



health promotion

REP NETWORK

monthly message

FIT FOR FEB RESULTS:

2.6 million steps! That's how many the participants logged during the month of February.

CONGRATS TO OUR WINNERS:

Most Steps: CPO2 ROBERT CANNING

Longest 10 K Streak: ALEXANDRA MURPHY

Longest 5-10K Streak: JASON LEBLANC

Most Improved: CINDY OHEARN



UPCOMING PROGRAMS OF INTEREST:

Family Violence Awareness

14 Apr 0900-1100 hrs Willow Park

Mental Fitness and Suicide Awareness (MFSa) (MITE code) 20 Apr 0800-1600 hrs Willow Park

Inter-Comm (Interpersonal Communication)

26 Apr 0800-1500 hrs MFRC Halifax Site

HEALTH THEMES TO BRING AWARENESS IN APRIL:

National Oral Health Month

Did you know that it is suggested to change out your toothbrush every 3-4 months, which is more often than we usually go to the dentist. This is to ensure the bristles are still effective and to reduce bacteria accumulation on your brush. Here is your reminder to switch out with a fresh brush! Treat those pearly whites!

4 April | International Carrot Day

Potassium, antioxidants, vitamin A, and fibre are all great reasons to munch on these sweet veggies. Use them as a snack with a hummus, shredded on salads or in a sandwich, or in your favorite pasta sauce. Celebrate this day in your unit with a contest for the most unique way of enjoying this root veg, hosting a spring planting session on growing your own, or request our Carrot Costume to really liven things up!

7 April | World Health Day: Health For All

We all benefit when everyone is experiencing a state of wellbeing. What does that mean for your unit? Developing personal health skills (take our programs), identifying supportive environments (know what is available to you for optimal health), strengthen community action (through our Reps!), and reorienting health services are all ways that we work to help the Defence team at Health Promotion.

11 April | National Day of the Mushroom

The folks at Harvard School of Public Health tell us that the most interesting properties of mushrooms are their non-nutritive plant substances—polysaccharides, indoles, polyphenols, and carotenoids in which cell

and animal studies have shown antioxidant, anti-inflammatory, and anticancer effects. Including these in meals also add umami flavor to our meals. Explore cooking with mushrooms this week.

23 April | National English Muffin Day

They say variety is the spice of life, shake things up by checking out some new recipes to try these for any meal. Heartier than bread, they hold up better to wetter ingredients, making them a great choice for pack and go lunches. <https://www.food.com/ideas/english-muffins-for-every-meal-6426>. Consider an English muffin bake and share event with your team.

Send us a quick email at hfxhealthpromotion@forces.gc.ca if you implement any of these in your unit and you may find yourself winning a \$25 SportChek giftcard!

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

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

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