



HEALTHY HEART

Prevention is Key

How to Be Heart Healthy

February is heart and stroke month in Canada but cardiovascular health should be top of mind every month, given the fact that one person dies from heart disease or stroke every seven minutes.

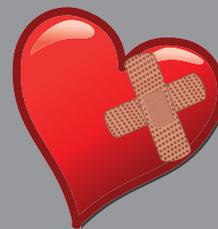
While age, gender, family history, and ethnicity are uncontrollable risk factors, there are lifestyle changes that you can make to help reduce your risk of developing heart disease and stroke. Case in point, eight in 10 cases of premature heart disease and stroke are preventable through healthy lifestyle behaviours, according to the Heart and Stroke Foundation of Canada. You owe it to your life to adopt the following changes:

1. Eat a healthy, balanced diet by choosing heart-friendly food and eating at home as much as possible. If you do eat out, make sure you are aware of the ingredients as well as the portion size.
2. Maintain a healthy weight. A lower weight and trimmer waistline are not just for the purpose of vanity. It could save your life.
3. Keeping moving. Regular exercise helps to burn

off calories as well as balance your hormones. The goal is to keep active, whenever possible.

4. Don't smoke and limit your alcohol intake. Both habits do way more harm than good.
5. Know your numbers (cholesterol, blood pressure, blood-sugar level, etc). It doesn't hurt to know your bio-metrics. Not knowing, on the other hand, could be fatal.
6. Manage or reduce your stress. Learn to cope with things that are causing you stress. Not only will your mental health improve, your physical health will too.

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Source: Heart and Stroke Foundation of Canada

TRG
GROUP BENEFITS

HEALTHY MIND

Weighing in on Sleep

The Connection Between Sleep and Body Weight

It is unanimously understood that sleep is an integral part of a healthy lifestyle. It rejuvenates your body and mind, keeps your concentration going throughout the day, and improves your overall mood. And that's not all. Did you know sleep can help you achieve a healthy body weight? It's true and here are a few explanations:

- Two hormones in particular, leptin and ghrelin, play an important role in controlling your appetite. Leptin, better known as the "appetite suppressor" tells your brain that the body has enough energy stores so you don't need to eat. Ghrelin, on the other hand, is the "appetite increaser". It is released in your stomach and tells your brain that you are hungry even though you may not be. When you get the recommended number of hours of sleep (between seven to nine hours per night), your hormones are balanced.
- If you are sleep-deprived, you'll probably feel too tired to engage in any physical activity. And chances are, you'll gravitate towards food (something sweet) as a way to help boost your energy level. Aim to get sufficient sleep so that you'll have the energy to keep moving throughout day (and burn calories) rather than reach for a high-carb snack to help you get through the afternoon.
- When you are awake, there are more opportunities to eat even if you are not necessarily hungry. With more hours being awake, you may resort to food as a way to pass time or extract comfort. By maximizing your hours of sleep, you have a better handle on your eating pattern, rather than a sporadic schedule.

HEALTHY LIVING

Size Matters

A Handy Guide to Serving Sizes

Part of eating healthy involves knowing the portion size. Since food is not necessarily packaged in individual healthy serving sizes, here are some handy tips to help you get a clearer understanding of portion size, courtesy of Eat Right Ontario.

Vegetables and Fruit: Canada's Food Guide recommends seven to ten servings per day depending on your age and gender.

- 1 serving of fresh, frozen or canned vegetables is ½ cup (125ml) or ½ fist
- 1 serving of leafy vegetables is 1 cup (250ml) or 1 fist
- 1 serving of whole fruit is 1 fist
- 1 serving of fresh, frozen or canned fruit is ½ cup (125ml) or ½ fist

Grain Products: Canada's Food Guide recommends six to eight servings per day depending on your age and gender.

- 1 serving of bread is 1 slice (or ½ small bagel) the size of the palm of your hand
- 1 serving of rice or pasta is ½ cup (125ml) or ½ fist
- 1 serving of cold cereal is 30g or 1 fist

Milk and Alternatives: Canada's Food Guide recommends two to three servings per day depending on your age and gender.

- 1 serving of milk or fortified soy beverage is 1 cup (250ml) or 1 fist
- 1 serving of yogurt is ¾ cup (175ml) or 1 fist
- 1 serving of cheese is 1 ½ oz (50g) or 2 thumbs

Meat and Alternatives: Canada's Food Guide recommends two to three servings per day depending on your age and gender.

- 1 serving of meat, poultry or fish is 2 ½ oz (75g) or the palm of your hand
- 1 serving of nuts and seeds is ¼ cup (60ml) or cupped hand