Fitness at your office; it's a healthy thought

munity Fitness Centre active. complex, at Bayview and followed by an actual becomes effective. John Streets in Thornhill. fitness program.

Friday, September 14, could be a fitness test and ness tested and retested cellent opportunities to able to visit the and was open to local consultation to give an in combination with an attain a desirable fitness firefighters' booth

the Ontario Ministry of about it. Culture and Recreation's The test would be The best results from guest speaker, and spoke dividual level for each occur when the facility is about the various employee. possibilities open to a This program usually worksite. company interested in succeeds with those physical fitness for already convinced of employees

He outlined several fitness. types of programs a of each.

The simplest is a fitness awareness campaign, including such things as posters, newsletters, subsidize their employees films and guest speakers.

the employees of the fitness facility, and

Ministry ignored

carcasses-mayor

Richmond Hill Mayor Weldon got in touch with

David Schiller is miffed the Ministry of the

at the attitude of the Environment and ac-

Ministry of the coring to Mayor Schiller, Environment for its their reply was they were

refusal to dispose of some 100 busy to handle the

which posed a potential "I think that was an

At the Region's Health potentially serious health and Social Services problem. We have since

Committee last week, Mr. Taken care of the situation Schiller explained how six by other means but I horses had perished in a think the ministry should barn fire on September be contacted to make sure

"On the following happen in the future,"

call saying the carcasses Dr. Eric Holowaty, of the horses were rotting associate medical officer where they had died on of health, told the comthe property of Country mittee such a case comes Place Nursing Home. The under the Dead Animal

Friday, the town got a said the mayor

caller wanted to know Disposal Act.

dead animal carcasses problem.

health problem.

removed," he said.

People

DO

read small ads.

You are!

Liberal

The Thornhill Com- value of being physically usually the employee is

indication of the em- outside program. Jim Joy, Employee ployees' levels of fitness Fitness Co-ordinator for and what can be done would be fitness classes

'Fitness Ontario' was the performed on an in- this type of program

A more successful and explained the success the above but follow it up with a fitness test six months later to assess the increase in fitness and forcement

SUBSIDY

Some companies for membership at a well-All are used to inform established and nearby

obnoxious reaction to a

this sort of thing doesn't

required to complete a fitness agencies, such as periods in the wellpresented a lecture on In most cases, this certain number of visits the Thornhill Community dressed kitchen. employee fitness at the program will only work if before the subsidy Fitness Centre and the

An example of this life style. held at an outside facility.

within 10 minutes of the

On-site facilities were discussed, but for the starting a program of small company, these are simply not feasible.

The effects of exercise company could undertake program would be to offer on productivity are almost impossible to prove, but as Mr. Joy showed, many programs promotion campaign, provide positive rein- Ontario have resulted in definite decreases in absenteeism.

Fitness Ontario has tremendous resources available to companies contemplating a fitness program.

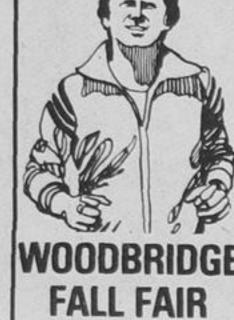
HAVE WE GOT FUN FOR

MINI-



why they hadn't been. Chairman Margaret Britnell took Mr. Town Clerk Dave Schiller's concerns under advisement and promised the Ministry would be contacted about the matter.

YOU! **MARATHON**



THANKSGIVING WEEKEND

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NOTICEOF FARE CHANGE

YONGE STREET GO "C" SERVICE **BAYVIEW-FINCH GO SERVICE** Effective October 1, 1979

Fares on GO Bus local services between Richmond Hill and Finch Subway will be revised as follows:

> ADULT STUDENT CHILD 12 & under SENIOR CITIZEN

Fares are exact cash; no tickets available.

Free transfer from GO local service to Markham Transit and to Richmond Hill Transit (except Route 4A, Oak Ridges).

Free transfer from Markham Transit to GO local service buses (except at Finch).

Transfer from Richmond Hill Transit (except from Oak Ridges route) with payment of additional ten cents (10°).

These fares change the Bayview service from a 2-zone to a single zone system. The change establishes a common fare structure for Markham Transit and GO local services.

TOWN OF MARKHAM TOWN OF RICHMOND HILL **TOWN OF VAUGHAN** TORONTO AREA TRANSIT OPERATING AUTHORITY

Cookie jars on display

Beginning October 1 and continuing until the 13th there will be a display of antique cookie jars in the display cases at Markham Place Mall.

The cookie jars are courtesy of Christie's and will demonstrate what was popular at different

resources provided by the For the 11, 12 and 13th Another possibility is to Province, a company can of October the shoppers at The lecture was held One such program have the employees fit- offer its employees ex- Markham Place will be level and enjoy a healthy courtesy of the Markham Fire Department. Companies interested

The booth will be at the their employees can Prevention Week, which mall to mark Fire is October 7 to 14.

An antique fire vehicle will also be on display



With the services of

in promoting fitness for

ness Ontario or Rick Dominico at the Thornhill

Fitness Centre.

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979-9277 Square One Sheppard Centre 222-6531 *New locations

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Sheridan Mall

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RICHMOND HILL 8:00 A.M. - 5:30 P.M. MON. - FRI. 8:00 A.M. - 12:00 P.M. SAT ASK ABOUT OUR 90 DAY PAYMENT PLAN

CR78/14

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GR78/14

*GR78/15

HR78/15



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