

wellnessNEWS

Ideas to help you *LIVE WELL* from the ENCANA WELLNESS CENTRE

Be Active Every Day

(Source: <http://www.csep.ca/>)

Scientists say you need 60 minutes of accumulated light physical activity every day to stay healthy or to improve your health. As you progress to more moderate activities, you can cut your exercise time down to 30 minutes, four days a week. Remember you can add up your activity throughout the day, with a minimum of 10 minutes for each session.

The time you need depends on the effort you put in...



Very Light Effort

120 minutes

- * Strolling
- * Dusting

Light Effort

60 minutes

- * Light walking⁺
- * Stretching⁺

Moderate Effort

30-60 minutes

- * Brisk walking⁺
- * Biking⁺
- * Shoveling snow

- * Dancing⁺

Vigorous Effort

20-30 minutes

- * Aerobics⁺
- * Jogging⁺
- * Fast swimming⁺
- * Cross-country skiing

Maximum Effort

20 minutes

- * Sprinting⁺
- * Racing⁺

⁺can be done at Mount Royal Recreation

Upcoming EVENTS



January 17: Pedometer giveaway
In the EnCana Wellness Centre
U216 - noon to 2 p.m.



February. 5: Weight control and nutrition
EA 1024 - 4:45 p.m. to 5:45 p.m.
Come out and listen to registered
dietician Rory Hornstein as she
advises on food and food choices.

Aging and Food

(Source: <http://www.canadian-health-network.ca/servlet>)

Eating well helps you age well. Healthy eating combined with regular physical activity helps you stay energized and feel young. As you get older, your body needs fewer calories for everyday living. However, you still need almost the same amount of nutrients to stay healthy. Enjoy a variety of foods every day with choices from grain products, vegetables and fruits, milk products and meats and alternatives.

Examples of healthy, balanced meals:

- * a slice of aged cheese on whole wheat toast with applesauce
- * a bran muffin with a shake (blend ½ cup each of plain yoghurt and calcium fortified orange juice with ½ frozen banana and/or a few berries)
- * an egg salad sandwich with carrot sticks, cranberry juice and vanilla pudding
- * chicken or fish dipped in chicken broth and coated with crushed high-fibre cereal and then baked or broiled; serve with brown rice, fresh fruit salad and hot chocolate made with milk

* tips for smart grocery shopping:

(source: www.dietitians.ca)

- * Learn to read labels. Be aware that many canned and processed foods contain fat and salt. The Canadian government requires that ingredients listed first on the label are present in the largest amount.
- * Choose foods without added salt or sodium, or those that list salt near the end of the ingredient list. Watch out for words such as hydrogenated oil, shortening and animal fat.

+ Interested in seeing a dietician? Book an appointment in Recreation today. Phone: 440.6517 Online: mtroyal.ca/recreation