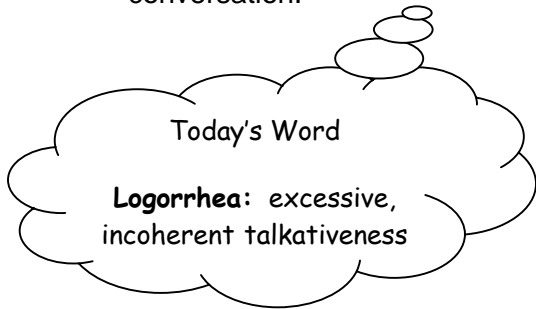


Doing simple brain exercises every day can boost your mental capacity as much as 40%! Try a few of these tricks:

- Do a crossword or sudoku puzzle.
- Use your non-dominant hand to do simple daily tasks such as brushing your teeth or eating.
- Force your brain to think on its feet by making small talk with strangers.
- Learn a new word every day and make a point to use it in conversation.



### Wakeboarding

The Canadian Wakeboard Championships are coming to Peterborough August 27<sup>th</sup> – 30<sup>th</sup>. The event, to be held on Little Lake at Beavermead Park, includes a wakeboard competition, refreshment garden, local food vendors, free style motorcross displays and more! The weekend will also feature live music, with Bedouin Soundclash playing on the 29<sup>th</sup> along with local bands The Birthday Boys and The Spades. For more information or to volunteer email: [info@kawarthalakeswakeboard.com](mailto:info@kawarthalakeswakeboard.com)

### The Most Important Meal

The old adage is true after all. A balanced breakfast is vital to maintaining good health. Breakfast works to regulate your metabolism and appetite, as well as to fuel your body throughout the day. The best breakfasts involve fare from at least 3 food groups and avoid fatty foods such as doughnuts and sausages. Try to make your breakfasts a little more adventurous – use up your leftovers to make a chicken and fruit salad, or mix up some veggies and salsa into an omelet.

### July is Holiday Month!

July 1<sup>st</sup> is only the beginning of a whole month of great holidays to celebrate! Nearly every day is marked to celebrate some kind of holiday; here are a few rather obscure: the 3<sup>rd</sup> is 'Compliment your **Mirror Day**'. To celebrate, look directly into your mirror and flatter your reflection with charming compliments. The 15<sup>th</sup> is '**Respect Canada Day**', where humorous stereotypes are set aside to remind everyone of the great contributions that Canadians make to the world on a daily basis. To round out the month, get some friends together on the 27<sup>th</sup> for 'Take your Pants for a Walk Day'. This holiday is pretty self-explanatory, but be warned: celebrations may result in strange glances from some people if you are not wearing your pants when you walk them.

### Cycling Laws

Bicycles are considered vehicles under the Ontario Highway Traffic Act, meaning that the rules of the road apply to cyclists as well as drivers. Not only do cyclists have to obey standard traffic laws – like stopping at red lights and signaling turns – there are many other requirements that specifically pertain to cyclists and their bicycles. All bicycles are required to be equipped with a bell, brakes and lights, and the cyclists under the age of 18 are required to wear a helmet. There are also rules regarding where, when and how a bicycle should be ridden safely. Failure to follow these requirements can result in a fine, ranging from \$35 to \$400! Go to [www.mto.gov.on.ca](http://www.mto.gov.on.ca) for more information.

### Website of the Month

[www.ontariosciencentre.ca](http://www.ontariosciencentre.ca)

The Squamates have invaded Toronto and have amassed themselves at the Ontario Science Centre as part of the engaging Lizards & Snakes: Alive! Exhibition. Featuring over 56 live lizards and snakes from five continents, the exhibition displays the diversity of Squamates—the group that consists of legged and legless lizards, including snakes.