



Stars do their bit

JOHNATHAN Brown's battle with a knee injury hopefully won't stop him from reaching his 200-game milestone. But off the field it hasn't prevented the Lions skipper from doing his bit for a good cause.

Brownie is an ambassador for "Sportember", which aims to promote the benefits of sport and exercise.

Proceeds from events on "National Sports Day" on September 17 will go to grassroots sports and Diabetes Australia.

Swimmer Libby Trickett and the Gold Coast Titans are others who have climbed on board.

Speaking of the Titans, fullback Preston Campbell will be an ambassador for "Exercise Your Mood" week from September 11-17.

The week is being organised by the Black Dog Institute and will focus on how exercise can help relieve some symptoms of depression and anxiety.