



Drink your Fruit

Here's a fun idea to help you fit in the required amount of fruit, according to Canada's Food Guide, into your daily intake. First gather all your favourite fruits, then put them all in a blender and mix them up. You may want to add ice or yogurt to your special concoction. Don't be afraid to get creative!

Fanning Indoors: Is it really worth the risk?

Tanning indoors or outdoors can cause some serious health problems. Here's what you need to know. First of all you need to know what a tan actually is. A substance inside your skin, called melanin turns dark when you expose your skin to the ultra violet (UV) rays of the sun. There are two kinds of UV rays: UVA and UVB.

Some people may tell you that tanning indoors is safer, but the fact is that their lights give off five times as much UVA as the sun. This means there is never any safe way to tan. A common myth that you may have heard is that before going to a tropical place you should prepare your skin for the intense UV rays by going to a tanning salon. This will not help you at all, in fact you are putting yourself at risk of developing a serious type of skin cancer called malignant melanoma.

Another Reason to Kick the Habit

Children and pets have been accidentally poisoned by eating cigarette butts. Think of what there doing to you.

LIVE WIRE

Incorporating Exercise into your Routine

To reap the benefits of exercise, most people (including children) require 30 - 60 minutes of moderately intense activity daily. Here are some strategies to help: Take the stairs instead of the elevator. Go for walks. Leave the car at home to do a quick errand. Plan family activities such as hiking, cycling, walking or skating. Limit the time you sit in front of the computer, watch television or play video games. Participate in community lessons or activities such as swimming, soccer, baseball or martial arts.

The more the Merrier

Get your friends, coworkers, and neighbors involved with you in order to turn your physical activity sessions into time to socialize and help motivate each other.

Something new in the Kitchen

Mini-cheese balls
Prep: 10 min
Ready In: 2 hr 10 min
Serves: 18
1 tub (250 g) PHILADELPHIA Herb & Garlic Cream Cheese Spread
1 pkg. (200 g) KRAFT Mozzarella Shredded Cheese
2 Tbsp. OSCAR MAYER Real Bacon Bits
1/2 tsp. Italian seasoning

1/2 cup toasted walnuts, ground
Mix cream cheese spread and mozzarella cheese until well blended. Stir in bacon bits and seasoning.

Shape mixture into 54 balls, 1 level tsp. each. Roll in walnuts. Cover with plastic wrap.

Refrigerate at least 2 hours.

For more great ideas visit www.kraftcanada.com

New Years Eve Traditions

In Spain their New Years Eve tradition is to chow down on a dozen grapes at midnight to ensure prosperity and good luck. Of course only superstitious people participate in this tradition.

Beat the Winter Blues

The first annual Peterborough DBIA Blues Festival coming this February! This is your chance to beat the blues by painting the town blue! On February 22nd, 23rd, and 24th, clubs, pubs, coffee houses, restaurants and many other businesses that wish to participate are welcome. Restaurants will offer "blue-plate" specials, retailers will have "blue-tagged specials, coffee shops will offer blueberry tea and blueberry muffins, book stores will showcase books with "blue" in the title, and so on. The ideas are only limited by your own imagination. The goal of this event is to bring some fun and excitement into downtown in the most depressing month of the year.

Brought to you by the City of Peterborough, Recreation Division in conjunction with the Peterborough Youth Council.
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