disorder. Bear suggests that this is in part because many don't understand the physical and mental impact of an eating disorder and find it difficult to empathise with the sufferer. "If you believe that someone is responsible for their own suffering, it can make you angry and judgemental," asserts Bear. "This isn't likely to help the situation or make the person better. We have to learn the truth about the illness". Tough as it is, Bear recommends that family members become advocates for both their family member and others experiencing mental illness. "It's not a joke. Don't let anyone belittle someone else. People need help, not blame."

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