

# 2001 ~ BEST OF MARKHAM ~ 2001

## Fitmart.com

Seeking a healthy lifestyle is now only a few mouse clicks away, thanks to an innovative new web site called Fitmart.com. Fitmart.com is Canada's premier health and wellness online destination. It provides in-depth information on natural foods, alternative health supplements and nutritional sports supplements. The site features five easily-accessible areas that include: Sport Nutrition, Vitamins and Supplements, Great Deals & Specials, Ask The Experts and Vitamin Encyclopedia.

The site also provides Canadians with information, products, pricing, security and ease-of-ordering. A huge variety of health and fitness-related products can be ordered in seconds in the comfort of your own home.

Fitmart.com is available to answer your questions 24 hours a day. Anyone concerned about nutrition and fitness will benefit from the wealth of information available on the site. Whether you are an athlete, weekend jogger or someone interested in fitness, Fitmart.com is a one-stop online site that can tailor a plan to fit your requirements. FREE shipping & next day delivery.

Fitmart.com can be reached at 905-475-7247. Their web address is [www.fitmart.com](http://www.fitmart.com)

## High-Tec hairstyles

Liz'n Paul's Salon & Spa offers three computer systems to help people see a cut or perm without the risk. The newest, Computer Imaging, offers the latest styles, colours and updo's as well as short, long, curly or straight styles with just a click on screen.

"People can e-mail me a picture and I am able to create multiple styles," said Paul Kiriaku, who owns the salon with his wife Liz and daughter, Menka, and also have been in business for 30 years. Liz'n Paul's Spa offers European facials, reflexology and full esthetics using Yonka products.

Liz'n Paul's is also a wedding specialist, offering the latest updo's and styles - ideas brought from traveling to many trade shows. Make-up and nail art are also available.

Liz'n Paul's is located at 20 Fred Varley Dr. just off of Main Street, Unionville. For details call 477-3646 E-mail: [liznpaul@on.aibn.com](mailto:liznpaul@on.aibn.com)

## Active Green & Ross

Charlie Chiaramida is committed to customer satisfaction. As a result, the energetic owner of Active Green & Ross has won over legions of new customers on the strength of its customer driven philosophy and a team spirit that is shared by all of Charlie's employees.

Customers are our number one priority and always will be. Everything that we do - in terms of employee training, our use of leading edge technology and choosing which retail automotive products to promote - is done with customers firmly in mind.




The company specializes in the repair and maintenance of all types of domestic and import cars and light duty trucks. Licensed mechanics perform brake and transmission repairs, tune-ups, electrical and exhaust repairs, oil changes, and much more. Active Green & Ross is also an accredited Drive Clean Test & Repair facility.

A free shuttle service is available within Markham, and a large inventory of automotive parts and accessories usually ensures same day service.

Active Green & Ross is located at 5803 Hwy. 7 and can be reached at 905-472-6868



**Fitmart.com, Your community Internet Sports Nutrition and Supplement Super Store.**


- In-depth information on natural foods
- Nutritional Sport Supplements, Vitamins, Minerals, Herbs
- All major brands available
- E-Commerce Shopping - Safe and Secure
- Next day delivery
- FREE shipping!

**Toll Free 1-888-329-8302**  
**[www.fitmart.com](http://www.fitmart.com)**


**Your health store @ your door.**

## Active Green + Ross®

**YOUR COMPLETE TIRE AND AUTO CENTRE**



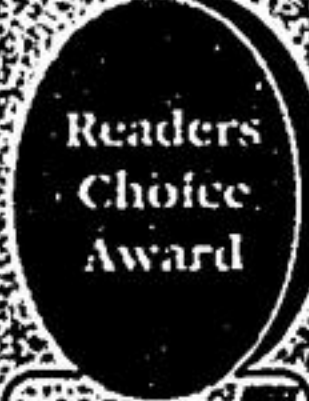
Accredited Test & Repair Facility



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**5803 Hwy. #7**  
**(W. of Markham Rd.)**  
**472-6868**

Hours: Mon, Tues, Wed, Fri 8am-6pm, Thur 8am-8pm, Sat 8am-5pm



## Liz'n Paul's

*Hair Design, Esthetics & Computer Imaging Analysis For Men & Women*

### NEW Computer Image **MAKEOVER** Summer Specials




**Just For Guys!**

Change the look of the man in your life, too! Use an assortment of hairstyles, beards and moustaches.




**50% OFF**  
**Computer Analysis**  
3 Different Programs to choose from **Now \$15<sup>00</sup>** Expires Aug 31/01

**Computer Cut & Style**  
With either perm, hilité or colour  
**Now \$95<sup>00</sup>** reg. 110<sup>00</sup> Expires Aug 31/01

**Introducing our New Stylist Carmen**  
(Formerly from Eaton's & The Bay in Markville)  
**15% off** all services Expires Aug 31/01  
by Carmen Only with this ad

WEDDING SPECIALISTS - ONE-STOP SALON

email us:  
**[liznpaul@on.aibn.com](mailto:liznpaul@on.aibn.com)**

Open 6 Days Mon-Sat. ~ Sun. Upon Request  
20 Fred Varley Dr., Unionville

477-3646

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