

MARCH 2023



health promotion

REP NETWORK

monthly message

DRUM ROLLLLLLLLLLLLL..... WHO IS THE NEW HP TEAM?

Victoria Stead is the new Health Promotion Manager upon her return from mat leave in June. Stepping in as Acting Health Promotion Manager until that time is Luke MacMillan from the Health Promotion offices in Gagetown. Christian Allaire is our new administrative assistant and the voice of our main office number. Jake and I are still here and will excitedly announce our new HP Specialist hopefully in the next update. Despite the changes, we are still here to support you and your unit.

ANNUAL REPORTING

You should have all received this link directly to submit the wonderful work you have been doing in your units. <https://forms.office.com/r/VQA77zgtbR>

Thank you to everyone who have already responded.

FIT FOR FEB

We had a small but mighty group take advantage of the Fit for Feb Challenge. They were able to amass an incredible 2,112,000 steps!!! Prize draws will occur during the first week of March to allow everyone to log all their steps.

HEALTH DAYS AND THEMES FOR MARCH

March is Nutrition Month! This March, go to NutritionMonth2023.ca to help unlock the potential of food. We know that dietitians use the science of nutrition to help people understand the connection between food and health and provide personalized guidance to meet your needs and goals. Are you

looking to manage a health condition, enhance athletic performance, or get help with picky eating? Dietitians can help. No fads. No gimmicks. Just up-to-date science and a commitment to helping you understand the connection between food and your health. Contact Health Promotion for more information today!

There are 3 new recipes featured this Nutrition Month on Cookspiration.com, adding to the growing selection of delicious and nutritious dietitian-approved recipes. Give them a try!

- One-Skillet Creamy Chicken Rotini
- Zesty Bean Dip
- Bean-Stuffed cabbage Rolls

Let us know what you are doing with your unit to celebrate Nutrition Month this year! Even just making sure your team is aware that the Base Dietitian is there for you!

EXCELLENCE IN HP AWARD NOMINATION LINK:

Nominations are rolling in and we are excited to hear about the great work being recognized.

<https://cfmws.ca/halifax/excellence-in-health-promotion-nominations>

Nominate them now! Deadline 31 Mar 2023. Award to be presented at the 2023 Sports Award Breakfast for CFB Halifax in May. (Nominees do not have to be reps – they can be anyone who exemplify health promotion – see attached Guidebook for details).

WINTER / SPRING 2023 SCHEDULE!

- [Program Schedule](#)
- [To Register for programs](#)

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

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