



My Wellness Connection

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My Wellness

GET WELL. STAY WELL. LIVE WELL.



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My wellness connection

Health information and tips for People Corporation



Body Bulletin Canada

Get inspired!

We want to motivate and empower you to make healthy lifestyle choices. Stay up to date on the most relevant health and wellness information through our monthly Body Bulletin.

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Did You Know?

Yoga is a great way to boost your mood and kids can enjoy it too!

Yoga can help counter stress experienced by little ones and help restore a sense of balance and routine. Yoga can also help kids build focus and concentration, increase confidence and improve coordination.

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Recipe of the Month

Raspberry Vanilla Yogurt Popsicles

Beat the heat with this kid-friendly, three-ingredient recipe. Greek yogurt adds beneficial protein and raspberries are a great source of antioxidants.

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Health and Wellness Spotlight Fun Activities to Keep Your Kids Entertained This Summer

While this may not be our usual summer with festivals, travel and sleepovers, there are still plenty of fun activities to keep your kids entertained. Spending time outdoors and in nature can lower stress for you and your children. Give these activities a try and encourage self-directed play to promote creativity and give you some much needed YOU time!



monthly wellness communications, including Did You Know poster campaign



online **nutrition and health** related information for your employees' well-being



health and wellness webinars and **cancer awareness** kits to promote healthy living

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Health & Wellness Promotion

BODY BULLETIN CANADA | people CORPORATION | Wellness
Experience the Benefits of People

April 2017

Equipped to Exercise

Cardio exercise machines offer a convenient way to help you meet the recommended exercise goals at home.* Start by reviewing the specific benefits of each type of machine. Among the most popular:

Treadmill: You can burn more calories per kilometre than on many other machines – about 300 per 1.6 kilometres walking briskly. You can adjust it to different levels of speed and elevation as you gain strength.

Elliptical trainer: With an adjustable circular up-and-down motion, it's a cross between a ski machine and a stair stepper. It's easier on your joints than a treadmill.

Rowing machine: As it works the back, arms and legs simultaneously, it offers a near total-body workout from a machine. It's not advised for people with back trouble.

Stationary bike: This produces the least impact on your joints from a machine; it's most suitable for people with knee problems.

Read the reviews of various models. Check consumer and fitness magazines that rate cardio equipment. And consider buying used: You'll find many stores that sell quality used fitness equipment worth major savings; read user reviews.

When shopping, try out the machine as you expect to use it for at least 15 to 20 minutes. Explore the various speeds or intensity options. Choose for comfort, ease of use and daily enjoyment.

Before you buy, check with your health care provider, particularly if you have back or joint issues or other chronic health conditions.

Antibiotics: Too Much of a Good Thing?
For nearly 75 years, antibiotics have saved millions of lives from infectious bacteria. But now we're using them when we don't need them – and this practice poses serious health risks worldwide. → Continued on page 4

Smart Moves Toolkit at www.peoplewellness.com/healthy/SmartMVT9tools

"Great things are not done by impulse, but by a series of small things brought together." – Vincent van Gogh

best bits

Meal kit delivery services are changing the way some people cook and eat. The kits provide ingredients and recipes to prepare fresh meals based on your food preferences. **Pros:** You avoid grocery shopping and potentially eat fewer processed foods as you sharpen your cooking skills. **Cons:** Kits can be costly and filled with high-calorie options. Choose those with a mix of vegetables, fruits, whole grains and items low in sodium and saturated fat.

Autism Canada promotes education about autism spectrum disorder, and offers support for those living with it. Autism is characterized by behaviours such as delayed language skills and narrow interests, as well as difficulty making eye contact or holding a conversation. For more information, visit autismcanada.org. **Note: April 2 is World Autism Awareness Day.**

Are you a distracted driver? Five seconds – the average time taken to read or write a text message – is enough to cover the length of a football field at 88.5 km/h. Be mindful of these common distractions: cell phones, adjusting the radio or navigation system, eating, grooming and talking to passengers. Any activity besides driving can wait until you reach your destination. And if you must respond to a call or text, pull off the road to a safe place. **Note:** In some provinces, the use of a handheld cell phone while driving is illegal and subject to heavy fines.

***Guidelines recommend at least 150 minutes of moderate-intensity exercise, such as brisk walking, weekly. Segments may be as short as 10 minutes.**

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Health Tip of the Month

How to Ease the Winter Blues
During the dark winter months, it's common to experience a decreased sense of well-being and reduced energy levels. This phenomenon, called the winter blues, is estimated to affect up to 35% of the Canadian population, according to the Canadian Mental Health Association.

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National health observance

Starting a Mental Health Conversation
Mental illness affects 6.7 million Canadians and is a major driver of absence and disability in the workplace. One of the biggest areas of concern is the delay in seeking and getting help.

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Recipe of the month

Spicy Kimchi Scrambled Eggs
Give your eggs a health and flavour boost all at once! Kimchi is both a delicious addition to meals and a natural source of probiotics.

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Questions or comments?
[Email us](#) and our Wellness Specialist will get back to you.

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did you know?

Colorectal cancer is the third most common cancer in Canada but there is a 90% chance of being cured if the cancer is caught early through screening.

Are you over 50, with a family history of colon cancer? Do you use excessive alcohol, tobacco? Do you carry a lot of extra weight or lead an inactive lifestyle?

If you answered YES, you have an increased risk of developing colorectal cancer. Talk to your doctor about getting screened...

- People of average risk should do a home diagnostic test once every two years and have a colonoscopy every 10 years, starting at age 50
- People of higher risk should have a colonoscopy annually or every two years, starting at age 40

To learn more visit:
www.colorectalcanca.ca/en

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Wellness Week



Wellness Week Day 1: Adult Colouring



benefits of adult colouring

1. It allows us to multiply though present moment for improved focus and ADHD techniques.
2. Concentrating on mindfulness or negative thoughts.
3. It has been shown to be affected by PTSD, anxiety, and amygdala; this controls our fight or flight response.
4. Colouring helps in you and reduces worries in the moment.
5. It utilizes and encourages associated with and problem solving.

Try it yourself, and experience the benefits of Adult Colouring!



Wellness Week Day 2: Water Challenge



water challenge

We challenge you to replace your juice, pop, or coffee with WATER!
Did you know that up to 60% of the human body is water? Our bodies depend on water to carry nutrients to our cells but also to provide a moist environment for our ears, nose and throat. Water also helps clean toxins out of our organs. For so many reasons, it is important to stay hydrated!
And don't forget, you can eat your water too! About 20% of the food we eat contains water. Here's a handy chart to give you an idea of how much water can come from food!

Amount	Fruit/Veggie	Water Content
1	Orange	115 mL
1	Apple	140 mL
1 cup	Watermelon	140 mL
1	Grapefruit	225 mL
1 cup	Strawberries	150 mL
1 cup	Honeydew Melon	150 mL
1	Peach	130 mL
1 cup	Cucumber	115 mL
1 cup	Celery	95 mL
1 cup	Asparagus	125 mL
1 cup	Broccoli	80 mL
1 cup	Cauliflower	100 mL

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Wellness Week Day 3: Anxiety Disorders



types of

Panic Attack - Individuals who have this disorder usually have a sudden feeling of being terrified without warning. Symptoms include chest pains, heart palpitations, fear of losing consciousness, and discomfort.

Post-Traumatic Stress Disorder (PTSD) - Are considered disorders that can affect anyone living a normal life. For more information, visit Canada's website (canada.ca).

Acute Stress Disorder - Triggered by a victim returning to their normal life which may cause physical or emotional harm. Survivors of war experience major symptoms include nightmares, flashbacks, and feelings of anger or irritability.

Compulsive Disorder - Suffer with persistent thoughts or doubts (did I turn the furnace on) or contamination (my hands are dirty).

The Risk of Anxiety Disorders - You may know you have an anxiety disorder, but do you know how to cope with it? Coping with anxiety disorders involves relaxation techniques and regular exercise as it promotes overall health.

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Wellness Week Day 5: Wall Sit Challenge



wall sit how-to

1. Stand with your back pressing against a wall.
2. Slide downward into a squat position by moving your feet forward until your knees make a 90-degree angle and your hamstrings are parallel to the floor.
3. Hold this move as long as you can.



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Wellness Week Day 4: DIY Salad Bar



salad bar sign-up

A day to celebrate eating healthier and making the healthier choice the easier choice!

	NAME	SPECIFIC ITEM (TO AVOID DUPLICATES)
greens		
vegetables		
fruit		
cheese		
protein (chicken, beans, chickpeas, etc.)		
dressing		
other (seeds, olives, avocados, etc.)		

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