

HEALTHY LIFESTYLES

Consume more calories without weight-gain - up lean muscle mass

(From page 10)
calories you'll need to maintain the correct level of lean muscle tissue, she adds.

A fitness program further complements the whole package offered, part of which can be implemented in the private, in-house gym with McIsaac's supervision.

The centre takes a holistic approach to wellness and their team is rounded out by Sheila Kevins, a registered nurse who deals with stress management and personal development and Rob Marshall, a registered massage therapist who will be at the centre Wednesdays.

"How we feel about ourselves

has a physical effect on us as well," says Bakker.

"You really need the right, healthy attitude to begin with before taking all the physical steps."

Learning to deal with stress is another imperative because not only can it contribute to heart disease, ulcers, and trouble with the digestive system, it can also be one of the main reasons why an eating disorder or apathy to physical activity exists, she adds.

The centre can be a one-time infor-

mative/consultative venue or a check-in spot to keep track of progress made in personal health care. Either way, education is the key to making headway, says co-owner, Dave Walker.

"Also, preventative health care is going to be the way of the

future," he says. "We are responsible for our health and the onus will be on the individual to make sure they don't need as many curative, government-subsidized services."

The Canadian Health & Wellness Centre is located in the "Wedding Cake House," at 48 Main Street, N., Markham.

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