

From the archives

Historian **Mike Petty** tells us what made headlines in Cambridge in years gone by. Visit mikepetty.org.uk and search for the Fenland History on Facebook group.

September 6, 1978

The 'violent shrill of complaint' from the public over heavy fines for overdue library books has left some county councillors unmoved. The leisure committee decided against reducing fines of 10p a week per book which are embarrassing library staff and causing hardship. Chief librarian Royston Brown says people are taking out fewer books and many children have stopped using the libraries.

September 8, 1961

Oakington was unsuitable for major residential development, the county development control officer told an inquiry. It had mains electricity, gas and water but a sewage system was not expected for three or four years and the school was already overcrowded. Milton, Cottenham, Girton and Histon were more suitable. But there were swarms of builders after any land for which planning permission had been granted.

September 9, 1926

Ely councillors discussed government regulations requiring every cowkeeper or purveyor of milk to be registered and all who keep cows must have cement floors. It means cows kept on fen farms, to employ labour, would have to be sold. A man would not be able to keep his own cow in his own yard or sell his own milk. It appeared a lot of tomfoolery and was helping the foreigner instead of those at home. It was agreed to protest against the order.

September 10, 1923

Fire broke out at Thomas B Hunt photographer's shop Fitzroy Street. The fire was confined to an outhouse which was completely burnt out. It was connected with the main building by a wooden door and had it not been for the prompt attention of the brigade there is no doubt the whole house would have been in flames.

September 11, 1908

The university vacations throw many boys and men out of work and create a class of idle and useless men who live on their wives' earnings, and at other times are destitute. Many women work as bedmakers but others can neither cook nor keep their houses tidy. Improvident early marriages between men and women who have no savings to furnish a house, no experience to teach them economy and no solid mutual affection to help them bear hardship are the source of great and prolonged misery.

September is an excellent time of the year to recalibrate your wellbeing and dial in your exercise routine.

Summer holidays have been enjoyed, kids are heading back to school and it's time to settle back into a routine for the remainder of the year, carrying that momentum into 2024 without the need for a January reset. With the unique blend of favourable weather, psychological motivation, and practical advantages, September offers the perfect setting for you to kick-start your path to a healthier lifestyle.

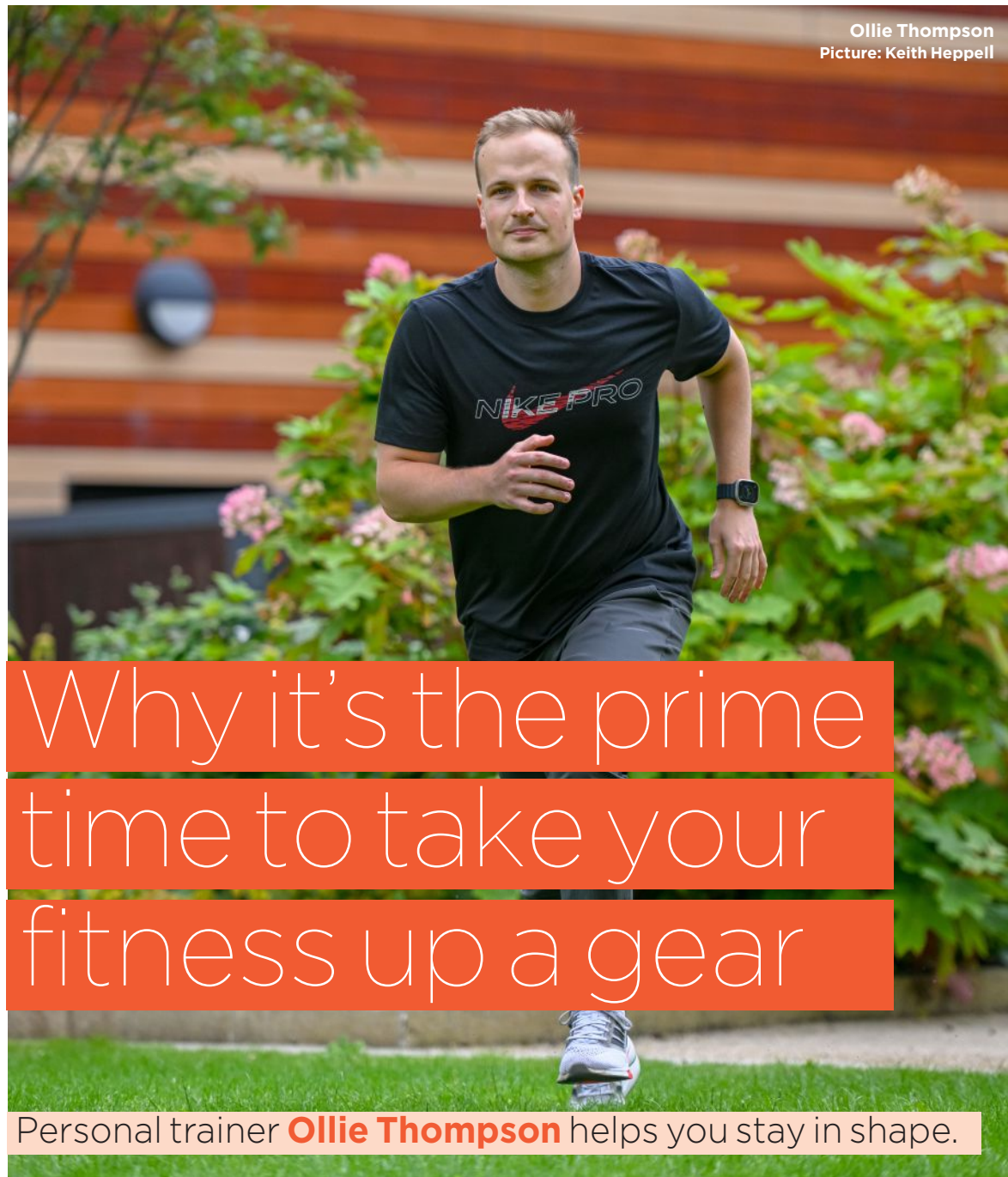
Here are six reasons why September is the best month to embark on your fitness journey:

1 Moderate weather: Bid farewell to the warmer summer temperatures and welcome the more moderate September weather. The heat becomes gentler, making outdoor activities much more pleasant. Whether it's jogging in the park, cycling through the scenic countryside, or practising evening yoga in the garden, the comfortable weather encourages you to step outside and engage in physical activities without the August temperatures.

2 Renewed motivation: September marks a natural transition period in the year. With the start of the new school year and the feeling of a "fresh start" lingering from back-to-school days, many people find themselves feeling more motivated and rejuvenated during this time. It's an opportunity to harness this renewed energy and channel it into kick-starting your fitness and wellbeing journey. Set realistic goals, create a plan and let September be that habit-changing month.

3 Build momentum before Christmas: The festive season is just a few months away, and we all know how challenging it can be to stay committed to a fitness routine amid the festivities. By starting your journey in September, you have a good three months to establish healthy habits, build momentum, and see noticeable progress. This early head start will provide you with a solid foundation to help you stay on track even during the temptations of holiday treats.

4 Abundance of fresh produce: September brings an abundance of fresh, seasonal produce to



Ollie Thompson
Picture: Keith Heppell

Why it's the prime time to take your fitness up a gear

Personal trainer **Ollie Thompson** helps you stay in shape.

the local stores and markets.

Fruits and vegetables are at their peak in terms of flavour and nutritional value.

Incorporating these nutrient-rich foods into your diet not only supports your fitness goals and motivates you to stay on track, but also provides your body with the nourishing nutrients it needs to thrive from both a health and energy perspective, enabling your wellbeing to flourish.

5 Longer daylight hours: As autumn approaches, the days gradually become shorter. However, in September, you still

benefit from longer daylight hours.

This extended daylight gives you more time to engage in outdoor activities after work or school pickups, allowing for a more flexible and fulfilling fitness routine.

6 Lower gym crowds: The start of the university academic year often means a small decrease in gym crowds and increase in bar crowds.

Therefore, September is a great time to take advantage of this and make the most of the gym facilities without the rush you'd typically see in January or February.

You can access equipment more

easily and enjoy a less crowded environment, enhancing your overall workout experience.

■ Ollie Thompson specialises in helping career-focused professionals get into great shape, build long-term health and perform better in their work. Named as one of *London Evening Standard's* top London personal trainers, Ollie works across Cambridge and London and offers both in-person and virtual personal training.

■ Visit welltolead.com and follow Ollie on Instagram @[olliethompsonhealth](https://www.instagram.com/olliethompsonhealth) for more - and read more of his columns every month in the *Cambridge Independent*.

How to kick-start your exercise routine this September

To kick-start a new fitness routine, it's crucial to set clear goals that are specific, measurable, achievable, relevant, and time-bound (SMART).

Whether you have body composition goals such as 'lose weight and build muscle' or if your goals are more health and performance driven - such as increasing cardiovascular fitness or simply moving and feeling at

your best each day - defining these objectives will provide a roadmap for your fitness journey.

Once your goals are in place, start by scheduling your workouts. Consistency is key, so establish a weekly exercise routine that realistically fits into your lifestyle. Whether it's early morning, lunch breaks, or evenings, choose a time that you can commit to regularly. This consistent schedule will help

condition your body and mind, making exercise a habit rather than a sporadic endeavour.

With your goals and schedule set, consider the types of exercises that align with your enjoyment, curiosity and goals.

I typically find many of my clients find most success with a balanced mix of cardiovascular activities, strength training and sport or a style of exercise that

they find great social benefits with such as a yoga class.

Remember to begin with manageable intensity, frequency and duration, gradually increasing as your fitness improves.

By following these steps and maintaining a positive mindset, you'll kick-start your fitness routine with enthusiasm and pave the way for a healthier, more active lifestyle for good!