



## Tips for Making New Year's Resolutions

There is a right way and a wrong way to make a New Year's resolution. Here are a few expert tips to see that your resolution actually makes a difference:

1. Create a Plan: A good plan will tell you what to do next and what are all of the steps required to complete the goal.

2. Create Your Plan

IMMEDIATELY: Create the plan the first few days of January to harness your motivation. After that, most people forget their resolutions completely. It is imperative that you begin creating your plan immediately.

3. Write Down Your Resolution and Plan: Commit your resolution and plan to writing someplace, such as a notebook or journal.

4. Think "Year Round," Not Just New Year's: Resolutions are set in one day, but accomplished with a hundred tiny steps that happen throughout the year. New Year's resolutions should be nothing more than a starting point. You must develop a ritual or habit for revisiting your plan.

And finally...

5. Remain Flexible: Expect that your plan can and will change.

## Potato/French Fry Facts

Potatoes are without a doubt the most popular vegetable in Canada and a long-time staple.

Perception: Nearly two-thirds (62%) of Canadians don't know potatoes contain vitamin C and

## LIVE WIRE

one-third (32%) don't know potatoes contain fibre.

Fact: A small, skin-on potato, the size of a computer mouse, is an excellent source of potassium and Vitamin C, and a source of fibre and iron.

Perception: Almost three-quarters (72%) don't know oven-baked French fries contain vitamin C and nearly half (45%) don't know oven baked French fries contain fibre.

Fact: An 85-gram serving of oven baked French fries is a source of potassium, vitamin C, iron and fibre.

### Get R.E.A.L

Youth aged 13 to 18 are encouraged to check out the **get R.E.A.L.** program to at least drop in and see the program in action.

Having fun with your friends is free. All activities are provided **FREE OF CHARGE!**

It is always fun and there is plenty of food.

There is a special event at Knox United Church, Tuesday January 13<sup>th</sup> 2009, from 5:00 to 7:00 pm. It's Hawaiian theme night!  
Including Hawaiian Dancing.

### Beating the Winter Blues

Stay active! Exercise will not only keep off that unwanted winter weight, but will also help improve your mood.

Maintain a balanced diet. Take vitamins and try to avoid comfort foods with a lot of sugars and starches that will give a quick high followed by a crash, which can increase vulnerability to depression.

Get out in the sunshine. Lack of sunlight in the winter can lead to a depression mood. Try to get out doors as often as possible and keep some lights on when indoors.

### Air Quality

Canadians spend an estimated 90 percent of their time indoors. Poor air quality and dampness can exacerbate a number of health problems, such as cough, wheezing and headaches. People living in houses with mould are also more likely to suffer from asthma or respiratory symptoms.

By taking a few simple steps, such as controlling the amount of humidity, repairing leaks, and cleaning mouldy surfaces, you can improve the air quality in your home and keep your family safe and healthy.

### All Hands On Deck

Breaking the cycle of poverty is going to require the collective effort of all of us.

- Different levels of government, the private and non-profit sectors and citizens across this province have a role to play.
- It is going to be particularly important for the federal government to come to the table as a willing partner.
- It is going to take a lot of hard work, but Ontario now has a strategy to get there. Working together, we can break the cycle of poverty.

Read the Strategy

<http://www.ontario.ca/breakingthecycle>

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