

Daily & Special Event Catering
Nutritious Catering Made Simple & Fresh!

FitToEat™



Healthy & Delicious Meals
Delivered to Your Home or Office

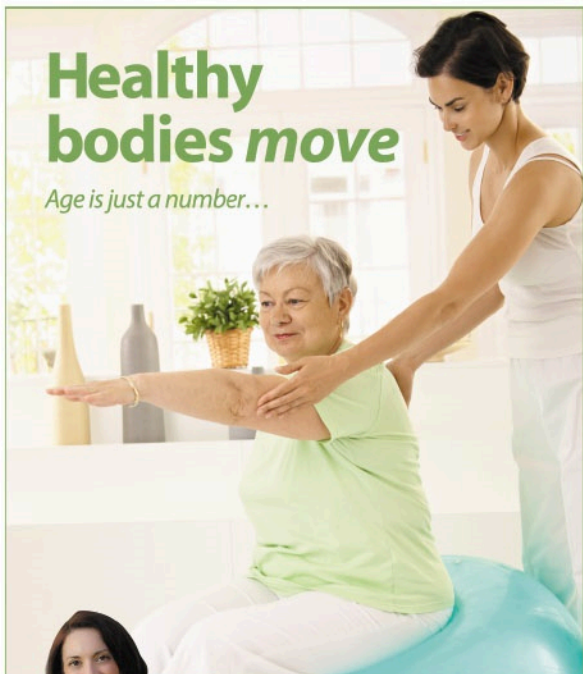


Call 905.397.0931
info@fittoeat.com

fittoeat.com
f t

Healthy
bodies move

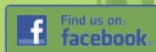
Age is just a number...



ALLISON KARES
owner / instructor

Movement Unlimited Inc.

905.892.1239
178 Highway #20 West
Fonthill, ON



www.movementunlimitedinc.com

Exercise for all ages, all abilities

"Regardless of your age, don't put off getting started."

By Allison Kares



NO MATTERWHAT AGEWEARE, everyone needs exercise to help them stay healthy and fit. Exercise provides the body with muscular strength, joint mobility and blood flow. But not all exercise is created equal. Working with an instructor with training and experience working with your age group is an important part of a safe and effective program.

It may sound silly, but it is never too soon to begin exercising with your children. For infants and toddlers, programs focus on introducing a love for movement and an ongoing habit that children will continue with throughout their lifetime. The earlier we can start children in movement based programs, the more likely they will be to continue with exercise as a part of their lifestyle.

During the younger years, exercise should focus on proper alignment and technique to ensure growing bodies are not strained. Proper posture will reduce joint stress, increase support of spinal stabilizing muscles, improve how the body functions and help with injury prevention. Sports-specific conditioning programs are essential to balance the body and decrease strain that can result from repetitive movements. Teens and tweens are often motivated by working with their peers in group fitness or in small group personal training sessions.

Adults need to focus on regular consistent exercise that incorporates all components of health and wellness including cardiovascular fitness, flexibility, strength and balance. A well-rounded program ensures the body remains capable of meeting all the requirements of work and leisure pursuits.

As the body ages and wear and tear from daily activity sets in, movement becomes even more essential. Balance and mobility programs are ideal for the mature population to reduce the risks of falls, retain independence and decrease joint pain from arthritic changes.

Regardless of your age, don't put off getting started. The benefits far outweigh the effort required. Begin by investigating local facilities and their programs. Make sure to ask questions about the training and the level of experience of your instructor. Don't give up if you don't like the first person that you begin training with. Finding an instructor you can relate to and be comfortable with is essential to your success. **HWS**

Allison Kares is the owner of Movement Unlimited Inc. With 25 years of experience in the rehabilitation and fitness industries, Allison has created a facility that will appeal to young and old. Her expert staff have specialized their training approach to provide programs for all ages and abilities. The team has a unique approach to fitness that provides the appropriate challenge for clients of all fitness levels. Using sound training techniques, our instructors can provide you with a safe and effective program that will inspire you to a new level of fitness. Contact her at 905.892.1239 or allison@movementunlimitedinc.com.

The earlier we can start children in movement based programs, the more likely they will be to continue with exercise as a part of their lifestyle."