



## Wellness Tips 2010

### Beausejour-Brokenhead is *in motion!*

Accumulate 30 – 60 minutes of moderate physical activity daily to stay healthy or improve your health. Add up your activities in periods of 10 minutes each. Start slowly.... and build up.

[www.manitobainmotion.ca](http://www.manitobainmotion.ca) Call 1-866-788-3648

### Waist Size Matters



Obesity is a risk factor for many chronic diseases. Did you know that storing fat in the belly area (apple-shaped) is another risk factor for heart disease and stroke? To find out if you are “apple-shaped” rather than “pear-shaped”, measure your waist circumference. Take off your shirt and loosen your belt. Put a measuring tape half-way between your hip bone and the bottom of your rib cage. Record the measurement when your abdomen is relaxed and as you breathe out. If your waist measures 40 inches or more for men, or 35 inches or more for women, you have an increased risk of developing health problems, such as diabetes, heart disease and high blood pressure. Lifestyle changes in healthy eating and increased physical activity may be in order!

*Information from the Heart & Stroke Foundation*

### Fats and Canada's New Food Guide

Did you know that the Food Guide encourages you to include small amounts (2 to 3 tbsp) of unsaturated fat each day? These include oil used for cooking, salad dressings, margarine and mayonnaise. You should use vegetable oils such as canola, olive and soybean. Choose soft margarines that are low in saturated and trans fats, and should limit butter, hard margarine, lard and shortening. [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

### The Rainbow of Canada's New Food Guide

Did you know that Canada's Food Guide has changed? Experts are now recommending more servings of vegetables and fruits in your diet. You should eat at least one dark green and one orange vegetable each day. The numbers of servings in the guide are now broken down into categories by age and gender. For a copy of the guide contact: 1-866-225-0709 or [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)



### Eat Whole Grain: Canada's New Food Guide

The revised Canada's Food Guide recommends you make at least half of your grain products, whole grain each day. Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice. Enjoy whole grain breads, oatmeal or whole wheat pasta. Choose grain products that are lower in fat, sugar or salt. For a copy of the guide contact: 1-866-225-0709 or [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

### Meat and Alternatives: Canada's New Food Guide

The revised Canada's Food Guide recommends you have alternatives such as beans, lentils and tofu often. You should eat at least two food guide servings of fish each week. Health Canada provides advice for limiting exposure to mercury from certain fish ([www.healthcanada.gc.ca](http://www.healthcanada.gc.ca)). Select lean meats and alternatives prepared with little or no added fat or salt. For a copy of the guide contact: 1-866-225-0709 or [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

*submitted by Bonnie Stefansson, Wellness Facilitator*