



## FIT TO BE HEALTHY

by Eve Lees

# Columnist says farewell but 'follow me' . . .

This will be my last "Fit to be Healthy" column published in the Mackenzie Report section.

Unfortunately, due to unavoidable cutbacks, this "second section" inserted into the newspapers will no longer be published. With less room available in the newspaper's pages, it was decided to terminate this column.

I began writing this health column for The Banner Post in 1984 when I was the editor of that newspaper. Later, in 1988, the column was moved to the Mackenzie Report section which was inserted into all four newspapers published at that time.

This column opened the door to other opportunities for me as a Freelance Health Writer. After moving to British Columbia in 1985, I began working full time in the Fitness Industry and was fortunate to become a columnist for several publications, including *BC Woman Magazine*, the *Vancouver Province* and my own self-syndicated column published in ten newspapers.

Sadly, the "Print Media" industry has drastically changed in a short period of time (for more explanation, please visit <http://www.newspapersmatter.ca/>). Over the years I've experienced drastic cutbacks among the publications I write for: Reductions in my assigned word count and reductions in payment per column or per word.

Many publications stopped publishing or had to discontinue freelance columns (like mine) due to lack of space or budget.

However, I continue to write for a few other publications. I invite you to follow the two available online: *Inspired Living Magazine* [www.seniorlivingmag.com/author/eve-lees/](http://www.seniorlivingmag.com/author/eve-lees/) and *The White Rock Sun* [www.whiterocksun.com](http://www.whiterocksun.com) (in the top menu of *The White Rock Sun*, click on 'Features' and then 'Health').

You can also follow me on Facebook at [www.facebook.com/eve.lees.758](http://www.facebook.com/eve.lees.758) (although I don't 'post' that often) or you can bookmark my blog: Simply search for "Eve Lees Blog." And to easily find my website, just Google my full name (Eve Lees).

I love to write. That's the easy part of being a freelance writer. The hard part is the research. It's very meticulous and time-consuming. But it needs to be done, especially concerning the highly complicated, confusing, and always changing topic of nutrition. Because misleading, inaccurate information can harm.

I learn so much as I research and interview the experts for the articles I write. In addition, to better understand what I write and research, I went back to university to enhance my knowledge of nutrition and exercise physiology. And I like to share what I've learned. Therefore, should you have a concern about diet or exercise, feel free to contact me at [evelees@telus.net](mailto:evelees@telus.net) or through my website. I can try to answer your questions or refer you to a credible source.

I wish you good health and much happiness. Thanks so much for reading this column, especially to those who have followed it for the past 35 years. I hope it's helped you in some way, or encouraged you to think and explore more. Thanks also for the feedback and encouraging words -- and the not-so encouraging words that I've also learned from!

I'll part with one final thought: Please be cautious with any health/fitness/nutrition information -- especially on social media. Don't immediately believe or follow what you read or hear. And know that 'studies' are not always accurate! Check into the pros and cons on any issue and verify that your sources are credible: They should be educated and experienced in their field.

*Question everything*, even what I write. It's the best way to ensure your good health.