

A baby sitter is a teenager - acting like an adult while

Vol



This is and limited

Childhood: The time of life when you make funny faces in the mirror.

“The art of medicine consists of keeping the patient in a good mood while nature does the

Lorette Mixed Bonspiel
Get your entries in **Jan. 27th, 28th, & 29th**
Entry fee: \$120
Sat. dinner included
3 games guaranteed
Prizes
Call Debbie 878-4613

Don't forget Ste. Anne Winter Carnival

The Lorette Community Complex **Winter Carnival** will take place February 23rd to 26th
If you are interested in helping out during the events, contact Lynne at 878-2178

The Activity of a Lifetime – Walking

A big toe is a device for locating sharp objects in the dark.

the time of year when many of us hibernate. We sit in front of our TVs computer screens or spend our leisure time reading a book. All these relaxing activities are necessary in our stress filled lives. But so is physical activity. The journey to health and fitness begins with active living – moving a little more, a little more often, every day. It’s easy to take the first step:

- ☺ Walk to the store or to pick up the mail
- ☺ Walk the stairs instead of using an elevator or escalator
- ☺ Walk a block at break time or lunch.
- ☺ Walk along the river. It’s beautiful and sheltered from the wind.
- ☺ Hide the remote control and get out of your chair to change the channel.
- ☺ Walk at the mall or takes several turns around the Marketplace. You never know who you will meet or what interesting condiment you might find on the shelves.

Why?

- Walking refreshes the mind, reduces fatigue and increases energy.
- More than half the body’s muscles are designed for walking; it is a natural movement that is virtually injury-free.
- Walking provides an enjoyable time for sharing and socializing with friends or family
- Regular brisk walking can reduce elevated blood fats or blood pressure and improve digestion and elimination.
- Walking strengthens bones and helps prevent or control osteoporosis (a condition where bones become brittle and fragile.)
- Walking relieves stress and tension.
- Regular walking increases the number of calories you expend and helps you feel good about your body. When combined with healthy eating walking will help maintain a healthy weight and positive body image.
- Brisk walking is an aerobic activity. It increases the body’s demand for oxygen and trains your heart, lungs and muscles to work more efficiently. - source: Fitness Canada

Why does a slight tax increase cost you two hundred dollars and a substantial tax cut saves you thirty cents?