



better health

cafconnection.ca/Halifax/HP



HP health
promotion





welcome

your journey to better health starts here!

We are so excited that you have decided to become the healthiest you! For some people, this journey might be about making time for breakfast or drinking more water, for others it might be about challenging yourself to be a little more active. Whatever your health goal might be, we are here to help you every step along the way.

It can sometimes be overwhelming trying to sift through all of the health information that is out there, so we developed this short booklet to provide you with the basics!



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**On your mark,
get set, GO!**

Setting some simple goals to eat well and to become more physically active will help you get on track and keep you motivated! Keep these strategies in mind as you work toward achieving your goals!

HARD Goals

As researchers seek out new goal setting methods, “HARD goals” have received attention. HARD goals stands for:

H for Heartfelt:

Do you have an emotional attachment to the goal? Does it move you toward a desired future or help you prevent an undesirable one? The stronger your attachment or sense of heart for the goal, the more likely you'll be to pursue it.

A for Animated:

This is about visualizing the goal. The form this might take is putting up `mood boards` on the wall to help you see how the world would look if you achieved this goal. Or simply closing your eyes for a moment and picturing how your life would be different once the goal was achieved. Being animated about `connecting with the goal` in a deep way. The more we are able to create a strong picture of life as though the goal has been achieved, the more magnetic the future will become for us...and the more we'll want to work toward the goal.

R for Required:

Is the goal absolutely necessary for your own or your company's success? For example, if you run an eCommerce website and online sales are low, a goal to increase online sales would be a high requirement.

D for Difficult:

We all love a challenge, don't we? Goals that require us to learn new skills and expand ourselves are an inspiration. To succeed with this criterion the goal needs to be sufficiently difficult to move us from our comfort zone.



HERE ARE SOME EXAMPLES OF GOALS YOU MIGHT SET:

BEING ACTIVE:

- I will take a 10 minute brisk walk at least 4 days this week.
- I will meet my friend for a bike ride at least once this week.

EATING WELL:

- I will eat a healthy breakfast every day this week.
- I will eat one more serving of vegetables and fruit every day this week.

REWARD:

- I will buy myself a new water bottle if I walk at least 4 times this week.
- I will relax in a bubble bath at least once this week.



get moving

Getting out and getting active plays an important part in improving your overall health and well-being!

5 TIPS FOR SUCCESS:

1 Make Exercise a Habit, Not an Option

Treat your daily workout like a regular part of your routine – like brushing your teeth!

2 Walk Before you Run

It's recommended that you exercise for 30 minutes per day – this may seem overwhelming at first, but remember, you can accumulate your 30 minutes in 10 minute increments for the same benefit.

3 The Rule of 10

Regardless of where you start, it's important to add to your program gradually – simply add 10% each week to your usual program.

4 Include a Warm-Up and Cool-Down

This will help with motivation and minimize risk of soreness after activities.

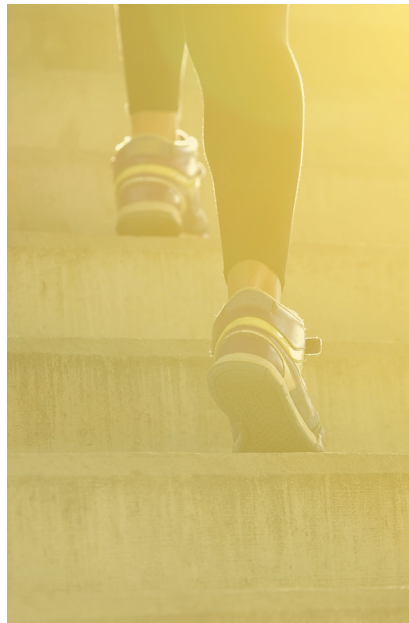
5 Make Your Weekends Special

Plan a special activity for the weekend – maybe even try something new?



Recommendations for Physical Activity

Activity	Guidelines	Examples	
Endurance	4-7 days/week At least 150 – 300 mins/week	Walking Running Cycling Rowing	Swimming Tennis Dancing Rollerblading
Strength	2-4 days/week	Heavy Yard Work Lifting and Carrying Groceries Crunches, Push-Ups, Pull-Ups, Weights, Strength Training	
Flexibility	4-7 days/week	Stretching Dancing Yoga Tai Chi Golfing	



Below are some examples of how many calories you can burn doing activities you enjoy!

**Data is based on approximately 1 hour of activity*

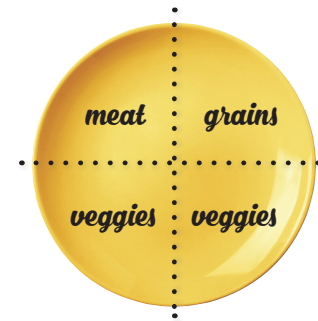
Activity	130lbs	155lbs	190lbs
Swimming (Leisurely/General)	345	422	518
Walking (Medium Pace/Walking a Dog)	209	246	302
Shovelling Snow	354	422	518
Golf	236	281	345
Gardening	295	352	431
Bicycling (Leisurely)	236	281	345



step up to the plate

BUILD A HEALTHY EATING PLAN, NOT A "DIET"!

Keeping an eye on serving sizes and making sure you have balanced meals will make a huge difference on your road to better health! Below are some important guidelines to help you out!



- Eat 3 meals a day, including a breakfast
- Make sure your meals contain 3 out of the four food groups
 - » Vegetables
 - » Grain products
 - » Milk & Alternatives
 - » Meat & Alternatives

Size **DOES** matter:



Remember, eating your meal from a smaller plate gives your brain the impression that there's more food on the plate!



WHAT DOES ONE SERVING LOOK LIKE?



Vegetables & Fruit: 7 or more servings per day

What's one serving?

- Fresh, frozen or canned vegetables/fruit – 1 cup (about 1 fist) 
- Leafy greens – 2 cups (about 2 fists) 



Grain products: 5-8 servings per day

What's one serving?

- Cereal - $\frac{3}{4}$ cup (handful) 
- Cooked pasta – $\frac{1}{2}$ cup (tennis ball) 



Milk & Alternatives: 2-3 servings per day

What's one serving?

- Cheese – 50g (4 dice) 
- Milk – 1 cup (fist) 

Meats & Alternatives: 2-3 servings per day

What's one serving?

- Meat – 75g (deck of cards) 
- Peanut butter – 1 tbs (thumb) 

The background features a white and grey geometric design on the left side, transitioning into a white space on the right. On the right side, there is a vertical arrangement of fresh fruits and vegetables, including grapes, bananas, cherry tomatoes, a head of lettuce, a cucumber, a yellow squash, a melon, and green beans.

more bang *for your bite*

TIPS TO INCREASE FRUIT AND VEGETABLE CONSUMPTION

Managing your needs of 7-10 servings daily may seem daunting, but if you break it down into manageable amounts spread out over the day, it can easily be achieved!

Vegetables

- Make it a habit to include a cup of green salad and a cup of cooked vegetables (fresh, frozen, or canned) in your dinner every night.
- Prepare veggies ahead of time (peel and/or cut). Store them in zip-lock bags or a well-sealed container.
- Purchase already peeled and cut veggies.
- Make your own veggie smoothie at home using spinach or kale.

Fruits

- Switch it up! Try frozen, canned or dried fruits as a convenient way to get your servings of fruit!
- Have easy to carry fruit on hand (apples, pears, oranges) for when you need a quick snack.
- Top your cereal or yogurt with fresh, frozen, or dried fruit.
- Pair fruits with some of your favorite foods like pancakes or waffles instead of grabbing the syrup!
- Make your own trail mix. Combine 1/4 cup of dried fruit with 1 oz. of nuts or seeds. Take it with you for a healthy, mid-afternoon snack.



SUPERMARKET SMARTS

Here are some tips for making wise choices at the grocery store:

- Make a list of what you need and stick to it.
- Shop on a full stomach – you'll be less likely to buy food that tempts you.
- Choose bright and bold coloured fruits and vegetables as they often have higher nutritional values.
- Choose lean or extra lean ground beef, poultry or pork.
- Look for cereals, breads, pastas and packaged grain products where whole grains appear near the top of the ingredient list.
- Choose fruits with no sugar added or packaged in their own juices.
- Choose canned tuna and salmon packed in water instead of oil.

SALT AND SODIUM: GET THE FACTS

Salt and sodium - What's the difference?

- Salt is an ingredient we add to our food. We use it in the form of table salt, sea salt and in some seasonings.
- Sodium is one of the mineral nutrients. Sodium is found mainly in salt but it is also part of some food additives, such as MSG.

Most Canadians eat almost double the recommended amount of sodium each day. Too much sodium in your diet can lead to high blood pressure.

How much sodium do you need each day?

- Adults should consume between 1,200 – 1,500 milligrams (mg) each day, depending on your age.
- Note: 1/2 tsp of salt has about 1,150 mg of sodium.

Take Action to Reduce Your Sodium Intake

The best thing you can do to reduce your sodium intake is to eat natural, unprocessed and homemade food more often. This way, you control the sodium.

When you **ARE** eating restaurant or take-out meals:

- Choose dishes made from fresh, low-sodium ingredients.
- Ask for less salt and other seasonings, like MSG (monosodium glutamate), to be added to your food.
- Ask for gravy, sauces and salad dressings “on the side” and use lightly.
- Check the nutrition information of menu items to help you order and choose foods with less sodium. This information may be on a menu, poster or pamphlet at the restaurant or on their website.

eating under the influence

WHAT CAUSES YOU TO EAT?

Have you ever walked by a bakery and smelled muffins baking, then found yourself eating one?
Do you always get popcorn at the movies?

Have you ever had a busy, hectic day, then decided to relax by eating something?

If you have, then you are probably aware that there are many reasons why we eat. It isn't just because we are physically hungry.

CUES TO EATING

External Cues

External cues come from our surroundings and signal us to eat. These cues may also be divided into two types: physical and social environment cues.

Physical: Physical cues that trigger eating come as a result of our physical environment. Examples include: accessibility of food (how close it is), advertising, smell of food.

Social: Social cues are triggered by interaction with other people. In such situations we may find that we are encouraged to overeat or to eat more than originally planned.

Internal Cues

Internal cues come from within ourselves and make us want to eat something. These cues can be divided into two types: emotional and physiological eating.

Emotional: Emotional cues such as boredom, anger, or stress can be a cue for us to eat. This leads to emotional eating which is eating for comfort rather than nourishment or physical hunger. Often the foods that are chosen as comfort foods are sweet, high calorie and high in fat. Not the healthiest choices.

Physiological: Physiological cues are sometimes known as 'hunger pangs'. They may or may not be related to real hunger. We often think things like headaches, increased salivation, or stomach growls means we are hungry and sometimes have these signs because we are tired or bored.

When you are 'hungry' take a minute to determine if you are truly hungry or not.

eating out

EATING OUT IS INEVITABLE

Here are 7 Tips for making healthy choices while eating out!

1 Be Salad Savvy

Some salad dressings and toppings can raise the calories and fat of salad a lot. Ask your server to put dressing and toppings (such as bacon bits, nuts, and cheese) on the side so you can control the portion.

Dressing <i>(per 45 mL, 3 tbs)</i>	Calories <i>(kcal)</i>	Fat <i>(g)</i>	Saturated Fat <i>(g)</i>	Sodium <i>(mg)</i>
Balsamic vinaigrette, regular	117	10.5	1.5	459
Italian, regular	129	12.7	2.01	738
Thousand Island, regular	177	16.7	2.4	411
Ranch, regular	213	22.7	3.54	360
Blue cheese, regular	234	24.4	4.62	510
Caesar, regular	237	25.8	3.93	483





2 Choose your Food Toppings Wisely

Choose healthier food toppings more often and limit their quantity by asking for them on the side.

Choose less often:

- Mayonnaise
- Special sauces
- Creamy dressings
- Butter
- Tartar sauce
- Gravy

Alternatives:

- Low fat mayonnaise
- Salsa
- Low fat dressings
- Mustard
- Relish
- Ketchup
- Lemon or lime juice

3 Drink Smart

Large servings of pop or other sweetened beverages can provide lots of sugar and excess empty calories. Substitutes include water with a slice of lemon or a glass of milk.

Flavoured syrups and whipped cream in specialty coffees or teas add calories and fat. Opt for drinks made with milk and skip the whipped cream.

Remember: Alcoholic beverages provide no nutritional benefit but do contain calories.

4 Fill up on Fibre

Fibre provides bulk to our meals and gives us more volume of food (without a large number of calories or fat).

5 Opt for Healthy Sides

Ask your server about substituting a healthy side dish whenever possible.

6 Desserts

Desserts can pack lots of fat and calories in a small package. Opt for fresh fruit, frozen yogurt, or sherbet whenever possible.

If you do choose to have a dessert, go for a small portion or share with a friend. Many restaurants are now providing bite-size desserts. This way you can get a taste, but you are not tempted by a larger portion.

7 Watch your Portions

Be mindful of your portion sizes when you eat out. Increasing the size of sides (like fries or soft drinks) is often quite cheap however the nutritional costs are much greater.

Restaurant portion sizes tend to be much larger than standard Food Guide serving sizes. As a means of controlling these portions, share your meals with someone or place half of your entrée into a takeout container right away. This way you will not be tempted by what is left on your plate.

staying on course

Everyone will have their own methods for what keeps them focused and working towards their goals, but there are a few factors that are common to most people:

- 1 You Can Do It!** Research shows the more you believe in yourself and your ability to achieve your goals the more likely you are to achieve them.
- 2 Family and Friend Support** - whether you are wanting to try healthier recipes or get a few extra steps in on your Fitbit, having others support your goals will make the whole process much less stressful and easier to complete.
- 3 Positive Attitude** - Having a positive attitude about your new healthy lifestyle will go a long way in helping you stay motivated and committed. When you have positive thoughts, it makes it seem like less of a chore and more of an enjoyable experience to you.
- 4 Use social media** - Many people like to use social media to keep themselves accountable to themselves and others. Also, many people find motivation from reading what others are doing to improve their health and wellbeing.
- 5 Rewards** - By setting small rewards after each step in your healthy lifestyle plan, you will give yourself something to look forward to and keep yourself motivated to keep pushing onward.

By taking the time to ensure you include these factors into your life before you start, you will help to ensure you encounter nothing but success. You will also make yourself less stressed about the lifestyle changes you are making and everything will run much more smoothly.



HEALTH PROMOTION

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