

AUTUMN FOR SENIORS

People do not quit playing because they grow old; they grow old because they quit playing.

NORDIXX POLE WALKING STARTS IN SEPT



Joanne Fontana

Did you know walking on pavement is extremely effective for losing weight and strengthening bone density. It also provides a phenomenal cardio workout.

However, many people, particularly seniors, need an exercise program that lowers blood pressure, eliminates back, shoulder or neck pain and has less of an impact on the hip, knee and foot joints.

Oddly, the act of pounding pavement, which causes the back, shoulder, neck, hip, knee and foot difficulties, is the same act that is so effective in helping you lose weight and strengthens your bone density.

However, if you walk or run on a treadmill, you lose the pain but you also lose the gain even if you still get a great cardio workout for your heart and lungs.

Nonetheless, there's a new low impact exercise, that works on more than 600 muscles. In Mississauga, if you're 60, you can also make friends at the same time.

It's called the Nordixx Pole Walking class.

Nordixx is like cross country skiing without the snow. You can walk on pavement, reduce the stress on your joints and burn 46% more calories than treadmills.

And, if muscles are important, Nordixx beats hiking or skiing by using more than 90% of all muscles.

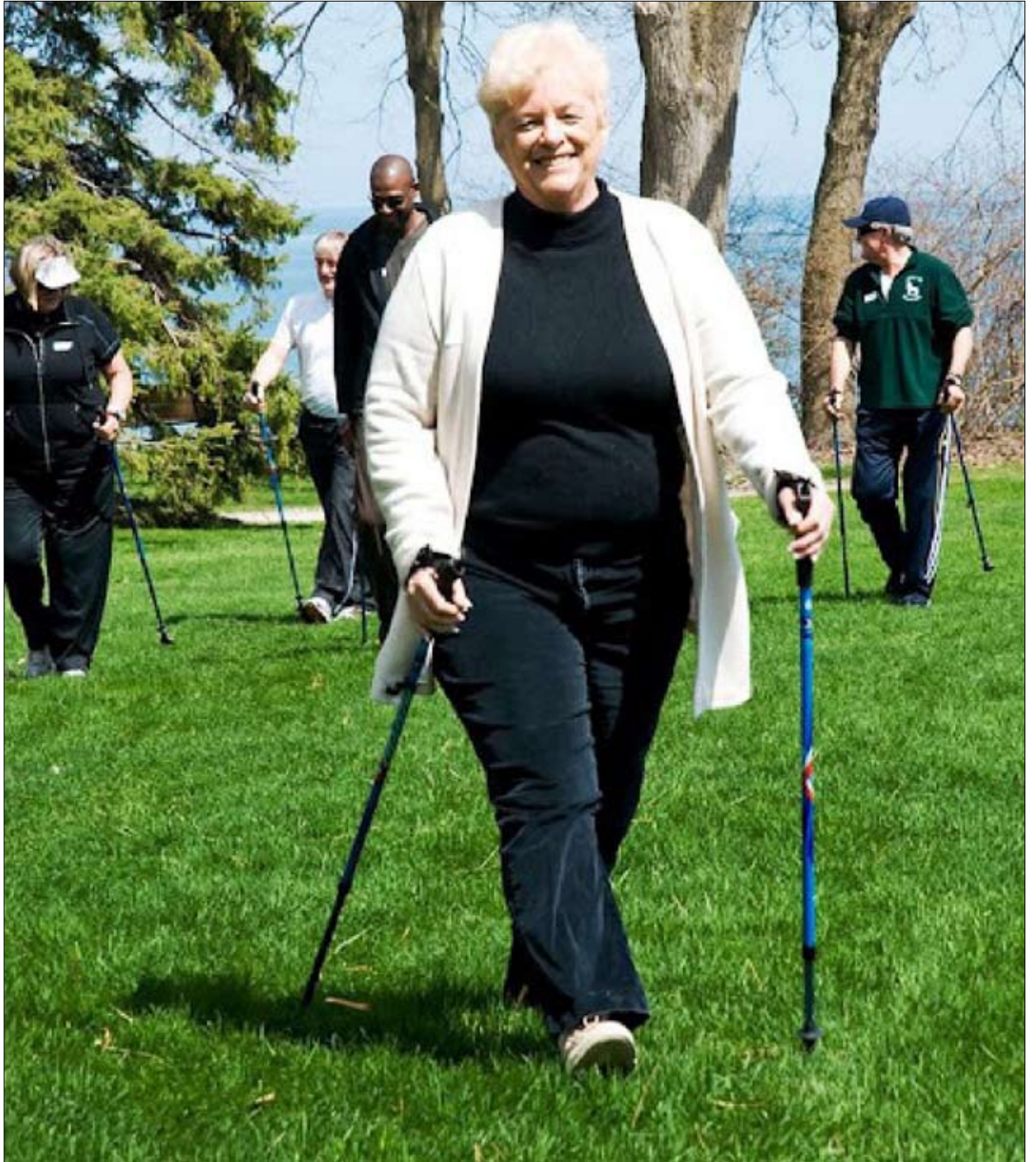
Additionally, pole walking helps you to develop a great upright body posture and, furthermore, a longer and more dynamic stride, both of which give you more confidence to walk in public without slouching.

If you're interested, every Tuesday in Autumn, starting at 10 a.m., a group of Nordixx pole walkers meet at Lake Promenade Park (Hampton Street, 2 blocks west of Cawthra). They meet in the south parking lot.

The introductory class is free. Then you buy a membership at the Cawthra Senior Centre and pay 75 cents per walk, which goes to the Cawthra Centre.

For more information about the Cawthra Senior Centre, at 1389 Cawthra Road, call (905) 615-4810.

Joanne Fontana is a Mississauga resident who has taken an interest in writing.



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In the newspaper version, the one you hold in your hands, we are very limited in our space. Once it's full, we have no more room for anything else.

However, we provide much more fun on the website because there's lots of space. You will find:

- ▶ Each page of the newspaper in a PDF format.
- ▶ PDFs about many other fun events that couldn't fit into the newspaper.
- ▶ Archives of features about fun events going all the

way back to January, 2009, our first edition.

▶ At the bottom of the home page, you will also find links to dozens of puzzles, fun websites that help you learn about all kinds of topics, and we're starting a link that will offer photographs and artwork from people who wish to contribute.

▶ Additionally, we intend to provide lots of short and entertaining videos to tickle your interest.

Finally, if you love designing websites, you might consider joining us. We are starting to form a team of volunteers to make our site a truly impressive one.

For more information call: (905) 306-0100



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