

**be healthy 2020**

Healthy lifestyle tips



## Concrete ways stress is possibly the most dangerous toxin your body faces every day.

- \* Stress changes gene expression.
- \* Early life events determine your set point for stress.
- \* Stress causes brain damage.
- \* Stress shuts down the immune system and increases inflammation.
- \* Chronic stress damages the energy powerhouses of your body, your mitochondria.
- \* Stress reduces your ability to metabolize and detoxify.
- \* Your cardiovascular system responds to stress, increasing cardiac output if you have to run away from a tiger.
- \* Stress messes with your hormones.
- \* Stress is bad for your bones and muscles.
- \* The gut and stress are intimately intertwined.

By Robin Berzin, M.D. Doctor & Founder Of Parsley Health

**Stress management tips** (see November 2020 back page)

# NOVEMBER 2019

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# DECEMBER 2019

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# **10** Healthy Lifestyle Tips for Adults

- 1.** Eat a variety of foods
- 2.** Base your diet on plenty of foods rich in carbohydrates
- 3.** Replace saturated with unsaturated fat
- 4.** Enjoy plenty of fruits and vegetables
- 5.** Reduce salt and sugar intake
- 6.** Eat regularly, control the portion size
- 7.** Drink plenty of fluids
- 8.** Maintain a healthy body weight
- 9.** Get on the move, make it a habit!
- 10.** Start now! And keep changing gradually.

# JANUARY 2020

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**1** New Year's Day

**Eat a variety of foods**

# 1.

## Eat a variety of foods

For good health, we need more than 40 different nutrients, and no single food can supply them all. It is not about a single meal, it is about a balanced food choice over time that will make a difference!

- A high-fat lunch could be followed by a low-fat dinner.
- After a large meat portion at dinner, perhaps fish should be the next day's choice?

# FEBRUARY 2020

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14 Valentine's Day 17 Family Day (BC, AB, SK, ON, NB)

17 Islanders Day (PEI) Louis Riel Day (MB) Heritage Day (NS)

**Base your diet on plenty of  
foods rich in carbohydrates**

## 2.

### **Base your diet on plenty of foods rich in carbohydrates**

About half the calories in our diet should come from foods rich in carbohydrates, such as cereals, rice, pasta, quinoa, oats, buckwheat, kidney beans, chickpeas, sweet potatoes, bananas, apples, blueberries. It is a good idea to include at least one of these at every meal.

Whole grain foods, like whole grain bread, pasta, and cereals, will increase our fibre intake.



# MARCH 2020

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**Replace saturated  
with unsaturated fat**

### 3.

## Replace saturated with unsaturated fat

Fats are important for good health and proper functioning of the body. However, too much of it can negatively affect our weight and cardiovascular health. Different kinds of fats have different health effects, and some of these tips could help us keep the balance right:

- We should limit the consumption of total and saturated fats (often coming from foods of animal origin), and completely avoid trans fats; reading the labels helps to identify the sources.
- Eating fish 2-3 times a week, with at least one serving of oily fish, will contribute to our right intake of unsaturated fats.
- When cooking, we should boil, steam or bake, rather than frying, remove the fatty part of meat, use vegetable oils.

# APRIL 2020

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10 Good Friday    13 Easter Monday (QC)

**Enjoy plenty of  
fruits and vegetables**

## 4.

### **Enjoy plenty of fruits and vegetables**

Fruits and vegetables are among the most important foods for giving us enough vitamins, minerals and fibre.

We should try to eat at least 5 servings a day. For example, a glass of fresh fruit juice at breakfast, perhaps an apple and a piece of watermelon as snacks, and a good portion of different vegetables at each meal.

# MAY 2020

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**10** Mother's Day   **18** Victoria Day

**Reduce salt and sugar intake**

## 5.

### Reduce salt and sugar intake

A high salt intake can result in high blood pressure, and increase the risk of cardiovascular disease. There are different ways to reduce salt in the diet:

- When shopping, we could choose products with lower sodium content.
- When cooking, salt can be substituted with spices, increasing the variety of flavours and tastes.
- When eating, it helps not to have salt at the table, or at least not to add salt before tasting.

Sugar provides sweetness and an attractive taste, but sugary foods and drinks are rich in energy, and are best enjoyed in moderation, as an occasional treat. We could use fruits instead, even to sweeten our foods and drinks.

# JUNE 2020

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**21** Father's Day

**21** Aboriginal Day (NWT)   **24** St. Jean Baptiste Day (QC)

**Eat regularly,  
control the portion size**

## 6.

# Eat regularly, control the portion size

Eating a variety of foods, regularly, and in the right amounts is the best formula for a healthy diet.

Skipping meals, especially breakfast, can lead to out-of-control hunger, often resulting in helpless overeating. Snacking between meals can help control hunger, but snacking should not replace proper meals. For snacks, we could choose yogurt, a handful of fresh or dried fruits or vegetables (like carrot sticks), unsalted nuts, or perhaps some bread with cheese.

Paying attention to portion size will help us not to consume too much calories, and will allow us to eat all the foods we enjoy, without having to eliminate any.



# JULY 2020

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**1** Canada Day

**Drink plenty of fluids**

## 7.

### **Drink plenty of fluids**

Adults need to drink at least 1.5 litres of fluid a day or more if it's very hot or they are physically active.

Water is the best source, of course, and we can use tap or mineral water, sparkling or non-sparkling, plain or flavoured. Fruit juices, tea, soft drinks, milk and other drinks, can all be okay - from time to time.

# AUGUST 2020

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3 Civic Holiday

**Maintain a healthy body weight**

## 8.

# Maintain a healthy body weight

The right weight for each us depends on factors like our gender, height, age, and genes. Being overweight increases the risks of a wide range of diseases, including diabetes, heart diseases, and cancer.

Excess body fat comes from eating more than we need. The extra calories can come from any caloric nutrient - protein, fat, carbohydrate, or alcohol, but fat is the most concentrated source of energy. Physical activity helps us spend the energy, and makes us feel good. The message is reasonably simple: If we are gaining weight, we need to eat less and be more active!

# SEPTEMBER 2020

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**7** Labour Day

**Get on the move,  
make it a habit!**

## 9.

# Get on the move, make it a habit!

Physical activity is important for people of all weight ranges and health conditions. It helps us burn off the extra calories, it is good for the heart and circulatory system, it maintains or increases our muscle mass, it helps us focus and improves overall health and well-being. We don't have to be top athletes to get on the move! 150 minutes per week of moderate physical activity is advised, and it can easily become part of our daily routine. We all could:

- use the stairs instead of the elevator
- go for a walk during lunch breaks  
(and stretch in our offices in between)
- make time for a family weekend activity

# OCTOBER 2020

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12 Thanksgiving    31 Halloween

**Start now!**  
**And keep changing gradually.**

# 10.

## Start now!

### And keep changing gradually.

Gradual changes in our lifestyle are easier to maintain than major changes introduced all at once. For three days, we could write down the foods and drinks we consume throughout the day, and make a note of the amount of movement we made. It won't be difficult to spot where we could improve:

- Skipping breakfast? A small bowl of muesli, a piece of bread or fruit, could help slowly introduce it into our routine
- Too few fruits and vegetables? To start with, we can introduce one extra piece a day.
- Favourite foods high in fat? Eliminating them abruptly could fire back, and make us return to the old habits. We can choose low fat options instead, eat them less frequently, and in smaller portions.
- Too little activity? Using the stairs daily could be a great first move.



# NOVEMBER 2020

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11 Remembrance Day

**Stress management tips**

# Stress Management Tips

People can learn to manage stress and lead happier, healthier lives. Here are some tips to help you keep stress at bay.

- \* Keep a positive attitude.
- \* Accept that there are events that you cannot control.
- \* Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- \* Learn and practice relaxation techniques; try meditation, yoga, or tai-chi for stress management.
- \* Exercise regularly. Your body can fight stress better when it is fit.
- \* Eat healthy, well-balanced meals.
- \* Learn to manage your time more effectively.
- \* Set limits appropriately and learn to say no to requests that would create excessive stress in your life.
- \* Make time for hobbies, interests, and relaxation.
- \* Get enough rest and sleep. Your body needs time to recover from stressful events.
- \* Don't rely on alcohol, drugs, or compulsive behaviors to reduce stress.
- \* Seek out social support. Spend enough time with those you enjoy.
- \* Seek treatment with a psychologist or other mental health professional trained in stress management or biofeedback techniques to learn healthy ways of dealing with the stress in your life.

# DECEMBER 2020

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25 Christmas Day    26 Boxing Day (ON)

**Be Healthy 2020**

Business Cards, Postcards, Flyers, Brochures, Labels,  
Magnets, Door Hangers, Presentation Folders,  
Magnetic Calendars, Posters, Greeting Cards,  
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# 2021

## JANUARY

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## APRIL

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## NOVEMBER

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## SEPTEMBER

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## DECEMBER

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# KITCHEN CONVERSIONS

Cup	Milliliters	Fluid Ounces	Table- spoons	Tea- spoons
1/16 cup	15 ml	1/2 oz	1 tbsp	3 tsp
1/8 cup	30 ml	1 oz	2 tbsp	6 tsp
1/4 cup	59 ml	2 oz	4 tbsp	12 tsp
1/3 cup	79 ml	2 2/3 oz	5 1/3 tbsp	16 tsp
1/2 cup	118 ml	4 oz	8 tbsp	24 tsp
2/3 cup	158 ml	5 1/3 oz	10 2/3 tbsp	32 tsp
3/4 cup	177 ml	6 oz	12 tbsp	36 tsp
1 cup	237 ml	8 oz	16 tbsp	48 tsp

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