

# OPINION

## From the heart

Canadians, as a whole, are a delusional lot.

That's the gist of the Heart and Stroke Foundation's 2011 Report on Canadians' Health, which warns that nine out of 10 Canadians are jeopardizing the quality and length of their lives.

The foundation found that many Canadians are in denial about their risk factors for heart disease, such as being overweight and being physically inactive — risk factors they can manage and control.

Its poll showed that 84 per cent of Canadians know that nine out of 10 adults have at least one risk factor for heart disease and stroke.

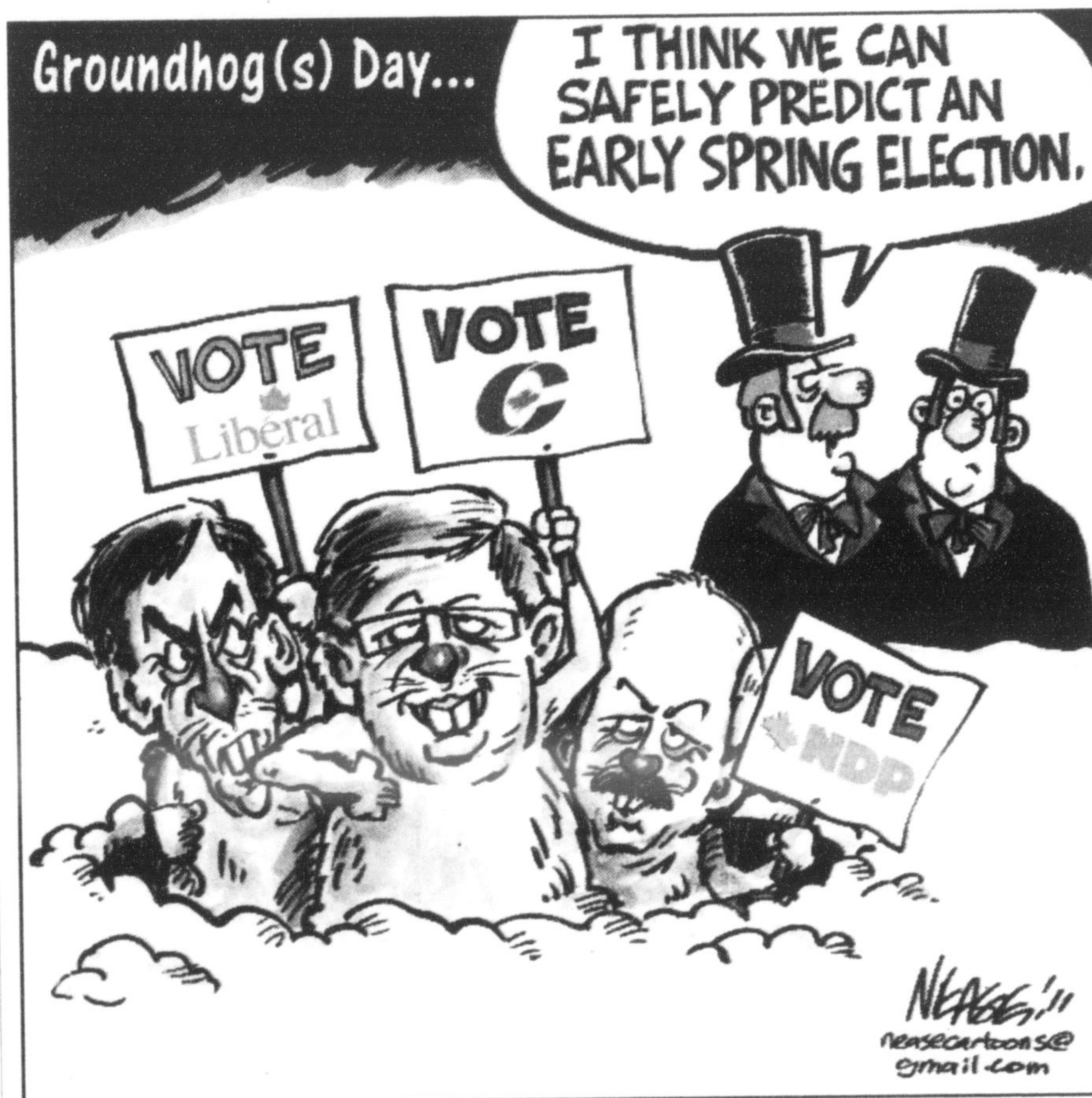
Nine out of 10 of those

polled know that the majority of first-time heart attacks are caused by risk factors they can control. However, the poll also showed that Canadians overestimate their own healthy behaviours.

On average, inactivity and obesity can each shave almost four years off a person's expected lifespan, high blood pressure two-and-a-half years, and low vegetable and fruit consumption, 1.3 years.

We all know what needs to be done: Exercise, stop smoking, reduce stress, control your blood pressure and cholesterol levels, eat healthy, limit alcohol use, etc.

It's time to get off the couch.



## The Canadian Champion

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## ReadersWrite

Email letters to editorial@miltoncanadianchampion.com. Letters, which may be edited, must include the writer's name, address and phone number.

### Expanded bus service needed

DEAR EDITOR:

I'm currently working for a Milton family as a live-in caregiver, or nanny. As we all know, the population of children in Milton is high, which is why families hire live-in caregivers. This is an affordable solution to meeting their needs for quality childcare in their homes.

Many caregivers like myself who live in Milton don't have access to a car. We must completely rely on public transportation to move around town and run our errands. Our days off are mainly on weekends, and there's no bus service in Milton on weekends.

This limitation becomes a big issue for us. People may not be aware of this, but we must walk (sometimes a far distance) to get anywhere in town. You can imagine this is especially difficult in the winter.

As the fastest growing community in Canada, Milton needs to update public transit services. Other things like new schools, businesses and houses are being built, so why not match this with increased transportation service? What about other residents who have just one car, or who are elderly and don't drive?

I understand that having the same bus schedule offered on weekdays may be burdensome, but if we could only have the option to take the bus on weekends during a short period in the day, our lives would be much easier.

It may not seem like a big deal to some, but for the nannies in Milton, weekend bus service would make a big difference.

**YALEXIS YACOMELO**  
MILTON

### 'Old Milton' residents deserve their own library

DEAR EDITOR:

Unlike most people who have written about the Bruce Street library, I have only lived in Milton a short time — 18 months.

One of the first things I did upon moving to town was get my library card, which has been greatly used ever since.

I agree with the need for a new main library since, clearly, Milton is outgrowing the original one on Bruce Street.

However, it seems illogical and short-sighted to take away that same service from the residents of the older downtown area.

Why should they be penalized because the town is growing? It's important to keep the downtown core active and occupied; it's the heart of the town.

The long-time Miltonians shouldn't be ignored as changes are introduced, and I really hope that the Bruce Street library will be allowed to continue serving those who need it.

I really like living in Milton and hope that council will protect the older part of town and the rights of those who live there.

**SHEENA TALBOT**  
MILTON

### Town's quality of life on a definite decline

DEAR EDITOR:

Like many other long-term residents of Milton who are fleeing town because of the rapid and ridiculous rate of growth, I have watched this town transform from a truck stop into a truck terminal; from a small rural community into a Malthusian nightmare.

I take no pleasure in seeing Milton become a clone of Erin Mills.

My quarrel is with the invasive number of people who have transformed the character and quality of the small town in Canada.

While millions of new immigrants coming to this country every year may be a boon and a necessity for the housing and development industries, it's impossible to ignore any Malthusian misgivings over the consequences of population growth.

I'm gone for good. I regret the decline in the quality of life.

I won't regret leaving behind all those who race around town as if they are late for everything from appointments to bill payments to getting their coffee at the drive-thru.

**TERRY FERGUSON**  
MILTON