

Boomers can really use this practical guide to health

THE HEALTHY BOOMER, A No-Nonsense Midlife Health Guide for Women and Men

By Peggy Edwards, Miroslava Lhotsky and Judy Turner

McClelland & Stewart

458 pages, \$24.99

BY BRENDA LARSON
Staff Writer

Peggy Edwards has five young grandchildren.

Miroslava Lhotsky has two teenagers.

Judy Turner has a four-year-old daughter.

The common bond they share is that they're all in their early 50s — they're boomers, boomers who have an interest in a healthy, fulfilling, spiritual life, despite the physical and emotional challenges midlife can throw in the path.

The three women — Edwards is a health promotions consultant, Lhotsky is a family physician and

Turner is a psychologist — are also the authors of *The Healthy Boomer, A No-Nonsense Midlife Health Guide for Women and Men*.

Turner, an Aurora resident, says she and her colleagues represent the true face of the boomer generation — each with her own life and goals, each with her own unique family, each with her own circumstances. They've gone through the death of a spouse and of a close friend, the challenges of parenting and the changes in their own bodies that aging brings. And they've listened to countless women — and men — who have their own aging stories to tell.

"We speak very much from our own experience," Turner said. "And we practise what we preach. We like to think of (our book) as the Dr. Spock for mid-life."

The Healthy Boomer is a highly organized, well-researched parcel of information for those born between 1946 and 1964 (and, frankly, applicable to anyone who

has concern about maintaining an active, exciting, healthy lifestyle for a long time).

Lhotsky and Turner are the founders and directors of The Toronto Midlife Health Institute, a centre that serves a growing demographic with specific health concerns. The book, Turner explained, grew out of their female patients' demands for information on menopause. As the Institute began to focus more on ways to serve that demand, by holding seminars and workshops and compiling lists of reading materials and alternative treatments, the positive response took a different direction, leading the authors to examine health issues related to men, such as male menopause, prostate health and healthy sexuality.

"The women began saying, 'Our partners are growing through lots of things, too.' And that's how it kind of evolved," Turner said.

Before they knew it, they had done enough research and gathered enough information to start compiling a comprehensive guide to working your way through mid-life — with readers waiting

impatiently for the information.

There's plenty of meat to the book. Chapters covering female and male menopause, maintaining a healthy, active lifestyle, proper nutrition, taking good care of your breasts and your heart are must-reads for those in their boomer years (and those approaching them).

But what makes *The Healthy Boomer* even more appealing is its straightforward approach to the touchy subjects, the ones everyone wants to know about but are either too polite or too conservative to ask about — maintaining a healthy sex life, dealing with impotence and working through depression, anxiety or insomnia.

The information is direct, the approach is helpful, but not preachy, and the tone is friendly. There's not an intimidating page.

There's also a strong acknowledgement that there's more to being healthy than eating your broccoli and walking for an hour each day.

Spiritual and mental health play a definitive role in the boomer's approach to life, the book notes. The final chapter of the book quotes Plato: "You ought not to

attempt to cure the body without the soul ... for the part will never be well unless the whole is well."

Turner said questionnaires their subjects filled out let them know they should include content related to spiritual well-being.

"A number of people, men and women, let us know that spirituality was important to them. They asked us why we weren't asking them about their spirituality," Turner said. "To be healthy in midlife is more than just physical health."

The authors provide their readers with plenty of other sources to pursue, once they've provided the information garnered from their personal experiences and professional pursuits. Lists of additional reading material and websites are included at the end of each chapter. And boomers, the authors believe, seek out alternatives and information before acting.

The Healthy Boomer can be a good tool for anyone to use on that path to healthy living.

Judy Turner will be talking about *The Healthy Boomer* and signing copies of the book at Chapters, Yonge Street, Newmarket, Nov. 11 at 2 p.m.



THIS IS YOUR OPPORTUNITY TO BE INVOLVED IN IMPROVING TRANSPORTATION IN YORK REGION

As one of Canada's fastest growing municipalities, York Region is facing a number of transportation challenges. The Region must ensure that its roads, transit services and rail facilities keep pace with the needs of a growing population and expanding businesses. In fact, the Region's population is anticipated to approximately double during the next 30 years. Since several key transportation arteries across the Region are already showing signs of congestion, swift and effective action to improve the movement of people and goods is a top priority.

In response, the Region has initiated two major studies to address the long-term transportation needs of its residents and businesses. The end result will be a transportation strategy that is achievable, economically sustainable and environmentally responsible.

Transportation Master Plan

This study will create a long-term transportation vision and plan to guide the development of the Region over the next 30 years, and determine priorities for the short term. It will take into account the movement of both people and goods across the Region, and between the Region and the City of Toronto and other parts of the GTA. In developing the vision and plan, all modes of travel — ranging from walking to public transit to driving — will be examined. In finding solutions to our transportation challenges, economic, environmental and community needs of our Region will be reviewed.

Yonge Street Corridor Transitway Study

The Yonge Street Corridor is one of the busiest transportation routes in York Region. Whether in the form of High Occupancy Vehicle lanes, dedicated bus ways or a subway extension, a fast and reliable transit service in this corridor has been identified as an essential transportation improvement in previous studies. The first step in the transitway study is to develop the Terms of Reference, as required under the Individual Environmental Assessment process. Public input is absolutely essential for this process.

The scope and success of these studies depends greatly on public input and participation. The Region will hold public meetings for both projects in Fall 2000 and Winter 2001 to obtain your views on problems, issues and potential solutions. To receive further information on these studies or to place your name on our mailing lists for future notices, please contact:

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