



### Adopt a Winning Attitude

Ever wonder why some people have such great lives? Chances are their secret probably has a lot to do with their outlook or attitude on life. Why not give it a try yourself?

- Winners make firm commitments.
- Winners confront problems.
- Winners find solutions.
- Winners learn from their mistakes.
- Winners react positively.
- Winners make it happen.
- Winners make time.
- Winners want to do things.
- Winners translate dreams into reality.
- Winners listen.
- Winners give credit to others for their success.
- Winners strive for excellence.

### Back to school isn't all that bad when you add a new wardrobe

Now is the time to suit up for another year at school. Not sure where to start? Some of the latest trends for the fall are a great place to start. The sporty look is in and exercising never goes out of style, this trend should be easy to sport. You can try pairing sporty tops with jeans or simply adding a sporty bag to your outfit. Stripes are also topping the charts. Keep in mind horizontal stripes make everyone appear wider than they really are. Clothing that is a little roomy also makes the list. This is great news for anyone that favors comfort over fashion. The hair department is easy. Low riding ponytails are hitting it big.

## LIVE WIRE

### Portion Distortion

The stack of food on your plate is on the rise. Twenty years ago, a serving of fries weighed about 70 grams, that's 210 calories. Today it is 200 grams or 610 calories. Get your walking shoes on because it takes about 18 minutes of walking to burn 100 calories. That's 70 minutes to burn off the extra calories in a serving of fries! No wonder people are getting heavier. Remember that you can still enjoy the foods you love, as long as you pay attention to your portion sizes.

### Organization is the key

Just because summer has come to an end doesn't mean that you have to give up all your free time. If you organize your time chances are you will still be able to squeeze in some time to do the things you enjoy.

### What if I don't like what I see?

Unfortunately, many people don't like what they see. Females, especially, often have a poor body image. Up to 80% of Canadian women experience some degree of body image dissatisfaction, but the problem can also affect boys and men. If you like what you see - that's great! But if you don't like what you see, there is a lot you can do to feel better! You can start by contacting Angella Hollett at the Body Image Resource Centre. Tel: (807) 625-5968 or (toll free 807 code)1- 888- 294-6630 ext 5968 Fax: (807) 625-4824.

### Just the Facts

FACT 1: Over 1 billion people around the world earn less than \$1 a day and do not have access to clean water.

FACT 2: 70% of those living in poverty are women.

FACT 3: About 115 million children are missing primary education (60% of them are girls).

FACT 4: 1 billion people worldwide cannot read or write.

FACT 5: 6 million children under the age of 5 die of hunger each year.

### Addressing Poverty and Taking Action!

The Peterborough Youth Council is ready to take action on the issue of poverty in our community! We have decided that raising awareness of poverty will be the first step in making a positive change. Some current ideas we have include, food drives and working in soup kitchens. We plan on organizing events that include an entrance fee of a food donation. Poverty is a very complicated issue. There are many misconceptions surrounding low-income and homeless individuals. While many people believe that the less fortunate should just "go out and get a job," we understand that it is not this simple. They must be offered resources and opportunities to make their lives safe and comfortable. The Youth Council currently sits on the Mayors Poverty Task Force and in conjunction with them hope to ensure such services and more awareness is enforced. The fight against poverty is an issue for all of us to consider.

For details on upcoming events please visit our website, [www.ptboyouth.com](http://www.ptboyouth.com)

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