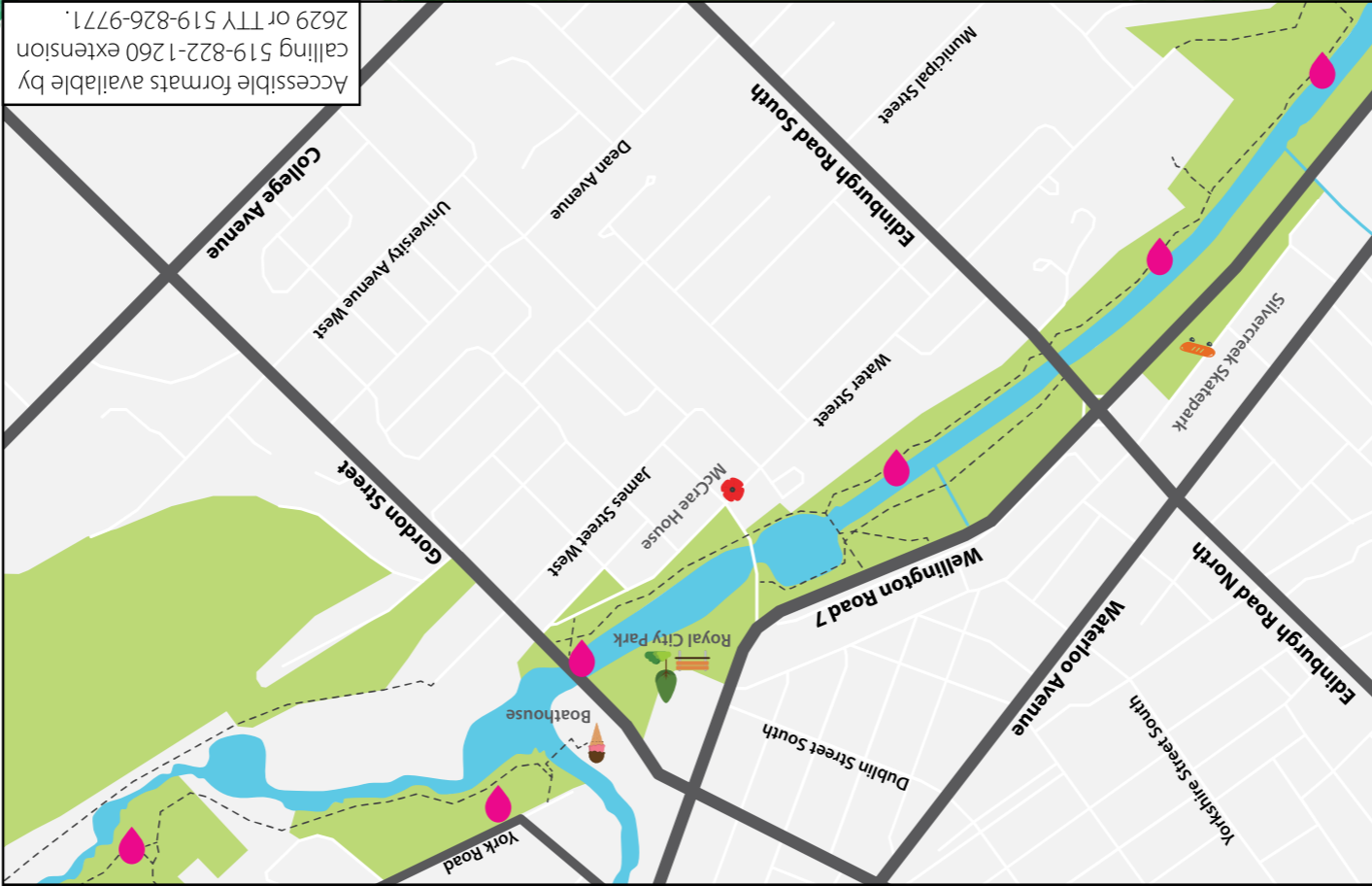




Name: Nicole Prendergast
Photo Credit: Nicole Prendergast

I'm not much of a gym person, so to stay active I love to use what Mother Nature has blessed us with! Any chance I get when the weather is nice, my boyfriend and I will go on hikes, go canoeing, or just for a nice walk in the park. Guelph has been such a great place to do all of these things - whether it be canoeing at Speed River Paddling, hiking and checking out the Mill Ruins at Rockwood Conservation, or just having a nice walk through Riverside Park, Guelph has definitely kept us moving!



Accessible formats available by calling 519-822-1260 extension 2629 or TTY 519-826-9771.

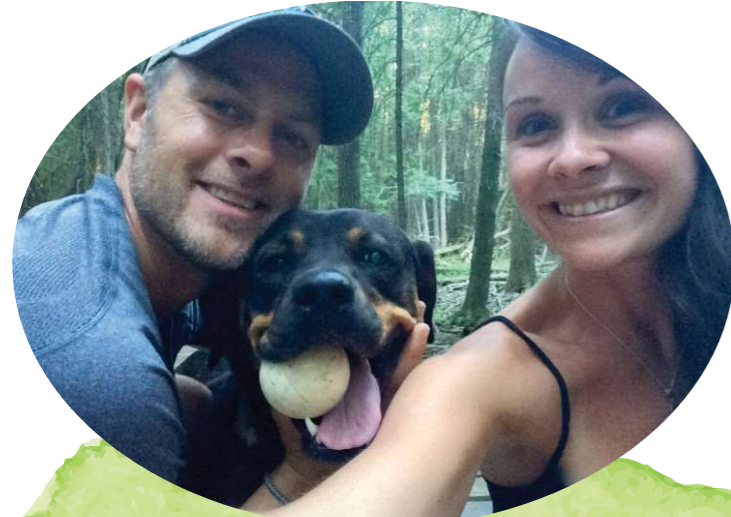


Name: Ian and Laurn Conlon
Photo Credit: Ian and Laurn Conlon

As small business owners and personal trainers, we train in our studio to prepare us and our students for the exploration of Guelph's unique and beautiful outdoor spaces. We love to go all around Guelph and hope to go all around the world, with our movement practice following us wherever we go.

Name: Cailin, Dave, and Dixie Harrop
Photo Credit: Cailin Harrop

Guelph is a beautiful city with so many fun trails to explore and a wonderful community. I take to the trails with my dog Dixie who loves them just as much (if not more) than I do.



Name: Ty Henshaw and Nicole Hanna
Photo Credit: Nicole Hanna

We walk mainly for the mental health benefit and social engagement. This picture was not possible last year because of severe mental health issues, but here we are unstoppable! The Up & Running program got me reconnected to my love of movement, people and nature. Plus they are teaching me to run! After 10 years together, a romantic walk by the river still gets our hearts going.



The artist

Mallory Tolcher is a local artist who specializes in community art, drawing and installation art. Mallory's work includes Canada's largest sports court mural located in Palmerston, Ontario.

#GuelphMovesMe promotes physical fitness on Guelph's trails through an outdoor art exhibition by Mallory Tolcher. The community submitted photos of people getting physically active, answering the question: "How does Guelph move you?" to inspire Mallory's twelve hand-drawn portraits. We're installing the first six portraits September 3 along the Silvercreek and Eramosa River trails. The next six will appear starting September 16.

Learn more about **#GuelphMovesMe** at guelph.ca/airguelph



Artist in Residence

Mallory Tolcher

#GuelphMovesMe



Portrait: Jenna Westaway by Mallory Tolcher
Graphite and charcoal on paper, 2019

Outdoor art exhibition
The Silvercreek and Eramosa River trails
Exhibition 1: September 3-15
Exhibition 2: September 16 - October 4



Name: Maziar Hamad
Photo Credit: Natasha Buckiewicz

I stay active because it's therapy for my body and my mind. Exercise to me is the greatest all-in-one prescription for a healthy life. Guelph has always been a place that inspires me to move!



Name: Elijah Kamau MacBeth
Photo Credit: Jamie MacBeth

I am a pretty active person; I love nature, and feel better - calmer, more grounded and whole - when I move my body outside. I've been sharing this with my energetic and busy 7-year-old Elijah, and dog, Serena. We often go out walking, biking, hiking, playing or exploring every single day. Elijah is a very physical guy. Watching him play and move, you can see that movement is a celebration of sense for him. I try as much as possible to help provide that for him. I hope it sets the foundation for tools later in life like managing stress, anxiety, grief or depression. I hope it will be a natural impulse to get outside and move. (Jamie MacBeth)



Name: Greg Kett
Photo Credit: Dave Steele

In this photograph, I had just finished my last leg of the Coburg to Niagara Falls running relay race. I was part of 12 person team from Guelph. The rest of the team was there to greet me and take this picture just after I crossed the finish line.



Name: Nya and Chase Churchill
Photo Credit: Meaghan Lugsdin

Much of my own childhood was spent outside and so as a family, we think it is so important for our children to get outdoors and play; scout out nature and to create their own fun. We love hiking and spending time near parks that Guelph has to offer. Chase and Nya especially love Riverside Park because of the play structures, the many trees available to climb, and of course, the carousel! (Rebekah Churchill)



Name: Brennan Powers
Photo Credit: Calum Powers

Guelph moves me by giving me so many opportunities to be active and enjoy the outdoors. I love to go for long walks in my neighbourhood or on one of Guelph's beautiful walking trails. I also golf, do yoga, and go canoeing at Guelph Lake. But my favourite way to be active is by playing softball. I've played softball since I was 7 years old and love the game because I get to be part of a team and have lots of laughs in the dugout. For me, being active is best enjoyed with friends.



Name: Natalie Intven and Kurt Hundeck
Photo Credit: Natalie Intven

I discovered the joy of running when I moved to Guelph five years ago. Once I started exploring the vast network of Guelph's beautiful trails, I was hooked. Running is wonderful, but trail running is the absolute best. This is my happy place, amongst the trees. Kurt and I run the trails together year-round. Even though I was a former winter-hater, I now look forward to our winter long runs. Trail running keeps me healthy and happy and connected to the Earth. Recently, I have helped bring Parkrun to Guelph - a free, weekly, timed 5 kilometre run/walk.



Name: Heather Draymond
Photo Credit: Susan Nash

Being active and fit has always been important to me to maintain my physical, emotional and psychological well-being. When my sciatic nerve was damaged during my second hip replacement, my active lifestyle was in jeopardy. I immediately sought help for exercises specific to balance, gait and strengthening. Two-and-a-half-years later, I can now do everything I always did except downhill skiing. I love living in Guelph, where I can walk everywhere for shopping and have such a wonderful variety of hiking and biking trails readily available. It is a lifestyle city with a soul.



Name: The Lando Family
Photo Credit: Julie Brandon

One of the ways we have been able to stay fit (with a child) is to run. For us, running on the Guelph trails is our therapy. Whether alone, or bringing along the jogging stroller, we always feel better after going for a run. One of our favourite quotes is: "If you are in a bad mood, go for a run. If you are still in a bad mood, go for another run!"

