



HEALTHY BITS

OFFICIAL HEALTH PROMOTION BULLETIN OF 8 WING CFB TRENTON
177 HERCULES AVENUE, BUILDING 119, ASTRA, ONTARIO K0K 3W0

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613-392-2811 EXT. 3768 | HEALTH PROMOTION TRENTON@FORCES.GC.CA

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Spring

INTO
WELLNESS



As the days grow longer and the weather starts to warm, April brings with it a natural sense of renewal. Spring is the perfect time to refresh your routines, re-energize your body, and re-focus on your health. After the long winter months, embracing simple wellness habits can help you step into the new season feeling lighter, brighter, and more balanced.

Spring invites us outdoors and even a short daily walk can improve mood, reduce stress, and increase energy levels. After the shorter days of winter, many people feel the difference once spring sunshine returns! Try taking a lunch time walk in the sunshine or plan one outdoor activity each week such as hiking, cycling or gardening.

April is also a time to refresh your eating habits. With spring comes an abundance of fresh, colourful produce. From crisp greens to juicy berries, this is the perfect time to add variety and nutrition to your meals. Try seasonal favourites such as asparagus, radishes, berries or peas. Or add more leafy greens in your meals such as spinach, arugula or kale. Remember, small changes can lead to big health benefits.

Finally, take some time to spring clean your stress. Just as we tidy up our homes in April, spring is also a great time to clear mental clutter. Stress management techniques help create space for calm, clarity, and renewed focus. To do so, you can practice mindfulness, grounding exercises or deep breathing for 5 minutes a day. Tidying your workspace can also create a sense of control. Or, speak with your Health Promotion staff for wellness resources.

April is a reminder that growth, change, and new beginnings are always possible. Spring is not about perfection, it's about gradually building habits that help you feel your best.

UPCOMING HP PROGRAMMING

Respect in the Canadian Armed Forces

RitCAF

1 or 21 April

Stress Take Charge

STC

8 April

Mental Fitness Suicide Awareness

MFSA

15 & 16 April

Alcohol Other Drugs Gambling and Gaming Awareness

AODGGA

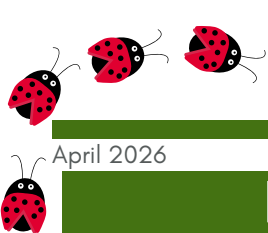
23 & 24 April

Positive Space Train The Trainer

30 April & 1 May



Happy Easter



Healthy Eats!



Creamy Spinach & Lemon Spaghetti

Ingredients

- 375 g spaghetti or other long pasta
- 1 tablespoon olive oil
- 1/2 onion , finely chopped
- 2 cloves garlic , finely chopped
- 1/4 cup dry white wine
- 1 pack (142 g) baby spinach
- salt and pepper
- 1/3 cup packed fresh basil leaves (approx)
- grated zest and juice of 1 lemon
- 1 cup whipping cream (35%)
- grated parmesan cheese (optional)
- hot pepper flakes (optional)

Method

In large saucepan of boiling salted water, cook pasta until al dente, 8 to 10 minutes. Reserving 1/2 cup of cooking water, drain pasta.

Meanwhile, in large skillet, heat oil over medium heat.

Add onion and garlic; cook, stirring often, for 5 minutes. Add wine; cook until evaporated, about 2 minutes. Add spinach, in batches, and cook, stirring often, until wilted, about 2 minutes. Season with salt and pepper. Transfer spinach mixture to blender; add basil, lemon zest and juice, and cream and purée until smooth.

Pour purée into skillet. Add pasta and toss, adding enough of the reserved cooking water to evenly coat pasta. Reheat for

1 minute. Sprinkle with Parmesan, hot pepper flakes and basil leaves, if using.

For a vegan version of this recipe

Replace the 35% whipping cream with the same amount of creamy soy beverage (such as Belsoy) and top with vegan parmesan "cheese" product instead of Parmesan cheese.

Source www.Canadianliving.com

Ideas to get moving this April!

- 1- Join or create a unit walking or running group
- 2- Add variety to your workout routine with cycling, hiking, or bodyweight circuits
- 3- Focus on consistency rather than intensity. Showing up daily is what counts
- 4- Set practical goals, such as 20–30 minutes of movement most days



Did you know?

1. Spring officially begins with the vernal equinox around March 20-21, balancing day and night worldwide.
2. Flowers bloom due to longer daylight triggering plant hormones like auxin for rapid growth.
3. Baby animals like lambs and ducklings are born in spring for optimal warmth and food availability.
4. Spring allergies explode from tree pollen peaking in March and April.
5. Birds migrate back using Earth's magnetic fields and stars as natural GPS.
6. Daylight saving time "springs forward" near the equinox in many countries.
7. Frogs croak loudly in spring to attract mates during breeding season.

