



NATHAN DENETTE, THE CANADIAN PRESS

Katrina Pacher, 11, and her friend Sloane Wilson, 12, dance during segments for the website Fit For A Feast.



Dear Ellie

Decide whether it's worth it

Q. We met 20 years ago; his mother visited and ended our four-year relationship. He's from a Muslim background. She couldn't bear his being with a divorced woman with two kids.

Six years later we met again. I was clear that if he wants a family, I'm not the right choice. We bought a house. My boyfriend announced that his mother was coming to visit. I was so scared, I sought counseling.

His brother went bankrupt and moved in with us. Their mother cried constantly over that, and my not having a baby. My daughter was expecting my first grandchild; his mother said I was laughing at her because I didn't have his child.

I couldn't have a moment alone with my boyfriend. I didn't feel welcome in my own house. I went to visit my ailing mother. I had an affair with an old flame.

My boyfriend found out. I understood that he was hurt but I couldn't stand his verbal abuse. Once again our relationship was broken. My apologies weren't enough.

I love and miss him terribly but he can't forgive me and said if we continue a relationship it has to be under separate roofs. I've seen him twice, but I felt sad when I had to return to my own place.

A. Cheating was more than he can accept; despite the reasons that motivated you to seek an escapist fling, you should've known him well enough to realize the consequences, especially with his family around to influence him.

However, you've shared a long history and attraction, so there's some hope you can reconcile. But it won't come easily or fast. And, there'll always be the attitudes of his relatives, who may not forgive you at all.

Decide if you can accept living apart, spending limited time together, no longer connected as equal partners. Or move on.

Email Ellie: ellie@thestar.ca.

Sharing their appetite for healthy living

Tween hosts of website Fit for A Feast offer ideas on ways to keep fit

Lauren La Rose

TORONTO — They may not yet be household names and aren't even into their teen years, but Katrina Pacher and Sloane Wilson already have a fan base that spans countries and continents.

An orphanage in Utah is using their recipes. A school in New Zealand is getting their groove on while using one of their videos to help learn line dancing.

The longtime friends and dancers are sharing their know-how of their craft and much more with a worldwide audience online as they hope to engage other young people on ways they can lead healthier lives.

Katrina, 11, and Sloane, 12, are hosts of the website Fit For A Feast.

Aimed at fellow kids and teens, the site is designed to show other youngsters ways they can enjoy themselves while being physically active, with dancing, sports and schoolyard games among a range of activities.

But the focus extends beyond just breaking a sweat by also placing an emphasis on nutrition and healthy eating.

The duo, who first met in preschool as three-year-olds, got the idea for the website after attending a Grade 5 health class. Katrina's mother, Brenda Pacher, said it was there where they learned that one in three children born in North America would have Type 2 diabetes and that the number of kids who are

On the web

Fit For A Feast: www.fitforafeast.com
Fit For A Feast YouTube channel:
www.youtube.com/fitforafeast

overweight or obese had reached epidemic proportions.

"We were shocked how people weren't eating properly, and they weren't taking care of their bodies and they were eating too many fast foods," Katrina said in an interview from her home in Oakville. "We wanted to help them because they've got to know you only get one body and you have to take care of (it)."

"We talked to our parents about wanting to do a website that helped kids," said Sloane. "They thought that it was a great idea."

Active Healthy Kids Canada's latest annual report card on physical activity for children and youth found most Canadian kids are still failing to make the grade when it comes to meeting minimum guidelines for physical activity.

The report found that just 12 per cent of Canada's youngsters were getting the 90 minutes recommended for daily physical activity, assigning an "F" for physical activity levels for the fourth straight year.

Katrina and Sloane are doing their part to

help get kids moving despite juggling a full schedule of activities of their own outside of the digital world.

The girls devote 16 to 18 hours a week participating in ballet, jazz, tap, acro, hip-hop, lyrical and musical theatre. On their website and its affiliated YouTube channel, videos posted feature Katrina and Sloane offering how-tos on everything from doing a hoedown to hip-hop moves, as well as instructionals on mastering the splits, cartwheels and handstands.

Beyond dance, a dedicated section on kids' fitness offers backgrounders and accompanying videos of a broad range of sports, a concise primer into the wealth of potential activities for kids to pursue.

Katrina and Sloane also showcase their skills beyond the dance floor and the mat by whipping up culinary creations like fruit kebabs for the camera. The site also posts meal and snack recipes.

Beyond the support of their parents, who help manage the technical side of the site, Fit For A Feast has become a community effort. Katrina said many friends have helped with ideas, and some of their dance friends take part in the online videos.

They also enlist the help of other experts to talk about their areas of specialty, from a nutritionist showing how to read food labels to a firefighter discussing candle safety.

The Canadian Press

Setting up a home gym is easy and inexpensive

Many people know how important exercise is as an integral part of their weight loss and health plan but still have a difficult time fitting it into their busy lives.

One great way to get in your exercise is to have the option to do it at home.

My successful clients never have all set up a home gym. They never have an excuse or reason to not fit in their fitness. Having the option to work out when you wake up, or as soon as you get home from work is a bonus.

Working out from home really saves a ton of time. No travelling to and from the gym. Never having to wait in line for a piece of equipment, you can also blast the music, watch a movie or have a quiet atmosphere. It is open 24/7 and if you feel like working out in pyjamas first thing



MARLA ARNDT
fitness bootcamp

in the morning, you can.

Having a home gym does not mean you need to renovate your house and add on a room or take away a family member's bedroom.

Living in a small one-bedroom apartment is no excuse for not setting up a home gym. It isn't necessary to buy expensive high-tech equipment as only a few items are needed.

'Must-have' fitness equipment

These are all relatively inexpensive, effective tools for a complete home gym.

Dumbbells: One of the most versatile exercise tools. Dumbbells can aid in the development of strength, power and aerobic conditioning. If you are starting out, pick three sets in weights that you consider light, medium and heavy. As your strength grows, so will your dumbbell collection.

Resistance Bands: As functional as dumbbells, resistance bands are large rubber bandlike tubing made in a variety of shapes and resistances. Bands are one of the most inexpensive pieces of equipment you'll ever buy. Better yet, the bands take up very little room in a carry-on bag or briefcase, so you'll never have to miss a work-

out even when away from home.

Workout DVDs: There are so many to choose from. Check reviews just as you would a movie to make sure you are purchasing safe, effective programs.

Floor Mat: A yoga mat is all you need. It can be rolled up for storage purposes.

Adjustable Step Platform: A step is a raised platform introduced by Reebok in the '80s for aerobic classes. In the home, it can be used as a platform on which to exercise and as a substitute for a larger bench. The raised platform offers a number of exercise options and can be used for strength and aerobic training.

Stability Ball: A stability ball or "Swiss Ball" is a large, durable plastic ball originally used in physical rehabilitation settings. It is

great for core strength, and balance training. It can also be used as a bench with free weights for a variety of exercises.

A good old-fashioned jump rope: Simple to store and will add variety to your cardiovascular exercise. Make sure to size it before you purchase: each end of the jump rope should reach from underarm to underarm if you are standing on the middle of the rope with your feet together.

As time goes on, you may want to add a few more items to your home gym. So what are you waiting for? Get going, get moving, get fit.

Guelph-based personal trainer Marla Arndt owns and operates Frameworks Fitness Studio. She can be reached via her website at www.frameworksfitness.com. Her column appears every other week.

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