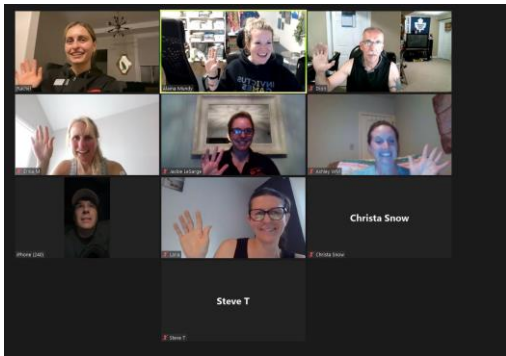


Aug 2023 HP Newsletter

The 'Eh' Team: Feuling for the Invictus Games with Health Promotion

In June the CFB Kingston Health Promotion team were honoured to support the [Canadian Invictus Games Team](#) with a [Top Fuel for Top Performance Workshop](#).



"The Invictus Games use the power of sport to inspire recovery, support rehabilitation and generate a wider understanding and respect for wounded, injured and sick Servicemen and women."

CAF Members and Veterans of the Invictus Athletes gathered from across the country by the power of zoom for 90 minutes to learn about nutrition foundations, meal planning, the Canadian Food Guide plate, the athletes plate, hydration. These strategies will help them achieve their top performance as they compete, in three sports each, at the [2023 Games located in Dusseldorf, Germany](#). Be sure to follow their success and cheer them on this September!

The full TFTP program incorporates additional details and strategies for individual implementation of strategies. Register for an up-coming training or request a briefing for your team and/or unit. This program fulfills the Performance Nutrition and secondarily, the Injury Prevention pillar, as highlighted in the [Balance Strategy](#), supporting a culture of [Total Health and Wellness](#) in the CAF Community.

What Participants Said

- "You need to know this - the updates are incredible."
- "The food guide has changed over the years and it is more comprehensive now. It's definitely worth listening to the newest tips on fuel for performance!"

4 Key Concepts in a TFTP Workshop

1. Nutrition 101 Foundations

- [Canadian Food Guide Plate](#) is an incredible visual that helps to build a balanced meal with ease.
- Half of the plate is [vegetable and fruit](#), a quarter is [protein](#) including plant-based protein, and the other quarter is [whole-grains](#). Try it at your next meal!

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2. Hydration

- a. Just because it's not on our plates doesn't mean it's not key to nutrition and performance. Dehydration negatively impacts performance by 15-30%!
- b. Sip water throughout the day and ensure you don't forget about this important component of nutrition!

3. Modify your plate based on training output

- a. Using the [CFG Plate](#) and shifting the ratios depending on effort level of training that day helps to balance your energy needs and prevent burnout or exhaustion.
- b. Learn more about the athlete's plate in a [TFTP Program!](#)

4. Fuel before, during, and after training

- a. Fine-tuning food around training helps you to maximize your efforts in the gym and recover quicker to get back to your next session with the same vigor as the first.
- b. High-quality carbohydrates are key before exercise, liquid carbohydrates can help during exercise over an hour, and complex carbohydrates with protein are key to recover.

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The 'Eh' Team Sports Drink Recipe

A sports drink can be helpful for exercise longer than three hours or in extreme temperatures to replace fluids and electrolytes. A homemade option is not only just as effective, but also contains simpler ingredients and is much cheaper than the grocery store variety.

Per 1 cup serving = 56 calories 14g carbohydrates (5.7%), 150 mg of sodium

- 3 1/4 cup water
- 1/4 fruit apple juice (or other juice)
- 4 tbsp maple syrup
- 1/4 tsp. of salt

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"We came. We saw. We're unconquered."

Good luck team! It was an honour to support your journey to the Invictus Games 2023!

Mission: Nutrition Accomplished

In May the Padres offered a Mission: Nutrition specifically for Sentinels on Friday mornings from 0830-1200 hrs.

Week One: More than Food

Week Two: Energy Balance and Mindful Eating

Week Three: Sharpen Your Food Skills

Week Four: Nutrition Under the Microscope

Register for our next open workshop here.

<https://cfmws.ca/kingston/upcoming-core-programs>

All HP programs are open to veterans!



33 Health Services Celebrates Staff and Wellbeing

Health Promotion joined 33 Health Services to provide mocktails and games during their unit BBQ celebrating staff, particularly those who are posted this year.

Staff enjoyed this mocktail recipe and fresh greens from the Tower Garden.

Chain of Command got in on the fun and demonstrated interpretive corn hole with being 'under the influence' of Health Promotions education googles which mimic intoxication of alcohol and cannabis.

Review [Canada's Guidelines on Alcohol and Health](#), ensure when hosting parties that you prevent drinking and driving and offer mocktails.



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Sangria Pétillante Cocktail sans alcool

Fait 8 portions

Ingredients:

- 2 tasses (500 mL) Pommes, oranges et fraises coupées en tranches et raisins congelés
- 1,5L (6 tasses) Jus de raisin à 100%
- 2 tasses (500 mL) D'eau pétillante

Instructions:

- Mettre les fruits en tranches et les raisins dans un grand pichet.
- Ajouter le jus de raisin jusqu'à ce que le pichet soit rempli aux trois quarts.
- Remplir le reste du pichet avec l'eau pétillante.

Servir et savourer!

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Promoteur de la santé

Sparkling Sangria Mocktail

0% Alcohol, 100% Tasty!

Makes 8 Servings

Ingredients:

- 2 cups (500 mL) Sliced apples, oranges, strawberries and frozen grapes (or fruit of choice)
- 1.5L (6 cups) 100% Grape Juice
- 2 Cups (500 mL) Sparkling water

Directions:

- Place sliced fruit and grapes in a large pitcher.
- Add grape juice until pitcher is three quarters full.
- Top up with sparkling water.

Serve & Enjoy!

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