

HEALTHY BITS

OFFICIAL HEALTH PROMOTION BULLETIN OF 8 WING CFB TRENTON
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February 2026

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Vol.73



Heart Health Month

Every February, Health Promotion recognizes Heart Month, an annual campaign dedicated to raising awareness about cardiovascular health and empowering individuals to take charge of their heart's wellness.

Heart disease remains one of the most significant health challenges facing Canadians today. The heart is the engine of the body - pumping blood, delivering oxygen, and sustaining every system. When heart health declines, the effects can be widespread, impacting mobility, cognition, energy levels, and overall quality of life.

Heart disease often develops silently over many years. High blood pressure, high cholesterol, and diabetes, three of the most common contributors, can progress without symptoms.

This means proactive screening and lifestyle choices are essential. While age and family history increase risk, many factors remain within our control. In fact, the Heart and Stroke Foundation reports that up to 80% of premature heart disease and stroke can be prevented by reducing known risk factors and choosing heart-healthy habits.

Staying physically active, choosing heart-healthy food, quitting smoking, moderate alcohol use and reducing stress are all risk factors that are in our control! Small, sustainable habits can have a profound impact on our long-term health.

Heart Month is a perfect opportunity to check in with yourself. Whether it's booking a screening, adding more movement to your day, or cooking healthier meals, every step counts!

UPCOMING HP PROGRAMMING

InterComm

2 x days over
consecutive weeks
4 & 11 February

Respect in the Canadian Armed Forces

RitCAF

5, February

Stress Take Charge

STC

10 February

Alcohol Other Drugs Gambling and Gaming Awareness

AODGGA

18 & 19 February

Positive Space Ambassador Training

24 & 25 February



HP Course *Updates*

WWW.CFMWS.CA >



SCAN ME

Healthy Eats!



Maple Chocolate Mug Muffin

Ingredients

- 1 egg
- 1 tbsp (15 mL) maple syrup
- 1/2 tsp (2 mL) vanilla
- 2 tbsp (25 mL) bran cereal buds
- 2 tbsp (25 mL) unsweetened cocoa powder
- 1/4 tsp (1 mL) baking powder
- Pinch ground cinnamon

Directions

Step 1

In a microwave-safe mug, using a fork, beat together egg, maple syrup and vanilla. Add bran cereal, cocoa powder, baking powder and cinnamon and stir well to combine.

Step 2

Place in microwave and cook on High for 1 minute and 45 seconds. Turn muffin out onto plate and divide in 2.

Tip

You can substitute 3 tbsp (45 mL) bran flakes for the bran cereal buds if desired.

93 cal Serves 2
Prep time 0h 5m
Cook time 0h 2m
Total time 0h 7m



Source www.heartandstroke.ca

5 Quick tips to Heart Health

1. **Eat Heart-Healthy Foods:** Focus on a balanced diet rich in fruits, vegetables, whole grains, lean proteins and healthy fats. Minimize processed foods, salt, and sugar intake.
2. **Be active:** Aim for at least 150 minutes of moderate to vigorous activity per week.
3. **Quit Smoking:** quitting significantly reduces cardiovascular risk. Avoid exposure to secondhand smoke as well.
4. **Manage Stress:** Mindfulness, physical activity, and seeking support can help reduce stress, which has a direct impact on heart health.
5. **Regular Check-Ups:** Monitor your blood pressure and have regular medical check-ups. Early detection of issues can prevent complications.



Heart facts:

- Your heart grows with you, but even in adulthood it's usually just about the size of your clenched fist.
- Your heart beats about 100,000 times every day. That's roughly 35 million times a year!
- Laughing helps reduce stress, relax blood vessels, and improve blood flow.
So yes, humor is heart-healthy!
- Pound for pound, your heart performs the most physical work of any muscle in the body.