



LIVE WIRE

Get Active!

September is a perfect time to break old habits. If you don't already, try starting some sort of exercise routine. The City of Peterborough Recreation Division Leisure Guide for Fall includes all of the classes and the hours that the Wellness Centre has to offer. There are also plenty of fields and playing space available in the city for some soccer, baseball or basketball action! Go by yourself or bring friends. Sports are a great way to workout without feeling like you're doing any work.

Active Transport

This month the Peterborough County-City Health Unit and the City of Peterborough have banded together to promote the idea of Active Transport. Active Transport is the idea of walking, or riding a bicycle to get to where you are going instead of driving a car. By participating in active transport, not only are you bettering your health by staying active, but also you are bettering the environment. The fumes from cars, trucks, and buses on the roads pollute the air and make it harder for everyone to breathe, especially when it is really hot. Active transport is aiming to stop pollution and get everyone active. Try walking to school or riding your bike, even if it's just for a week or two. That little bit extra can help save our planet!

Mayor's Youth Award

This month we are celebrating youth excellence in our community! Our Mayor Youth Award recipients will receive their honours at an award ceremony this month! Thank you to all who nominated a friend or family member, and for anyone who knows someone who you think deserves to win next year, be sure to go to www.peterborough.ca and find a nomination form.

Today's Word

Cupidity: 1) inordinate desire for wealth: avarice, greed. 2) strong desire; lust

Celebrate Maple Leaf Day

On September 23, take a moment to reflect on the maple leaf- a symbol of our historical, economic and environmental links to trees. On this day, as part of National Forest Week, people in communities across Canada will celebrate the importance of trees in their lives. So go on, thank a tree for the oxygen it provides, plant one or even hug one- you know you want to!

September Blues

This month can sure be a downer! We have started back to school and the weather is changing from beach season to fleece season! Here are some fun ways in which you can brighten your mood during September!

- ✓ Embrace the weather! Look at it as opportunity for new styles and fashion! Treat yourself to a cute new fall coat, or a new pair of jeans. Not only will this be fun, it will also help you as the weather starts to cool.
- ✓ Enjoy the outdoors! Go for a walk and enjoy all that fall has to offer. The colours of the leaves make for beautiful scenery. Jackson Park is a great suggestion for a walk with friends or family!

Website of the Month

<http://www.cbc.ca/canada/british-columbia/story/2009/08/17/bc-olympic-hockey-jerseys.html>

This is an article featuring the brand new Canadian Olympic hockey jersey for the Vancouver 2010 Olympics. Check out the Maple Leaf in the middle, and read the story behind the symbol.