

Prices effective Monday & Tuesday, December 2nd & 3rd, 1985 only.
We reserve the right to limit quantities to normal family requirements.
Savings shown in this ad based on A&P current regular retail.
We redeem all food store coupons.
Some illustrations in this ad are for design only and do not necessarily represent items on sale.

A&P 2nd Pre-Holiday SALE

BIG WEEK

Monday/Tuesday

ACTION PRICES

MONDAY & TUESDAY ONLY



OCEANS
Red Sockeye Salmon
220 g TIN

1.79

LIMIT: 4 PER FAMILY PURCHASE

SAVE .70

SAVE 1.00

ACTION PRICES

SAVE .90

MAPLE LEAF, SKINLESS OR GOLDEN FRY

Sausages

1.99

500 g pkg

MAPLE LEAF, REGULAR, THICK BEEF, GARLIC

Sliced Bologna

1.99

vac pac 500 g

ACTION PRICES

SAVE .80

A SUPERB BLEND, RICH IN BRAZILIAN COFFEES, CUSTOM GROUND BEANS

8 O'Clock Coffee

1 LB BAG

2.99

3 lb bag 8.89-SAVE 2.40

SAVE .40

ACTION PRICES

SAVE 1.30

JANE PARKER

Raisin Bread

.79

450 g loaf

(made with 100% pure vegetable shortening)

JANE PARKER

Cherry Pie

1.49

624 g size

(made with 100% pure vegetable shortening)



ASSORTED VARIETIES

Primo Pastas

900 g PKG

.99

CHEFMASTER, PLAIN 28 FL OZ BTL
Spaghetti Sauce .99

SAVE .70

ACTION PRICES

SAVE .30

JANE PARKER

Angel Cake

1.29

400 g size

CANADA NO. 1, PRODUCT OF ONTARIO

Fresh Carrots

.49

2 lb bag



Stouffville
399 Main St. W.
Open 'til 9 p.m.
Monday thru Saturday

8190 Bayview Avenue,
Thornhill now open 24 hours
Monday 9 A.M.-Saturday 9 P.M.

Lifelines

Joanne Witt



Why Weights

Does the mere mention of weight training conjure up a picture of Arnold Schwarzenegger in "Pumping Iron"?

For many people the lack of understanding of the basic principles of strength training using weights causes them to shy away from involvement in this activity.

When you use weights there will be development in your body but it can provide a very positive change if you use the weights in the correct manner. Before starting any weight training program make sure you consult with a trained fitness person to ensure proper execution of the exercises.

Weight training will enhance muscle tone and definitely reshape your body. While improving tone in the muscles, people find they actually lose weight. This happens especially if weight training is combined with an endurance activity such as running, cycling or swimming.

Women quite often become concerned because they feel they will get bigger through weight training. Of course it is possible to increase muscle bulk, however, the type of weight training that we would do at a recreational level would not create the type of body we see in the female body builders. Their training and diet is far more regimented than you or I will ever encounter.

By combining an endurance activity and weight training, you will achieve a favorable change in body composition, including a reduced fat percentage and increased muscle mass. You will also find that you have trimmer physique. I will give more details on body composition and weight control in the next article.

The following are some facts and fallacies about weight training.

FALLACY: If it doesn't hurt it's not working. (No pain - No gain).

FACT: Many people are under the impression that if you are not incapacitated the day following a workout that something is wrong. You will feel muscle stiffness and soreness when performing any new activity however the adaptation time will only be a few days. You shouldn't be so sore or in pain that you have difficulty performing your daily tasks. Overdoing can lead to injury and also a negative attitude toward fitness.

FALLACY: If you perform particular exercises, you will lose weight in specific areas of your body. Some people believe that if their stomach is overfat that if they just concentrate on stomach exercises that they will reduce the fat in their stomach.

FACT: Spot reduction is not possible. By performing certain exercises you can increase muscle tone but it does not mean fat reduction in those areas. Fat reduces evenly over the entire body and the best way to reduce fat is to perform endurance activities (ie: cycling, swimming, walking, running).

FALLACY: When you stop weight training, muscle turns to fat.

FACT: Muscle and fat are two different tissues. One cannot turn into the other. If you stop weight training your muscles get smaller and if you continue to consume the same number of calories you will increase body fat.

FALLACY: It's boring to weight train and it takes too much time.

FACT: It doesn't have to be boring if you vary your routine. Granted if you do the same thing day in and day out you will be bored. So it is important to make changes when you feel you are getting in a rut.

It doesn't take long to have an adequate workout, if you can allot 30-45 minutes 2-3 times per week that will provide you with enough exercise to promote positive change.

Hopefully you have picked up some useful tips about the facts and fallacies of strength training and recognize that anyone can benefit from improving muscular strength and endurance.

It's never too late to start and you don't have to buy expensive equipment if you just want to try it. You can use cans of peaches and a pair of socks to improvise for weights.

But you didn't know that you perform bicep curls everytime you eat. So add some weights and some extra repetitions every other day... your arms will love it!

If you have any questions you would like answered in the column just write to LIFELINE care of the Economist and Sun.

Cressman receives five-year contract

Bob Cressman, director of education for the York Region Board of Education, has received a new five-year contract.

During a school board meeting Monday, Mr. Cressman's contract renewal received unanimous approval from trustees. As director of education, he earns an

annual salary of \$83,200.

Mr. Cressman also received a standing ovation from the board members.

Board Chairman Louise Walter commented that Mr. Cressman has provided the public school board with great leadership during the past 4½ years.

"I'm not usually at a loss for words, but I am now," Mr. Cressman said as he thanked the trustees. "There isn't anywhere else in this province or country that I'd rather be, either personally or professionally. I'm looking forward to another term."

Mr. Cressman, 45, is the former director of education with the Lanark County and Lake Superior boards of education. He is also a former principal and teacher.

Mr. Cressman joined the York Region Board of Education in July, 1981.

NOTICE

Your Canadian Tire flyer will be delivered to your door this Sunday. If you do not receive it, call the Economist & Sun Distribution Department.

294-8244