

Integrate enjoyable physical activities into every aspect of life

Has daily exercise slipped into your "should do but don't have the time" category?

Maybe you should change your outlook of fitness. I know that finding the energy and motivation to do the things we have to do is very different from finding the energy to exercise.

But, exercising can be fun and it is an essential

ingredient to living a long and healthy life.

Think back to when you were a kid, you were certainly active then, and try to remember how you played.

Effortless, wasn't it? You'll be happy to know that many of those activities are still accessible, affordable and fun today. With only a few adjustments, those activities can easily fit into your lifestyle

again.

For example, I used to love to skip either by myself or with friends. I still skip; but now it is to my favourite music instead of a nursery rhyme.

Tossing a ball or playing frisbee can also be a great cardiovascular work out. If you don't have kids, train your dog to play catch - you'll both be better off for it.

Fortunately, cycling is now in for all ages, so tune up your bike and go for a ride. Ever thought of roller-blading? It's lots of fun and a great way to tone your muscles.

This is what the active living philosophy is all about. It encourages us to integrate enjoyable activities into every aspect of our lives, including leisure, work, school, family life and transportation.

Any activity which uses the large muscles of the body counts. Walking, gardening, cycling and swimming are all excellent ways to jump-start your lifestyle. The key to success is regularity.

HEALTH

The bonus of physical activity is that it actually makes you feel more energetic and you'll notice the difference

almost immediately. Think of physical activity as a bank account - the more you put in the more you get out.

A recent study of American women reported in the Journal of the American Medical Association showed that on average, older women who are physically active outlive women who are inactive. Better yet, the more women exercise, either in frequency or intensity, the greater the health benefits.

Nourishing foods and an active lifestyle go hand in hand. But sometimes a busy schedule can lead to missed meals. If this is the case, snack on nutritious foods like fresh fruit and yogurt, cheese and crackers, or have a cereal bar with some juice. These kinds of choices can help sustain your energy level.

After exercise it is important to replenish the fluids your body has lost. If you drink beverages recommended in Canada's Food Guide to Healthy Eating, such as white or chocolate milk and juice, you'll get the bonus of essential nutrients with your water.

For example, milk contains 87 per cent water which can keep you hydrated but it also provides 15 essential nutrients including calcium and Vitamin D; both important for bone health.

Walking Tips

- Find a new path. Start from a different point on the Bruce Trail every Sunday.
- Be nosy. Peak into gardens and shop windows along the way.
- Try dawn and dusk. Wake up early some days and hike before breakfast or enjoy a stroll before bedtime.
- Observe nature.
- Do a good deed. Take your friend's dog off their hand for an hour.

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UNIONVILLE BAPTIST CHURCH
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"MANAGING YOUR STRESS"

Speaker: Dr. Timothy Quek

Tuesday, October 7th
7:15 - 8:45 p.m.
Unionville Public Library
15 Library Lane

Most of us experience stress at various points in our lives, yet stress is something that is avoidable and resolvable, if you learn how to manage it. Would you like to learn methods for managing your stress, even removing it from your life? Would you like to gain an understanding of its modern counterpart, burnout? For more information call (905) 479-0942.

Focus on Faith

Canadian representatives join Promise Keepers in Washington

Promise Keepers is an international men's movement developed to encourage churchmen to live godly lives through keeping seven basic promises of commitment to God, their families

and fellow men.

This Saturday Promise Keepers, 700,000 strong, from across North America and 30 other countries, are gathering on the national mall in Washington, D.C. The purpose is to encourage a renewed commitment to a change of heart, mind and way of life and to inspire revival in the Church

by calling men to be faithful to their wives, to be more involved in the lives of their children, to be more committed to their churches and to be active in the communities. "The gathering is not a political march demanding political rights or changes, but rather for conducting a Sacred Assembly," Paul Edwards, PK vice-president explains. "There will be no wagging fingers, clenched fists nor acrimonious words. Instead the event is modeled after sacred assemblies recorded in the Bible in which the nation of Israel was called by God to gather

for one or more days of prayer, fasting and repentance in times of spiritual crisis. Promise Keepers does not view the political system as a sufficient realm for change for the personal and spiritual problems they are addressing - spiritual vitality, personal responsibility, marital harmony and church unity. Too many people continue to look to government to resolve problems beyond its capability. This illusion arises from a distorted view of both faith and politics - too low a view of God and too big a view of the ability of man."

Ken McGeorge, national coordinator for Promise Keepers Canada reports that chartered buses have already left from Burlington for the rally and others are flying in from London today.

Local PK "wake-up calls" are hosted at the Unionville Alliance Church. Groups from many area churches have attended conferences at Copps Coliseum, Hamilton; Rich Stadium, Buffalo; Three Rivers Stadium, Pittsburgh and the Carrier Dome in Syracuse. Five such rallies were conducted across Canada last year in Moncton, Montreal, Hamilton, Winnipeg and Vancouver.

Promise Keepers, by promoting the spiritual leadership of men in their families, has been erroneously characterized as anti-women. Every indication, however, is that by committing to the seven promises, accountable and responsible manhood results in a more secure relationship with Christ Jesus and one's wife and children.

Canadian men attending the Washington gathering have pledged themselves to pray for Canada to become a more godly and loving nation.

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10:50 p.m. Pastor Lougheed speaking

6:30 p.m. at both services

Wednesday 7:00 p.m.

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Call church for additional program information.

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