



# SENATOR JIM ALESI

*The Original Community Update: Week Ending 9/24/10*



## FAMILY HEALTH & FITNESS DAY: SATURDAY, SEPTEMBER 25TH

Staying fit is an important part of growing up and can teach children wellness and healthy habits that will remain with them for the rest of their lives. Unfortunately, many children do not get the physical exercise that they need to stay fit. In fact, more than one-fourth of all school children in the United States are overweight, making them more susceptible to developing serious health problems, such as heart disease and diabetes. Being overweight can also impact childrens' self-esteem, sense of well-being, and ability to excel at school. With Family Health & Fitness Day tomorrow, I encourage all parents and children to engage in physical activities. Just a few minutes of exercise can make a huge difference!

## WORLD CANALS CONFERENCE COMES TO MONROE COUNTY



The Erie Canal passes under the lift bridge in the Village of Fairport, next to my Distict Office.

This week, the World Canals Conference was held in Rochester, marking the first time in history the event has returned to a host city. Rochester previously hosted the conference in 2000, setting an attendance record that still stands. The opening ceremonies were held on Sunday, and included a spectacular boat flotilla on the Genesee River, tours of working tugboats and barges, pleasure boats and historic vessels, and an outdoor concert performed by the Rochester Philharmonic Orchestra along the banks of the Genesee River. With hundreds of delegates from more than twenty nations on hand for the week's activities, the World Canals Conference is an event convened to share the newest information on commnuity and economic development, tourism, recreation, rehabilitation and operation of canals. I am hopeful that many area residents were able to participate in the festivities, and I look forward to Rochester hosting the World Canals Conference again!

21ST ANNUAL FREE

# SENATOR JIM ALESI FAMILY HEALTH & FITNESS FAIR

*Upstate New York's Largest Health Care Exhibition!*

**Thursday, October 7, 2010**

**10:00 AM - 4:30 PM**

**At the Dome Arena at the Fair & Expo Center**

220 PACKETT'S LANDING | FAIRPORT, NY 14450 | (585) 223-1800

[ALESJ@SENATE.STATE.NY.US](mailto:ALESJ@SENATE.STATE.NY.US) | [WWW.ALESJ.NYSENATE.GOV](http://WWW.ALESJ.NYSENATE.GOV)

**promoting  
family health  
& fitness:**