



Tips:

- Make your walk a full body workout with Urban Poles www.urbanpoling.com.
- Count your steps with a pedometer. Work up to 10,000 steps/day.
- 30 minutes of brisk walking daily keeps your heart strong and your joints mobile.
- Daily walking helps you relax and sleep better. It only takes about 15 minutes to walk 1 km.
- Apply sunscreen 20 minutes before going outside - don't forget your nose and ears.

It's prime season for running and walking! Practice sun safety while you're out on the trails and roads of the highlands. Plan ahead: Go before 11 a.m. or after 4 p.m. or any time of the day when the UV Index is 3 or less. Cover up: Wear loose fitting, tightly woven, lightweight clothes. Wear a hat. Use sunscreen: Choose SPF 15 or higher and look for "broad spectrum" on the label. Wear sunglasses: Choose medium to dark lenses with both UVA and UVB protection. Remember to drink enough fluids.

Photography By: Kasey Bull (highland yard race); Jamie Woodman (walkers); Bethany Chumbley (girls in the water-inset)



August 2012

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--|---|
| <p>JULY 2012</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p> | <p>SEPTEMBER 2012</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30</p> |  <p>HCDC HALIBURTON COUNTY DEVELOPMENT CORPORATION A Community Planning, Development & Construction Corporation</p> | <p>1</p> <p>Group swim every morning on Twelve Mile Lake, contact Joleen: 705-489-4850</p> | <p>2</p> <p>Weekly free guided tours of the Haliburton Sculpture Forest www.haliburtonsculptureforest.ca</p> | <p>3</p> <p>Farmers Market in Carnarvon, Fridays from 1-5pm www.haliburtonfresh.com</p> | <p>4</p> <p>Farmers Market at Marty's Health Food Store (on Hwy 118), every Saturday in July Kinmount Farmers Market - every Saturday, 9am-2pm</p> |
| <p>5</p> <p>Highland Yard www.highlandyard.ca Tory Hill Farmers Market, every Saturday in August</p> | <p>6</p> <p>Civic Holiday (Canada)</p> | <p>7</p> | <p>8</p> | <p>9</p> <p>Good Food Box - order today! call Mary 705-488-1128</p> | <p>10</p> <p>Farmers Market in Carnarvon www.haliburtonfresh.com</p> | <p>11</p> <p>Minden 150 Bike Tour www.minden150.ca</p> |
| <p>12</p> | <p>13</p> | <p>14</p> | <p>15</p> | <p>16</p> <p>Good Food Box - pick up today!</p> | <p>17</p> <p>Farmers Market in Carnarvon www.haliburtonfresh.com</p> | <p>18</p> <p>Stanhope Triathlon www.stanhopefire.org/triathlon.html</p> |
| <p>19</p> | <p>20</p> | <p>21</p> | <p>22</p> | <p>23</p> | <p>24</p> <p>Farmers Market in Carnarvon www.haliburtonfresh.com</p> | <p>25</p> <p>Kash Dash (watch local papers to confirm date) 5th Annual Haliburton County Garlic Festival www.haliburtongarlic.ca</p> |
| <p>26</p> | <p>27</p> | <p>28</p> | <p>29</p> | <p>30</p> | <p>31</p> <p>Farmers Market in Carnarvon www.haliburtonfresh.com</p> | |