

Berkeley Castle Covid 19 - Tenant Update # 72 - August 2, 2021

To celebrate the Canadian Long weekend, and to add a little bit of (I'm sure) welcomed humour:

With many of us starting to see people in person that we may not have seen in a long time, here is a bit of advice:

What do you say to the person whose body weight may have noticeably changed over the past year and a half? **NOTHING!!!**

And along those lines, some thoughts on longevity:

THESE FACTS...

- 1 The inventor of the treadmill died at the age of 54.
2. The inventor of gymnastics died at the age of 57.
3. The world bodybuilding champion died at the age of 41.
4. The best footballer in the world Maradona, died age of 60.
5. James Fuller Fixx credited with helping start America's fitness revolution by popularizing the sport of running died of a heart attack while jogging at 52 years of age.

BUT

6. The KFC inventor died at 94.
7. Inventor of Nutella brand died at the age of 88.
8. Imagine, cigarette maker Winston died at the age of 102.
9. The inventor of opium died at the age of 116 in an earthquake.
10. And the Hennessy Liquor inventor died at 98.

How did these doctors come to the conclusion that exercise prolongs life?

The rabbit is always jumping up and down but it lives for only 2 years and the turtle that doesn't exercise at all, lives 400 years.. So, take some rest, chill, stay cool, eat, drink and enjoy your life.

** accuracy for any of the above statements must be true since I got them off the internet 😊

61 % of Ontarians are now "[double vaxed](#)", but we need more to keep a 4th wave at bay. Offer your help to those that aren't vaccinated: [ON LINE PORTAL](#) to book. Try [vaccine hunters](#) on [Twitter](#) or [facebook](#) for last minute vaccine locations. Stay Safe

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