

Regular Hours

We are open to serve you ~

Monday to Friday:
9 am to 5:30 pm

Tuesday:

9 am to 7 pm

Saturday:

9 am to 12:30 pm

825 Gibsons Way
Next to Gibsons'
Medical Clinic

Tel: 604-886-3365

FREE DELIVERY!
Monday to Saturday

We offer~

- Compliance Blister Packaging
- Blood Glucose and Pressure Monitors
- Health care consultations
- Nutritional Supplements
- Bathroom Safety Supplies
 - Compression Stockings
 - First Aid and Wound Care Supplies
 - Incontinent Supplies
 - Life Style consultations
- S.A.D. Therapeutic Lights
- Sport Braces and Canes

We are~

- Your Health Information Source
- Homeopathic Specialists

Sound Advice

...from your Neighbourhood Pharmacy.

LET'S GET PHYSICAL!

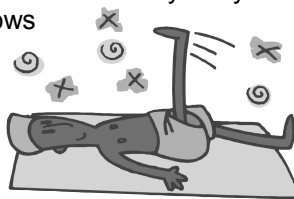


Everybody needs physical activity. Along with a positive attitude and a healthy diet, your fitness level plays a major role in how well you feel, what illnesses you avoid, and how much you enjoy life.

Benefits of regular physical activity:

- ◆ Lowers your risk of developing diabetes, high blood pressure, colon cancer, and osteoporosis. NEWS FLASH! Reducing your blood pressure reduces your chances of developing dementia by 58%.
- ◆ Lowers your risk of premature death and death caused by heart disease.
- ◆ Improves your mood, relieves stress, and promotes a sense of well-being.
- ◆ Helps build and maintain healthy bones, muscles and joints.
- ◆ Helps you maintain a healthy body.

Research shows that exercise does not have to be vigorous to improve your health. No one can prescribe



the perfect fitness plan for you.

Consistency is the most important part of people's efforts to become more fit, and don't forget good nutrition as well.

A Plan:

1. A good fitness plan has 3 parts. Aerobic fitness, muscle strengthening and flexibility.
2. Set your fitness goals: Pick one aspect of fitness that you want to improve first.
3. Pick an activity that you enjoy. You are more likely to keep doing something you like.
4. Set a one month goal that you think you can reach. For example, plan to walk for ten minutes at lunch three

days a week, or stretch for five minutes each morning.

5. Keep a record of what you do.
6. When you reach your first goal, reward yourself. Then set a new goal. Small successes can quickly add up to a level of physical fitness that will make a big difference in your life.

Aerobic fitness:



This improves the function of your heart and lungs. The purpose of aerobic conditioning is to increase the amount of oxygen that is delivered to your muscles. Examples of aerobic exercises include brisk walking, running, climbing stairs,

bicycling, swimming, fast-paced dancing, house and yard work, or anything else that raises your heart rate.

In order to benefit from aerobic exercise, you need to work hard enough to increase your heart rate: work hard enough to feel the effort, but not so hard that you become out of breath. Listen to your body. If the exercise feels too hard, slow down. If you can not talk and exercise at the same time, you are going too fast. If you can sing while you exercise, it would be safe to increase your pace. You should work out between 65 and 85% of your target heart rate, which is 220 minus your age; i.e., at age 60 you should try to get your heart rate between approximately 107 and 132 beats per minute.

Muscle Strengthening:

Strong muscles enable you to do more work and to work longer before you become exhausted. Strong muscles also help protect your joints. For every pound of muscle mass **Over ▶**



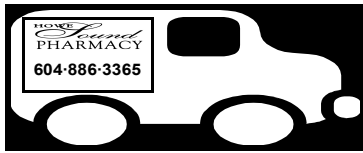
Working with you towards a healthier lifestyle.

HOWE *Sound* PHARMACY

More about our Services...

**Remember to call ahead
for your prescriptions so
you won't have to wait!**

**And take advantage of our
FREE DELIVERY
Monday through Saturday.
Call before 2 pm for
same-day service!
604-886-3365**



Exercise for children is key to future bone health

Over half of all BC kids are not getting enough exercise, and this does not bode well for their future health. Further, a growing body of research has shown that childhood is a critical time in the development of bone mass, which can prevent osteoporosis later in life. Children who exercise gain significantly more bone mass (approximately 5 %) than those who do not exercise. To put this in perspective, a 10 % increase in bone mass results in a 50 % decrease in risk of fracture. The research found that children only needed to get moving for ten minutes, three times a week, to see results. This study by Dr. McKay of the Centre for Hip Health at the



Vancouver Coastal
Research Institute
(VCHRI), was part of
a pilot program
called *Action
Schools!* which
took place in a
number of

Vancouver elementary schools.

Call 1-800-565-7727 or visit
www.actionschoolsbc.ca for more
information.

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you produce, you burn an extra fifty calories per day. Muscles become stronger through a three step process:

- 1) Stress
- 2) Recovery
- 3) Repeated stress.

A program for increasing your muscle strength can be as formal or informal as you would like it to be. You may choose to do resistance training with free weights, weight training equipment or inexpensive rubber tubing.

Flexibility: Like aerobic fitness and muscle strengthening, flexibility is a result of physical activity. Flexibility comes from stretching. Your muscles are repeatedly shortened when they



are used, especially during exercise. They need to be stretched slowly and regularly to counteract the repeated shortening that happens during other activities. Stretching can increase your range of motion and reduce stiffness and pain. Being flexible also helps you have a better sense of balance.

Stretching is very important during the cool down phase of exercise.

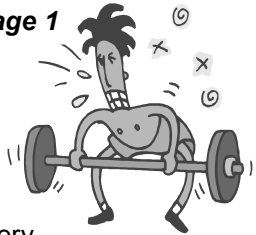
Tips:

- * Stretch slowly and gradually. Don't bounce.
- * Maintain a continuous tension on the muscle.
- * Relax and hold each stretch for a count of 10.
- * Exhale as you stretch to further relax your muscles.
- * If stretching hurts you have gone too far or you are doing something incorrectly.
- * Try to stretch a little every day. Take a stretch break instead of a coffee break or yoga classes, which may appeal to your sense of fun and adventure as well as improve your flexibility.

The three factors that you need to consider when planning a fitness routine are frequency, duration and intensity. Achieving a balance between these factors will give you better results than if you take any one of them to an extreme.

Overcoming barriers to exercise:

- No time? Try shorter periods of activity spread throughout the day



such as walking three times a day for ten minutes each time.

- Too tired? It is often lack of exercise that makes you tired. Exercise gives you energy.
- Embarrassed? Many people are especially at first. Be proud that you are taking care of your body.
- No partner? Yes, it is more fun to exercise with a friend. If your regular exercise partner quits, find another one.
- Bad weather? Too hot, too cold, too wet, too windy – it never seems right for exercise. Lots of people exercise come rain or shine. You can too; just dress properly. Try a variety of indoor and outdoor activities.
- Too costly? Just ask yourself, can you really afford not to exercise.

Maintaining the Lifestyle:

Staying motivated is essential to making physical activity a long-term lifestyle commitment. If you choose activities wisely, your body will let you know how enjoyable becoming more fit can be.

If you are just starting out with a fitness plan, reaching one goal and then striving for another may be enough to keep you going. Before long you will start to notice changes in endurance, strength, flexibility, energy level and appearance that will probably encourage you to continue your efforts.

People who are moderately active or very active may become bored with their usual activities and need to find new activities to keep them motivated. If you don't already do so, try working out with a partner. You might want to train for a competitive event related to your activity.

Another great way to stay motivated is to help someone else who is just starting a fitness program; you will be a role model for that person, you will have another reason for staying consistently active, and you are more likely to learn ways to vary your routine.



START NOW! As with most things, we must learn how to do them and change our lifestyle. How can we do this? One way is for our Howe Sound Pharmacists to recommend a personal trainer that will show you how in a safe and beneficial way, and you will have fun at the same time!

Health care for your body and mind.