My Health™

JANUARY 2015 *Healthy Heart, Healthy Mind, Healthy Living*

HEALTHY LIVING

Happy New Year

Get a Fresh Start to Healthy Eating

Year after year, losing weight is one of the most popular new year's resolutions. Perhaps it is the guilt kicking in from the overindulgence of the holiday treats or the mindset that a new year means a new start to healthy eating. The Dieticians of Canada offer these five simple guidelines and quick tips:

1. **Go for whole grains** – Be sure that half of your grain choices are whole grain as research shows that it is heart healthy. Be mindful of serving sizes when choosing grain products.
   Quick tip: Substitute whole-wheat flour for all or part of the white flour when baking.

2. **Eat plenty of vegetables and fruit** – They are loaded with nutrients and fibre. Challenge yourself to include at least one dark leafy green and one orange veggie per day.
   Quick tip: Fill half your plate with vegetables at dinner.

3. **Milk products are good for the body** – Protein, calcium, and B vitamins are just some of the many nutrients in milk products. Go ahead and enjoy two cups (500 ml).
   Quick tip: Add defrosted frozen raspberries to plain low fat Greek yogurt for a tasty breakfast.

4. **Choose lean meats and enjoy meat alternatives** – They are a rich source of protein, iron, and zinc. Opt for the lean choices and prepare them with little or no added fat. Legumes (kidney beans, chick peas, lentils) are good for you too.
   Quick tip: Sprinkle seeds on stir-frys and salads or enjoy a handful of nuts for a protein-filled snack.

5. **Elect the healthier fats** – Some fat in your diet is good as it adds a lot of flavour to food and helps us to absorb some nutrients. 30 to 45 ml of healthier unsaturated fat each day is fine.
   Quick tip: Try a little mashed avocado on sandwiches instead of butter or mayonnaise.

HEALTHY MIND

Good Health Needs Good Motivation

Start a Personal Wellness Program

Now that the holidays are over, the new year often calls for a new plan to get the year started on the right foot. Why not start a personal wellness program? Keep in mind that the design of the program needs to be

realistic with attainable goals. Here are a few ideas to give you a kick start:

1. Be specific about what you want to improve in your life. Make a list and focus on the areas that you need to make the changes. Examples might include better time management, lower stress level, health and weight improvement.
2. Create a list of tangible things that you can do in each area. For instance, if you would like to lower your stress level, you can try mediation or get adequate sleep.
3. Set up weekly goals to motivate you to stick to the program. Making a change takes time and can be overwhelming. You may be tempted to quit if you don't attain the final result as quickly as you would like.
4. Make a list of the reasons for wanting to change and post it in a prominant location. This will help you stay committed to the program.
5. Reward yourself when you achieve small goals along the way. Rewards can be anything that makes you feel good. This is another good source of motivation.
6. Diarize your progress and feelings. You will feel good about yourself when you review all that you've accomplished.

Source: Livestrong.com

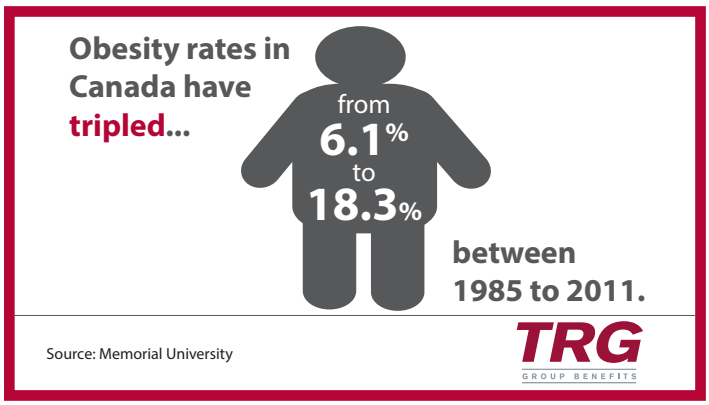
HEALTHY HEART

Battling Obesity

A Growing Problem

Weight gain is a common occurrence after the holidays, resulting in weight loss being a popular new year's resolution. It is important to shed those extra pounds as obesity rates in Canada have tripled (from 6.1% to 18.3%) between 1985 and 2011, according to a study from Memorial University in St. John's. Further findings by Dr. L.K. Twells project that about 21% of Canadian adults will be obese by 2019.

Normal weight is classified as a body mass index (BMI) of 18.5 to 24.9 and overweight as having a BMI of 25 to 29.9. Being obese is defined as having a BMI of 30 or higher and is associated with a host of health risks such as type 2 diabetes, high blood pressure and cancer.

The causes of obesity include genetics, prenatal and postnatal influences, unhealthy diets, inactivity, and lack of sleep, just to name a few. Although some causes are not within our control, there are some things that we can do to battle obesity.

Start with a heart healthy diet of well-portioned meals, consisting of whole grains, vegetables, fruits, and nuts. Try to add at least 30 minutes of physical activity to your daily schedule to boost your energy level, and metabolism. Diet and physical activity will certainly help with weight control and to help prevent chronic diseases. Getting enough sleep does wonders for body rejuvenation and can help to lessen the risk factor for obesity.