

HEALTH AND COMMUNITY NEWS

You Don't Want to Get up Early to Walk or Exercise?

The goal of this column and the goal of the Health Restoration 101 programs are to help to maximize your chances of living a longer, healthier life.

If you knew the benefits of regular exercise, you'd run out of the house early every day to do it, and get it over with. What ever is your choice, walking, jogging, or dance, (then add some weight training to it).

Find the form of exercise you like the best. Investigate and research. (That line dance class is great on every level, and the most fun.) When you find the one that is right for you, you'll stick with it. And, stick with it for you.

So when your friends don't show up, or call with excuses, you can still go the have a great time, knowing you are doing it for you! Regular exercise can be your hedge against diabetes, back pain, heart disease, and be just the stress management program you've needed all along. Take a deep breath here.

If you've not exercised in a while you'll want to start slow and work your way up. The important thing is to start. Five minutes of exercise each day is better than no exercise, anytime.

If you've been saying you don't need to exercise, or



Carolyn Guilford, CNC that you don't know what good it will do you, here it is: Regular exercise is for everybody, young and old. It will help build muscle and bone, improve flexibility and strength, to guard against falling and breaking.

Burns fat, improves metabolism, to manage weight, and enhances self esteem. Lowers blood pressure and bad cholesterol, strengthen the heart, increase blood circulation for cell oxygenation. This lowers the risk of heart attack and stroke, (even though you may still be eating some bad things).

Exercise is one of the best ways to manage stress, yoga, meditation, sleep are good too. Regular exercise will help to eliminate anxiety, depression, and feelings of overwhelm. Clears the

thinking with more oxygen going to the brain.

Exercising regularly will reduce your risk of developing diabetes, high blood pressure, many types of cancer and basically reduce you risk of dying prematurely. So call up some buddies, find out who wants to do this with you, make a plan, and get moving. Just do it.

If you'd like more information on creating a lifestyle of health, or joining the Health Restoration program please call me at 912 236-8987 for a Free Consultation. Nutrition Consulting Saves Lives!

Carolyn Guilford Health Restoration Consulting P. O. Box 2814, Savannah, GA 31402
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Thank You For Reading The Savannah Tribune



The Pink Ribbon Comedy Tour Rolls into Savannah



Pink Ribbon Comedy Tour Bus

The Pink Ribbon Comedy Tour will perform a special stand-up comedy event at 8 p.m. on Wednesday, February 17 at Smiles Piano Bar located at 314 Williamson Street in downtown Savannah.

From January through April 2010, the Pink Ribbon Comedy Tour will donate 30 percent of the retail sales price for every ticket sold to Susan G. Komen for the Cure® (with a minimum guaranteed donation of \$10,000) in support of breast cancer awareness and research. Tickets for the Savannah show are \$10.

This one-night only event includes PG-13 performances by comedians Brendan T. Gleason, Nick Hoff, Kevin Richards, and Law Smith. Information about how to become

involved with Susan G. Komen for the Cure® and breast education information will also be available following the show.

The Pink Ribbon Comedy Tour is dedicated to Kevin's mother, Renee Richards, who was diagnosed with breast cancer in the summer of 2009. Still undergoing treatment, she is the inspiration for Kevin and his fellow comedians to spread breast cancer awareness. One life has been dramatically altered for the better because of the production of this comedy tour. The goal is to help many more.

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever.

In 1982, that promise became Susan G. Komen for

the Cure and launched the global breast cancer movement. Today, Komen for the Cure is the world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize science to find the cures.

Thanks for events like the Komen Race for the Cure®, we have invested nearly \$1.5 billion to fulfill our promise, becoming the largest source of nonprofit funds dedicated to the fight against breast cancer in the world.

For more information about Susan G. Komen for the Cure, breast health or breast cancer, visit www.komen.org or call 1-877 GO KOMEN.

STATE REPRESENTATIVE

BOB BRYANT

Since my door is always open to each of you, I have listed the following information for your convenience:

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Committees: Ways and Means, Transportation, Economic Development & Tourism, State Institutions & Property, and Subcommittee on Trade

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African American woman ever to seek a seat in Congress from Alabama.

She was also the first woman to run for this office in the state, winning ten percent of the vote when only five percent of the registered voters were African American.

In 1965, Robinson was one of the civil rights leaders that led the famous first march across the Edmund Pettus Bridge which resulted in that day being called Bloody Sunday.

Robinson was gassed and beaten, and a wire photo of her left for dead on Edmund Pettus Bridge, went around the world and helped to spark the outpouring of support for the Civil Rights Movement.

Robinson has remained in Tuskegee and continues her work in civil and human rights on a national and international level.

She is Vice Chair of the Schiller Institute, a nonprofit, international organi-

zation that bases its views on the writings of German philosopher Friedrich Schiller (1759-1805).

In 1990, Robinson received the Martin Luther King Jr. Freedom Medal in honor of her life's work for the advancement of human rights.

The Schiller Institute published Robinson's autobiography, *Bridge Across the Jordan*, in 1991. She is 98 years old. *Information is courtesy of the Schiller Institute*

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