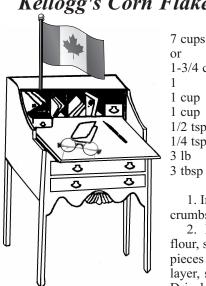
ESSEX LIFESTYLES

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From: Her Desk Drawer

KELLOGG'S CELEBRATES 100 YEARS AT THE BREAKFAST TABLE

Kellogg's Corn Flakes Double-Coated Chicken



Kellogg's Corn Flakes cereal

1-3/4 cups Kellogg's Corn Flakes Crumbs

skim milk 1 cup all-purpose flour 1 cup 1/2 tsp

1/4 tsp pepper chicken pieces (with or without skin) 3 lb

3 tbsp margarine melted

1. In a shallow dish or pan, place crushed cereal or crumbs. Set aside.

2. In small bowl, beat egg and milk slightly. Add flour, salt and pepper. Mix until smooth. Dip chicken pieces into batter. Coat with cereal. Place in single layer, skin side up, in foil-lined shallow baking pan. Drizzle with margarine.

3. Bake at 180°C (350°F) about 1 hour or until chicken is tender, no longer pink ide and juices run clear. (Do not cover pan or turn chicken while baking.) inside and juices run clear. (Do not cover pan or turn chicken while baking.)

Recipes courtesy of Kellogg Canada Inc. For additional recipes, check out 👸





Kelloggs.ca.

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FAMILY, COSMETIC

Dr. Rudy Heiser,

Ask The Chiropractor What are the key or ballroom dancing.

elements of a wellbalanced fitness program?

If you've taken the winter off from exercise, it's easy to cause an injury when you get started again, whether you're gardening, spring cleaning or playing tennis. So make sure you warm up and stretch before any activity, and don't try to do too much at once. Each new activity puts stresses and strains on your body, so ease into it. There will be lots of beautiful days ahead to get everything done.

Before jumping into any exercise routine, it's a good idea to consult a chiropractor or a fitness professional about what's best for you and your body. Work with these experts to discuss your fitness goals and develop a balanced workout program.

Whether you want to lose weight, out-jog your neighbour or win gold at the Olympics, the following are the key elements of a wellbalanced fitness program:

1. Cardio endurance: How well your heart and lungs supply oxygen to your body when you exercise. You build cardio endurance by regularly doing a minimum of 15 to 20 minutes of activities like running, walking, swimming, biking

2. Muscular endurance: How long you can repeat a movement or hold a position. Weight training and other activities that work your muscles will help you build muscular endurance.

3. Muscular strength:



CARTER

How much weight you can comfortably and safely lift. Again, many activities contribute to muscular strength, but working with weights is key to increasing your ability to lift.

4. Flexibility: How limber your body is. Activities like yoga, as well as a good program of stretches, help you increase and maintain flexibility.

5. Body composition: The ratio of fat to bone and muscle in your body. There are guidelines for the ratio based on your height, weight and body type.

Talk to a fitness professional about which exercises will address your needs

and above all, are safe for you to do. A chiropractor may be able to guide you in selecting activities that will limit aggravation of old injuries. It's essential to always use the right techniques for any sport or fitness activity. Check with a trainer or health club staff for the recommended way to use weights and other equipment.

Exercising regularly has great benefits for your body - including your back! Weight bearing activities such as hiking, brisk walking, stair climbing and dancing all strengthen your bones, and may help protect you against osteoporosis (a serious disease that results in deterioration of bone mass, especially in older people).

If you have strong abdominal muscles, this too will benefit your back. An oversized waistline leads to weak muscles in your abdomen, which means your lower spine and organs are not being held correctly inside your body. This may lead to back pain. Exercise doesn't have to be vigorous to be beneficial. Even a little activity three times a week can go a long way to improving your overall health and well being.

Walk-in Wednesdays at Children's Safety Village

Visit the Children's Safety Village for Walk-In Wednesdays - every Wednesday during July and August from 1-3 p.m.

Kids learn life saving lessons and enjoy a unique learning experience in a miniature kid sized village. Safety lessons will be taught to the children regarding traffic and pedestrian safety, fire safety and summer safety.

During the visit, the children get a chance to test

their traffic safety knowledge, take a traffic safety test while riding kids' cars or bikes in their own little kids' world.

The Village is all kidsized including roads, buildings, traffic lights, crosswalks and railway crossing. As they drive, they must watch for pedestrians and experience all the things adults negotiate in the real world.

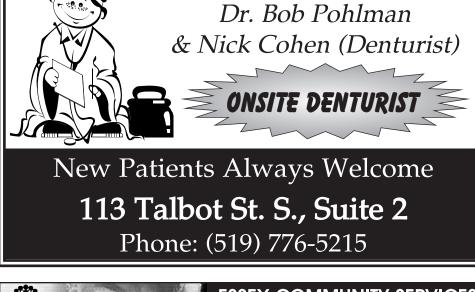
Children are encouraged to bring their own helmet to

375 Main Street East, Kingsville

obtain a helmet safety check. This program is designed for children five to 11 years old. There is a \$5 donation per child upon

A visit to the Children's Safety Village will ensure your kids have the vital information to prevent harm and injury this sum-

For more information call 519-945-5500 or email info@rotarysafetyvillage.



& ORTHODONTIC DENTISTRY



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For more information on any of these items, please call 776-4231.

persons. How does it work? Your letter carrier will watch for any build-up of mail or some other sign that you, as a homeowner, may be in trouble. If you do not answer the door, the letter carrier will notify our office, and we will check your registration form and contact your emergency contacts (family or friends), or police to make sure REHAB WITH A PERSONAL TOUCH

