



# health promotion

## REP NETWORK

*monthly message*

### WHAT IS HAPPENING?

Health Promotion has been busy!

We have revamped our menu of Briefings that we offer. Find it here: <https://cfmws.ca/halifax/request-a-briefing>

We joined the crowd on 8 Jan for the Grand opening of the new Stadacona Gym. We toured the space, geeked out about the individual shower and change rooms, and might have had some cake.

### FIT FOR FEB

Join us for a virtual fitness challenge to boost cardio for heart health month. Tag us on to your own unit's fitness challenge and take advantage of your daily activities counting for both! Maybe we will see you at the new Stadacona Fitness Centre! How many members in your unit can you get to take part? The winning unit with the most participants will be featured in the March update! Register at



### DND SNOW DAY FESTIVAL, 19 FEB

Who doesn't love pancakes, swimming, skating and sledding? All are welcome to join us in Shearwater for some great event to celebrate Heritage Day. Stop by our table and say Hello!

### CHANGE IN THE OFFICE

HP Specialist Jake Shea has taken a permanent position and will be leaving our HP team in early Feb. We anticipate the return of HP Specialist Laurie Barker-Jackman in March.

The rest of the HP team will be travelling to Ottawa for training and program updates at the end of this month. We will be bringing back an updated nutrition program "The Essential Nutrition Course".

### UNIT SHOUT OUTS:

**Marlant HQ** Unit Health Promotion Rep, **MCpl Shelby McCourt** who did a phenomenal job promoting our programs, filling our courses, and organized a Bell Let's Talk event.

**12 OSS** is kicking off a health challenge for February thanks to the work of rep **Capt Don Frederick**. We were happy to support with a review of their challenges and provided some prizes.

**NFR** is back with another year with their step challenge during February. HP is excited that **CPO2 Robert Jenkins** accepted the position of unit health promotion rep for the Naval Force Readiness team. Welcome to the HP team!

Nominations for the **Excellence in Health Promotion Award** is now open. Members may self nominate, request CoC to nominate someone from their unit. Groups such as unit health and wellness committees may also be nominated. Find out more here <https://cfmws.ca/halifax/hp-rep-network/excellence-in-health-promotion-nominations>

## FEATURED PROGRAMS THIS MONTH:

**Respect in the CAF** | 6 February, 0800-1600 hrs, Halifax

**Managing Angry Moments** | (2 sessions over 2 weeks) 8 & 15 February, 0800-1200 hrs (both days), Halifax

**Family Violence Awareness** | 9 February, 0900 -1100 hrs, Halifax

**Respect in the CAF** | 22 February, 0800 -1600 hrs, Shearwater

## NEW!! THE ESSENTIAL NUTRITION COURSE:

11 & 12 April, 0800-1400, 0800-1130 hrs Halifax (course will be offered in Shearwater in June)

The Essential Nutrition Course is a new Strengthening the Forces health promotion course for the CAF. This interactive course was developed by Registered Dietitians (RD) and a public health and preventive medicine physician. The science of nutrition has been translated into practical ways for making informed healthy food choices, even in challenging environments.

Long term health, resilience, cognitive and physical performance are affected by nutrition. How and what you eat impacts cognitive and physical performance in daily and austere operations. The course is made of five modules where you will gain an understanding of:

### Module 1 **Nutrition Fundamentals**

Create nutritious meals by understanding the proportions of a healthy plate and Canada's Food Guidelines. Learn how to build healthy meals and snack with plenty of vegetables and fruits, whole grains and protein foods.

### Module 2 **Understanding Food Labels**

Learn how to interpret and use the Nutrition Facts table on food packaging to make informed and healthy food decisions.

### Module 3 **Meal Planning**

Discover various strategies and approaches to meal planning to meet your preferences and needs

### Module 4 **Stretch Your Food Dollar**

Gain skills to effectively manage food costs without compromising nutrition.

### Module 5 **Mindful Eating**

Mindful eating strategies can help shift the mindset of what we eat to how we eat, in a flexible and positive way. This shift in thinking can help you develop healthy behaviours and a positive attitude toward food, setting you up for long-term success.

## WINTER / SPRING 2024 SCHEDULE

[https://cfmws.ca/CFMWS/media/Halifax/HP%20Schedules/HP\\_Schedule\\_WinterSpring\\_2024-EN.pdf](https://cfmws.ca/CFMWS/media/Halifax/HP%20Schedules/HP_Schedule_WinterSpring_2024-EN.pdf)

To register for programs: <https://cfmws.ca/halifax/coreprograms-online-registration>

Visit your Rep Network Portal <https://cfmws.ca/halifax/hp-rep-network>

## HEALTH DAYS AND THEMES FOR FEBRUARY:

*Heart Health Month.* Don't forget to encourage everyone to register and participate in Fit For Feb!

*Preventative Health Awareness Month.* Do people in your unit have things going on that they could change to improve health and wellness? Suggesting appropriate programs might be the answer. Health Promotion is all about encouraging people to make small changes to prevent long term effects. As a rep, you are part of that

chain of action.

*World Cancer Day, 4 Feb.* As a unit explore what cancers you may be at risk for, whether genetic predisposition, lifestyle factors, or exposure to carcinogens. Consider how prevention and early detection can look like in your lifestyle (since it is also Preventative Health Awareness Month). Promote awareness and getting checked!

*Sexual Health Week, 12-16 Feb.* Share info about the Sexual Health Clinic on base <http://halifax.mil.ca/CFBHalifax/CanadianForcesHealthServices/>

*Pink Shirt Day, 28 Feb.* Pink Shirt Day campaign recognizes the importance of unity, inclusivity, and diversity of all people. How are you doing this in your unit?

**FOR MORE INFORMATION ON ANY OF THE ITEMS IN THIS MONTHLY UPDATE,  
PLEASE CONTACT:**

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