

Milton and Area Community Sponsors MOVE MORE MILTON

This important message has been brought to you by these concerned community minded businesses and



To become a Community Sponsor,
please contact Fiona at
905-878-2341, ext 217
or email
frudder@miltoncanadianchampion.com



Helene before and after her **55 pound weight loss** at Burlington Hypnosis.

"With hypnosis I have lost the weight and I know I will keep it off. I lost 55 pounds with hypnosis and I feel great!"

Helene Berthiaume,
Community Care Professional

30% off
WEIGHT LOSS OR
FITNESS PROGRAM
Offer expires March 30th, 2014

Why suffer when you can get the support you need?

Call now for your **FREE hypnotic screening today**

905-634-4777

Burlington HYPNOSIS Centre

FREE SCREENING - CALL NOW

905-634-4777

WEIGHT LOSS • SMOKING • STRESS MANAGEMENT

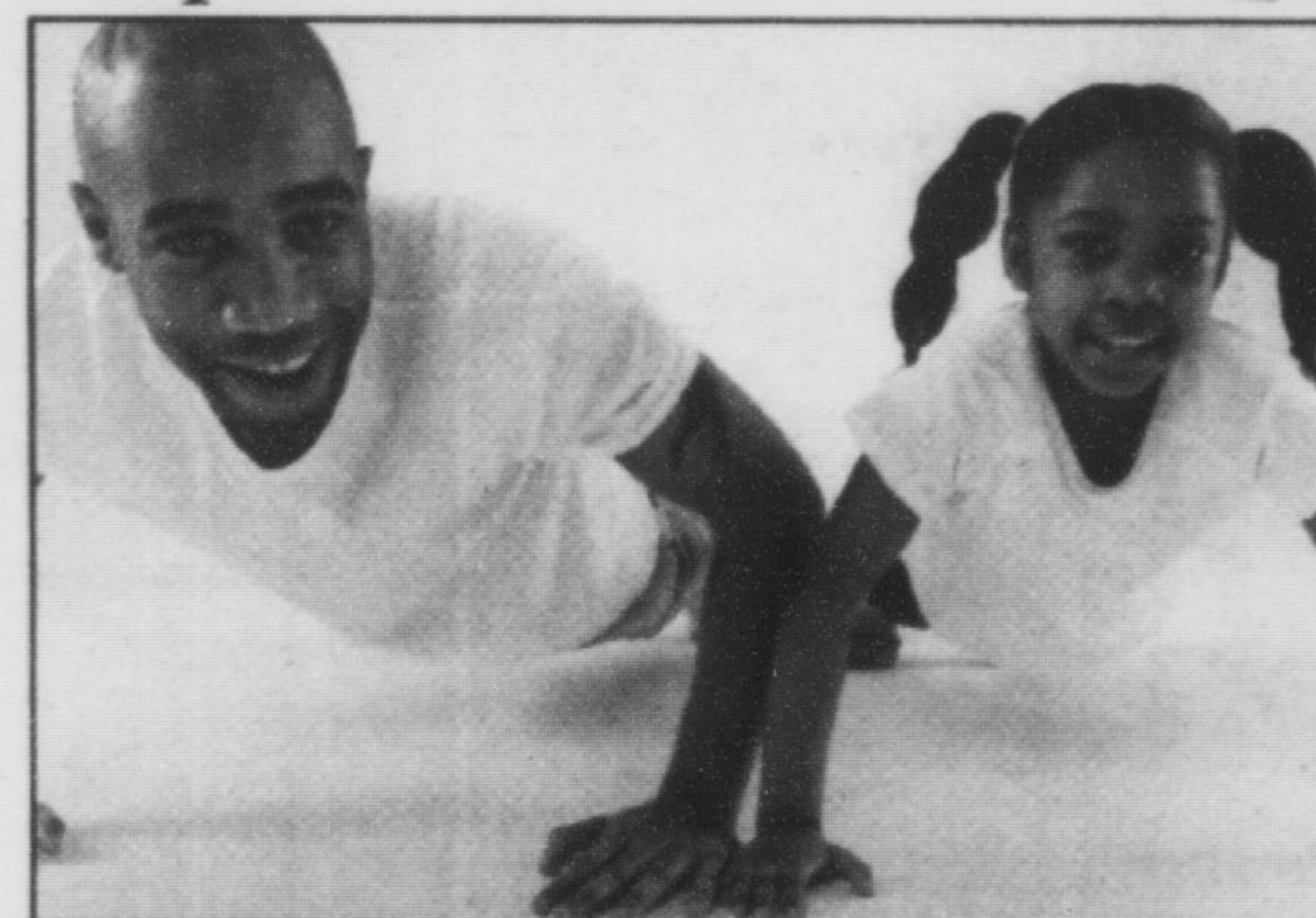
Limited Space Available

RE/Max Office Building across from

Burlington Mall

www.burlingtonhypnosis.ca

*Individual results vary



- Helps you get around the usual "I'm too busy", "I'm too tired" and "I hate exercise" excuses.

I'm sure you agree, regular physical activity is a magic all-natural elixir that helps you:

- Lose weight & boost your metabolism
- Reduce stress
- Improve your mood
- Sleep better
- Strengthen your bones and joints
- Improve blood flow
- Lower bad cholesterol
- Concentrate better
- Enhance creativity and problem solving
- Have more energy

Why would anyone pass this up? Stop thinking about it and do something right now.

Robbie Spier Miller
Burlington Hypnosis Centre

Now I Enjoy Running

"I never used to be able to run. Now I enjoy it. I have energy for the first time in years. I have never slept easier. I am eating healthier and drinking water. I can bring myself back on track and be a positive role model to others."

-Roxane Bowie, Paramedic

Don't Envy People Who Are Fit - Be One!

Sit all day long, and you increase your risk of over 25 chronic conditions, including hypertension, heart disease, stroke, diabetes, cancer and osteoporosis.

Let's face facts. Being a couch potato shortens your lifespan and puts your life at risk. Many people take better care of their cars than their own bodies.

You know it's time to get moving.

Former Couch Potato Now Looks Forward To Exercise!

"When I began the program, the only physical activity I had was walking to the photocopier at work. After 6 weeks of hypnosis I no longer binge eat, I look forward to exercise, I've lost 13" and 10 lb and completely transformed my perspective on life."

- Melody Kennedy, Legal Assistant

The Hypnosis Fitness Solution:

- Offers a new way to enjoy fitness.
- Has a unique approach to help you make fitness a fun and rewarding part of your lifestyle.
- Helps you duplicate the behaviour of people who naturally enjoy physical activity.
- Teaches you how to stop the "I fell off the wagon, so why bother?" attitude.

Dietitians of Canada
Les diététistes du Canada

MAARCH IS NUTRITION MONTH
www.dietitians.ca

Prime Care
Family Health Team

SIMPLY COOK & ENJOY

If you are a Prime Care patient, please call to reserve your seat: 905-878-1720

- ✓ Get quick and easy ideas
- ✓ Discover healthier convenience foods
- ✓ Learn no fuss meal planning tips

with Pamela Piotrowski, Registered Dietitian

Thursday, March 6, 2014 • 9:30 - 11:00 am
Prime Care FHT, 470 Bronte St., Suite 104

Milton Springers

MOVE MORE WITH GYMNASTICS, THE FOUNDATION OF ALL SPORTS!

Registration is open for Spring Classes & Summer Camp

Gymnastics • Trampoline • Tumbling

Milton Sports Centre • 605 Santa Maria Blvd.
905-878-5030 • www.miltonspringers.ca

Year round soccer program for kids 18 months to 7th birthday

Little Kickers

CONTINUOUS ENROLLMENT - START ANY TIME
Additional Classes Starting May 2014
Online Registration Now Open!

For details (416) 826-9026
milton@littlekickers.ca
www.littlekickers.ca

running free milton

FREE
Running Clinics!

(905) 878-4800

Visit us @ 446 Harrop Drive