

## Good-bye to a health promoter

To the Editor,

I am heartbroken. This week, I got my letter from the Core Health Fitness gym, stating that they are closing mid June.

I would first like to thank Terry for all you have done to make this gym accessible to everybody during the last five years; we know there were a lot of sacrifices.

I am battling so many thoughts in my head. I can't help but wonder why people have checked out of an active lifestyle for a magic pill. Why so many people have no issue spending tons of dollars on what is bad for them, and nothing on maintaining what they have. Working in health care, I see so many people too fat to breathe, yet our government would rather spend money treating them than to help people stay active. Remember how they are eliminating the children fitness tax credit. Nor have they even encouraged adults to be active by making our gym fees deductible.

Others chose to spend on smokes, believing the myth that if they stop, they will reverse the damage they have caused to their lungs and heart ? good luck with that! Physical activity is the ONLY medically proven treatment that combats and prevents diseases like high blood pressure, cholesterol, arthritis, depression, heart disease, cancer, insomnia, osteoporosis, diabetes, and asthma. It relieves pain, and improves your energy. I could go on.

Do you suffer from any of these? How do you treat it? I found this on a government website: ?Physical activity plays an important role in the health, well-being and quality of life of Canadians. People who are physically active live longer, healthier lives. Active people are more productive, and more likely to avoid illness and injury.?

Yet our government is cutting funds to physical activities in the school as well. We need to be an example to our kids because nobody else will. For me, CrossFit was a lifesaver. All I had to do was ? Show up and give my 100 per cent.? I found myself amazed at what my body is capable of!

I have a strong genetic risk of heart disease. I already had high blood pressure with all my pregnancies. My Core Health Fitness membership has lowered my blood pressure to normal, made my Cholesterol normal, and lowered my body fat. I am in better shape than I have ever been. My energy levels are great. I have actually done a Spartan race! Why? Because Core Health Fitness encouraged not only physical activity, but healthy eating and thinking as well. The bottom line is: Exercise and what you eat improves your health. Yet our community is losing a great resource for health.

Terry and Core Health Fitness, thank you for promoting health. I'm sorry more people weren't interested!

Lysane Burnett