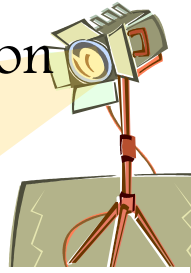




Information Spotlight on...

Fitness

January 2010



Is physical fitness part of your 2010 New Year Resolutions or an ongoing passion in your life? This month at the Reference Department of the Moncton Public Library, we are featuring resources that can inspire and assist you in your fitness endeavours.

In the Library

Check out our display of books on the second floor.

The New Brunswick Public Library Services collections include many books, videos and other resources related to your physical fitness. Discover them using the Vision online catalogue: Do a keyword search for “fitness” or “exercise” or find information on specific activities with keyword searches such as “walking,” “yoga,” etc. or find help on improving at your favourite sport by searching for “hockey training,” “soccer training,” etc.

Online

Some of our resources are very popular and you may have to place a hold on the item and wait for it to come in. While you are waiting, why not check out some online resources:

Body Break—the “keep fit and have fun” source for Canadian information on exercise and nutrition. www.bodybreak.com

Canadian Fitness and Lifestyle Research Institute—check out the monthly newsletter for tips and advice on healthy living. This month’s issue helps you set a SMART fitness goal. www.cflri.ca/eng/lifestyle/

In Motion—The city of Moncton provides information and resources for keeping physically active in our city. It includes access to the Physical Activity Log feature on “Canada in motion.” www.moncton.ca/Residents/Recreation_Parks_and_Culture/Active_Living/in_motion.htm

Yoga Journal—this site includes free yoga lessons (video podcast or streaming video). www.yogajournal.com

For more online resources check out the Virtual Reference Library on the New Brunswick Public Library Services website. Go to www.gnb.ca/libraries and click on “VRL” scroll down to “Health & Medicine” and select “Physical Fitness.”

See issues of Information Spotlight online. Go to www.monctonpubliclibrary.ca and look in the Reference Services department (under “Library Services”)



Information Spotlight on... January 2010—Fitness



Around Here—Local Fitness

City of Moncton contact for recreational activities: 853-3516

Public Skating Rinks in Moncton

Tim Hortons 4-Ice

Address: 55 Russ Howard Drive

Website: www.moncton4plex.com

Telephone: 388-4870

Community Rinks: Evergreen Park (Evergreen Drive), Ashley Park (Evergreen Drive), Grove Hamlet (Tamarack Terrace), Mapleton Place (Candlewood Drive), Lewisville Park (Edgehill and Glenmoor Drive), Prince Edward Park (Givan Drive)

Outdoor rinks: Centennial Park, Mapleton Park

Fitness Centres in Moncton

CEPS Université de Moncton

Address: 18 Antonine-Maillet Avenue. Telephone: 358-4536

Website: www.umoncton.ca/umcm-ceps/

Nubody’s Fitness

Address: 795 Main Street. Telephone: 854-2348

Website: www.nubodyfitness.com/Moncton.asp

St. Patrick’s Family Centre

Address: 34 Providence Street. Telephone: 857-2024

YMCA

Address: 30 War Veterans Avenue. Telephone: 857-0606

Website: www.monctonymca.ca/

New Dawn Yoga Centre

Address: 210 Cornhill Street. Telephone: 389-9851

Akido Moncton—Peaceful Warriors

Address: 449 St. George Street. Telephone: 884-7428

Groups and Clubs

Cross Country Ski Club

Telephone: 386-4754

Falcons Orienteering Club

Telephone: 852-3903

Website: www.orienteeing.nb.ca/falcons/index.html

Moncton Squash Club

Address: 70 Limerick Street. Telephone: 388-9505

VolkSport Walking Club

Telephone: 855-5089

Outdoor Enthusiasts

Website: oemoncton.homestead.com/

Southeast Mountain Bike Club

Telephone: 382-2547