

# My 2007 New Year's Resolutions

I'm going to make my wedding day memorable

Saturday  
January 27

20 07

**ESSEX**  
*Bridal Show*

ESSEX RECREATION CENTRE  
(ESSEX HIGH AUDITORIUM)  
DOORS OPEN @ 9AM -6PM  
TICKETS \$3 IN ADVANCE OR AT THE DOOR  
2007 BRIDES TO BE GET IN FREE!

Sponsored By  
**2waves**  
Manicures, Pedicure & Waxing

16 Talbot Street, Essex 519-776-1213

## A new year, a new you

(NC)—The New Year is here and with it are the resolutions. For those of you living with high cholesterol, the resolutions might be to lose weight, be more active or live a healthier lifestyle, but the reality is many people lose momentum and fall off the resolution wagon after just weeks of trying.

Staying on track isn't as difficult as it can seem. Below are some tips to help keep you motivated in your quest to live a healthier lifestyle, whether you are looking to shed extra pounds, increase your physical activity or maintain a healthy Cholesterol Ratio - the relationship between total cholesterol (TC) and good cholesterol (HDL) in the body. The Cholesterol Ratio is among the best predictors of long-term cardiovascular risk.

### Focus on the positive

Many people decide to lose weight because they feel guilty about overindulging during the holiday season. Guilt may motivate some people, but quickly wanes as the weeks pass. This year, build your resolutions by focusing on the positive sources of motivation. For example, try to lose weight so that you can play more easily with your grandchildren.

### Set realistic and achievable goals

The "go big or go home" mentality doesn't often work when you are creating healthy resolutions. Losing 15 pounds in one month or going from no exercise to overexertion is unrealistic and you will feel devalued when you cannot achieve it. Focus on the things that you can control and give yourself a reasonable time frame to build toward your goal.

### Reward yourself

Changing behaviour can be difficult, so feel good about every accomplishment. Once you have identified your goals and set realistic time frames, write down a special reward you will earn once you've accomplished that goal. It could be a movie-night with your spouse, a tool you have been eyeing at the hardware store, or a piece of clothing.

Additional tips on maintaining your New Year's resolutions, sustaining a healthy heart and lowering your Cholesterol Ratio are available online at [www.knowyourratio.ca](http://www.knowyourratio.ca).

I'm going to learn self-discipline

## When We Kick In Grades Go Up



Our martial arts program is carefully designed to strengthen not only your child's physical abilities, but also their ability to listen and learn. These key skills will improve grades and performance in all areas of your child's life.

Our program works in a progressive manner so your child learns at an age-appropriate pace, laying the foundation for a lifetime of success.

Get a **FREE** uniform when you sign up now!  
(Worth \$50.00)

**1<sup>ST</sup> DEFENSE**  
Martial Arts

"More than sports... better than fitness."

10 Talbot St. S., Essex 519-776-9992  
(Behind Labonte Music)  
Member of the Martial Arts Teachers' Association

I will make sure I am properly covered



**DPM INSURANCE GROUP**  
29 Talbot Street North, Essex, Ontario  
Phone: 519-776-6457



I'm going to take care of my car



We are overstocked and need to make room for orders arriving daily. So now till the end of the month we are selling all in stock tires at **\$1 OVER COST.**



**Dave Hitchcock**  
CHEVROLET

224 Talbot St. N., Essex, Ontario  
Phone: 1-519-776-4222