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# Listowel Banner

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## Region moving to Stage 3 of reopening on Friday

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TORONTO – Huron-Perth will be taking the next step to reopening on Friday.

Premier Doug Ford announced on Monday that a large majority of the province will be entering stage three of the province's reopening plan at 12:01 a.m. on July 17.

A total of 24 regions will be moving to stage three, with 10 remaining in stage two.

Staying in stage two are Durham Region, Haldimand-Norfolk, Halton, Hamilton, Lambton, Niagara, Peel, Toronto, Windsor-Essex and York.

"Our success in reducing the spread of COVID-19 and getting Ontario to a place where we are ready to reopen most of the province is a testament to the hard work of business owners, individuals and families right across the province," said Ford.

"So many have stepped up and played by the rules, demonstrating that we can restart our economy safely and responsibly. Small actions can make a big difference. Now more than ever, we must continue to follow the public health advice to preserve the progress we have made together."

As part of stage three, indoor gathering limits have been increased to 50 people, with outdoor gathering limits increased to 100 people. These limits are subject to physical distancing requirements.

These limits also apply to public gatherings, such as community events, concerts, live shows, festivals, sports and gym facilities, fairs and open houses.

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Dan McNee Photo

**HERO'S EMBRACE** – New U Personal Training Studio owner Alison Brown embraces her son, Andrew, after setting a new Guinness World Record for chest to ground burpees in one hour by a female on July 12 in Listowel. Brown completed 730 burpees in 60 minutes, breaking the previous record of 709 set two years before.

## Local gym owner sets Guinness World Record

*Alison Brown completes 730 burpees in one hour to claim global honour*

DAN MCNEE

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LISTOWEL – What began as setting a positive example for her children ended in Alison Brown entering the pages of one of the most famous books on planet Earth, as the Listowel gym owner succeeded in setting a new Guinness World Record on July 12.

With her family and close friends in attendance, alongside official witnesses and timekeepers, Brown eclipsed the previous record of 709 chest to ground burpees in one hour by a female set by Australian Louise Robertson in 2018. The co-owner of the New U Personal Training Studio hit burpee No. 710 at the 58:20 mark, adding another 20 before the hour expired. Brown grinned and rested her head on her arms, then rising again to her feet for the 731st time in just over 60 minutes to get a hug from her eldest

son, Andrew, who inspired her to take on the Guinness World Record in the first place.

Brown explained that Andrew brought home a copy of the Book of Records one day last year, and asked her if he could do anything amazing like the people in it. She told him he could do anything he worked for.

"The next day I was like, you know what, children will be what they see, not what they're told," said Brown, a mother of three, following her record-breaking performance Sunday. "So, I was just curious what the burpee record was and saw it was 709. I thought, 'I think I can beat that'."

"I want to show them that women can be strong too. I want to raise boys that know women can be strong just like they can."

Brown admitted to being one of the few people likely in existence who actually enjoy doing

burpees, making the Guinness World Record attempt ideal for her.

"I am a secretly a lover of burpees, even though everybody is a hater of burpees I really actually enjoy them," she said. "Probably since Grade 10 basketball training, I was always really fast when we did wind sprints from the floor and had to get up. So I really like them a lot, they're in my training all the time."

Brown actually bested the previous record of 709 during a January training session. A lingering illness early in the year delayed her plans to proceed with the attempt, and then the COVID-19 pandemic pushed things back again when she wasn't able to have a sufficient number of people in attendance with the early gathering restrictions in effect.

"It feels amazing," she said. "I'm super proud that I broke it, because I looked at my half-way point and I was pretty off from my training, so I was a little worried."

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## Huron-Perth to issue instructions for mask-use requirements

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HURON-PERTH – Huron Perth Public Health will be issuing formal instructions to employers in the region mandating the use of face coverings in all commercial establishments.

Dr. Miriam Klassen, Huron Perth Medical Officer of Health, said the mandate will be effective Friday, July 17.

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