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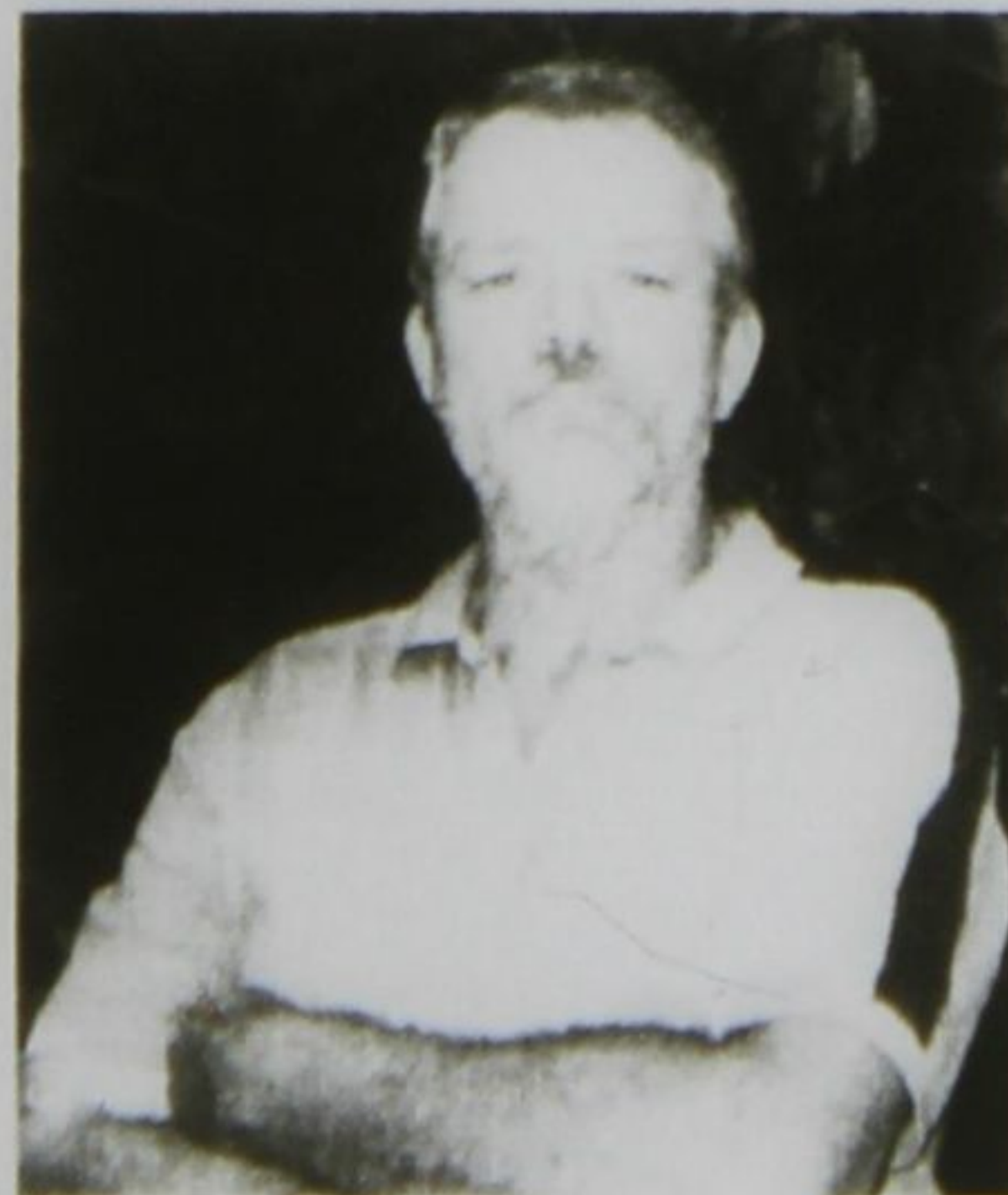
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- For real honest representation...
- For real change...

For councillor in Ward Three



**VOTE FOR HUGO T. KROON**

**On The Run**



**Energy To Burn**

By Robin Steckley

While standing in the library waiting for my daughter to discover the perfect book to read on a rainy weekend afternoon, I picked up the 2010/11 Leisure Guide, the magazine our town publishes listing opportunities for fun and fitness.

And there are many. Did you know you can join a hiking club, or learn to line dance? You can take tennis lessons, swim or skate all fall and winter. You can get in touch with your creative spirit while exercising and toning your body by joining a belly dancing class, or try the Zumba with its Latin rhythms and movements. Exercise will become a party!

Leisure guides are available free from the library and program costs vary in price from \$50 to \$130. The bigger cost, though, is to do nothing.

Almost one-third of adult Canadians are at increased risk of disability, disease and premature death because of being overweight and unfit. According to Health Canada, the total direct cost of obesity in Canada is estimated to be over \$4.3 billion. This corresponds to approximately three percent of the total health care expenditures for all diseases in Canada.

There has been a dramatic increase in people who are overweight or obese among Canadians over the past 30 years,

and many experts fear it is an epidemic. Fitness and health are really about math. The total numbers of calories you use in a day versus the total number of calories you consume. Is math not your best subject? Let me help.

The average adult female will burn approximately 1,400 to 1,500 calories in daily activities and the average male 1,800 to 2,100 calories. A hamburger, French fries and a coke contain a total of 850 calories. One slice of pizza is 290 calories. One beer has 100 to 150 calories.

Now, consider that hiking burns 400 calories an hour, running 600 and a leisurely walk 150. Take your dog and you will burn an additional 50 calories. Walking briskly increases the calorie burn to three or four hundred calories an hour. Swimming and aerobics will use up another 300 of those calories you consumed during the day and the Zumba, should you be brave enough to explore your creative side, will burn approximately 400 calories in an hour.

Add to this equation friendship and laughter. While you're laughing you're using up those calories, at the rate of about one per minute, so you really can have fun burning calories.

Doesn't it make sense to invest in yourself this fall?

**OPEN FOR BUSINESS**



Stouffville firefighters participated in the Stouffville dealership grand opening at the new auto mall at Millard and Hwy. 48 Sept. 11. Seen here (left to right) are firefighter Laura Cliff, dealer principal Pieter van der Griend and firefighters Michael Lombardo and Kyle Bullock. Visitors were treated to food and drink and a good time was had by all.



Kelly Allbright of the Meat Merchant gives barbecue pointers to Dora, Official Greeter for the Main Street store's Grand Opening September 25 during Downtown Stouffville's Culture Days held that weekend.



A keen young car buff takes to the wheel at the Stouffville Toyota grand opening held at the new Stouffville auto mall September 11. Burgers, hot dogs and face painting were all part of the fun.

Bruce Stapley photos above



All the pieces came together beautifully at the grand opening of Missing Pieces, a stylish furniture and home décor consignment store on Ringwood Dr. Sept. 16. Here co-owners Janice Bannon (right) and Shelley Maitland flank Mayor Wayne Emmerson as he performs the official ribbon cutting ceremony. Visit [stouffville.com/stouffville-grand-openings](http://stouffville.com/stouffville-grand-openings) for more photos of this event. Dave Mills photo.

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