

lighten up

Living a longer, healthier life doesn't have to mean drastic changes. In fact, losing even 10% of your current body weight can help you lower your cholesterol and blood pressure, and get you on your way to better living. The best way to lose weight is slowly and gradually by making healthy food choices and getting more active. Add more of your favourite fruits and veggies, decrease your sugar intake, take the stairs, go for a walk at lunchtime — these are just a few of the simple ways you can start to lighten up.

Webber Naturals® PGX® Daily

PGX® will change your life, even if you don't. Completely safe and stimulant-free, PGX® promotes healthy weight loss and maintains healthy blood sugar and cholesterol levels.

PGX®



*Every medication or natural health product may cause serious adverse reactions or interactions with other medications. • Read the label, warnings and inserts provided by the manufacturers and consult your pharmacist when purchasing such medications or natural health products. *Always keep medications and natural health products out of the reach of children.



Work out with a friend and make it social! It'll keep you motivated and you'll be more likely to stick with your regular gym times.

March

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1	2	3	4	5	6
	SENIOR'S DAY – ZELLERS	SENIOR'S DAY – THE BAY				
7	8	9	10	11	12	13
	INTERNATIONAL WOMEN'S DAY				PARALYMPICS BEGIN	
14	15	16	17	18	19	20
DAYLIGHT SAVING TIME BEGINS			ST. PATRICK'S DAY			
21	22	23	24	25	26	27
28	29	30	31			
PALM SUNDAY	PASSOVER					

February 2010

S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

April 2010

S	M	T	W	T	F	S
					1	2
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					27	28
					29	30



National brand quality, at way better prices!

truly™ No Calorie Sweetener
Measures cup for cup like sugar and is great for cooking and baking. Tastes just like sugar!

