

Health

Pedaling to raise money for The Mayor's Fund

By LISA CARTWRIGHT
Advertising Features

The Great Race to No Place, a one day corporate fitness challenge, was kicked off March 6 with lunch and exercising.

The race, which Club Markham organizers hope will raise \$20,000 for The Mayor's Fund, will occur April 25 between 7 am and 4 pm. The Mayor's Fund is

used to help out people and causes - especially the youth and the disabled - in the town of Markham, says Mayor Don Cousins who set up the fund after leaving the legislature.

How to collect points
Each business chooses teams of up to 10 people. Each team member rides a bike for 10 minutes. Five Fit & Fun Points are awarded for

every kilometre travelled. The team that rides the furthest and raises the most funds (people receive one point for each dollar raised) wins the Corporate Cup.

Other points
• Pledges collected before the event will give teammates one point per dollar
• Teams earn an additional 50 points if the company's CEO, president or vice president

rides on the team
• 10 points will be awarded for every motivator/cheerleader (up to 250 points) who comes out to the team's race.
• 100 points will be given to the people who bring a banner to the team's photo session and race
Individuals can also ride.
For details: Lisa, Bill or Louisa at 470-2400.



Darlene Cormier (r), part the CIBC team challenges businesses to participate in Club Markham's The Great Race to No Place. The event, organized by Mike McPhee (l), director of marketing for the club, raises money for Don Cousins' Mayor's Fund.

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Benefits for seniors who walk frequently

Walking is the most popular form of exercise for those 65 and older. Walking clears the mind, increases energy and is an enjoyable way to visit with

family and friends. It also prevents or controls osteoporosis because it strengthens bones. It can decrease the risk of heart disease and improves digestion. It relieves stress and tension and, when combined with a healthy diet, can help control weight.

Walking Tips

- Wear comfortable shoes with fitted socks.
- Go easy at first. If you feel dizzy or are out of breath stop and rest.
- In cold weather be sure to wear layers of clothing. Make sure to keep your head, neck and hands covered.
- If conditions outside are bad, walk indoors.
- In warm weather be sure to wear a hat (with air pockets) and light clothing, preferably cotton.
- Wear sunglasses and sunscreen.
- Drink cool water before you go and bring some with you.
- Bring proper identification and change for a phone, in case you need assistance.
- At night, walk in well-lit areas with a friend and wear bright clothing.
- After your walk, drink a glass of orange juice or eat an orange.

If you plan on taking up walking as part of your regular routine, it is important to remember that a modest to moderate workout is sufficient to maintain a healthy lifestyle.

Modest: 90 minutes of walking/week or three 30 minute sessions/week.

Moderate: 180 minutes of walking/week or six 30 minute sessions/week.

Even though the frequency of walking decreases as people get older, one can still modestly exercise and still reap the benefits.

Take time to unwind

You may think you know how to relax, but most strategies do little to reverse the physical effects of stress. Real relaxation skills purify the body and mind and can help you feel better and more energetic. Physical activity like a walk, gardening or dancing, can help stimulate circulation, regulate heart rate and clear the brain. Yoga can help if you have difficulty coping with stress. What you learn will help you cope with stress in the future and eliminate its damaging, health threatening effects.

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