

# Help butterflies survive the winter

Have you ever wondered how a butterfly survives the winter? Has it ever occurred to you that butterflies fly around looking for survival methods and preparing for winter just like you and me? Are you aware of all the stages in a butterfly's life? Did you know that a caterpillar can grow up to 30,000 times? That's a lot of leaves this bug consumes!



Winter and Butterflies. There is even a special area in Willow Park devoted to the majestic and very intricate butterfly. Come and see what a miracle these insects are.

As a bonus, children get to make cool crafts that they can show their family and friends. Great games are planned that the whole family will enjoy, so come on out and have some fun learning about an incredible creature!

This Sunday, Sept. 16, from 9:30 a.m. until noon, the Willow Park Ecology Stewardship Committee will be hosting an exciting event about

The Committee is also hosting Wednesday morning Butterfly Gardens Stewardship Club 9:30 a.m. to noon, contact Brian Thomas at bthomas184@cogeco.ca.

## Acton Employment Resource Centre marks first anniversary with open house

The Acton Employment Resource Centre, 45 Mill St., wishes to extend an invitation to our one-year anniversary. Drop in for refreshments between 1 p.m. and 4 p.m. on September 27th and meet the staff.



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Halton Hills Seniors Information Showcase will be held on Tuesday, Sept. 18, 10 a.m. to 3 p.m. at the Acton Arena & Community Centre, 415 Queen St., Acton. Join us for one-stop shopping for information about services, housing and products available in the community which promote the quality of life for seniors. Over 30 exhibitors, draws and lunch will be available for purchase. For more information call 519-853-5951.



Opening September 29<sup>th</sup>

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# Physio News

by Robin Collins

B.H.Sc. (P.T.), B.Kin., Dip. Sport P.T.  
Registered Sport Physiotherapist

Running is a popular form of exercise for people of all ages. A consistent running program can lead to improved cardiovascular fitness, increased Lean Muscle Mass, weight control, social benefits and stress relief. Unfortunately, there are a number of running and personal anatomical factors that can lead the competitive or recreational runner down a path of injury and pain. Running injury data shows that:

- 27% -70% of all runners are injured yearly
- 40% of injured men & 35% of injured women require a medical consult
- 75% of all running injuries are to the lower extremity

The most common injuries reported by runners include:

- Plantar Fasciitis
- Patellar Tendonitis
- Iliotibial Band Friction Syndrome
- Achilles Tendonitis

Physiotherapists have the education and applied knowledge to offer instruction on preventative measures such as stretching, pacing, proper footwear & technique modification. Accurate diagnosis and treatment of running injuries through examination of not only training, anatomical and biomechanical factors, but also their interactions. Here are some important running tips to reduce your risk of injury:

- Always leave time for a proper warm up and cool down. **Stretch** muscles that are typically tight in runners **before but especially after** your run: hamstrings, quadriceps, iliotibial band, and gluteals.
- Allow for adequate recovery between runs.
- Ease into changes to your training intensities, typically do not increase more than 10% per week
- Maintain Ideal Running Postures
- Avoid hard or uneven surfaces
- Maintain adequate hydration: 2-5 cups of water per hour during your run, 2-3 cups of water per pound lost in sweat after your run.
- Buy proper shoes, and consider getting orthotics if recommended

If you are experiencing pain during or after your run that does not improve within 5-7 days you should cease the aggravating activity and seek professional consultation and treatment. Don't let little hurts turn into big hurts!

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