

HEALTHY BITS

OFFICIAL HEALTH PROMOTION BULLETIN OF 8 WING CFB TRENTON
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Fall into Fitness

As the leaves begin to change and the summer heat fades, it is the perfect time to check in with yourself. Summer is often a wonderful blur of vacations, late nights, and broken schedules. If you have found yourself to be out of sync, you are not alone. Autumn brings a natural shift of energy. It is the ultimate season to rekindle an exercise program. Your first step back to healthy physical activity is to identify what works for you. Give some thought as to what kind of activities you like or dislike and what suits your lifestyle. If you like to run or bike outside, take advantage of the cooler weather. If you enjoy lifting weights or playing sports, check out local gyms or recreational centers in your area and find the venue that suits you best.

Second, start planning your exercise sessions by making a detailed schedule of your week. Look for ways you can work in blocks of exercise. Can you get up a half hour earlier every morning for a walk? The key is to be realistic. Look for ways to add bits of physical activity to previously scheduled activities. Take the stairs instead of the elevator or take an extra lap around the mall. Incorporating small bits of exercise into our daily routine can have a big impact without posing a time constraint.

Thirdly, goal setting can be a powerful motivator. Set some SMART goals - Specific, Measureable, Achievable, Realistic and Time bound. This can help turn vague ideas into clear concise goals. Unrealistic expectations or goals can set you up for frustration and failure. You can always re-evaluate your goals as you go along your fitness journey. Finally, reward your efforts. Meeting your exercise goals, even short ones, is cause for celebration. Find ways to pat yourself on the back that reflect your commitment to improving your health. This could be purchasing some new exercise equipment or renewing your gym membership.

UPCOMING HP PROGRAMMING

**Positive Space
Ambassador
Training**

9 & 10 September

**Injury Reduction
Strategies
(IR)**

11 September

**Mental Fitness Suicide
Awareness
MFSA**

15 & 16 September

**Respect in the Canadian
Armed Forces
RitCAF**
22 September



REGISTER NOW



Healthy Eats!



Healthy Pumpkin Chili

Ingredients

- 2 tablespoons olive oil
- 1 onion, diced
- 7 cloves garlic, chopped
- 1 teaspoon sugar
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 teaspoon pumpkin pie spice
- 2 teaspoons oregano
- 2 teaspoons ground coriander
- 1 lb lean ground turkey
- 3 tablespoons tomato paste
- 2 whole green peppers, seeded and chopped
- 1 whole orange or yellow bell pepper, seeded and chopped
- 29 oz fire roasted tomatoes, with juices
- 3 cups chicken or turkey broth
- 28 oz black beans, from can, rinsed and drained
- 1/2 cup pure pumpkin puree
- kosher salt and freshly ground black pepper

Instructions

In a large heavy pot or Dutch oven, heat olive oil until hot. Add onion and garlic, stirring until fragrant, about 30 seconds. Add sugar, chili powder, cumin, pumpkin pie spice, oregano, and coriander. Stir to combine, 10 seconds.

Add ground turkey to pot and sprinkle 1 tsp salt over it; cook/stir to break up into small pieces. When turkey is cooked through, add tomato paste and stir 30 seconds. Add bell peppers, fire-roasted tomatoes with juices, and broth. Scrape bottom of pan while stirring. Bring chili to a simmer; simmer covered for 20 minutes. Add beans and pumpkin puree. Bring chili back to a simmer for 15-20 min or until heated through.

Remove from heat. Add additional kosher salt and freshly ground black pepper to taste. Serve warm, with shredded cheddar cheese if desired.

Did you know?

- 1 - Muscle naturally declines after the age of 30, a process called sarcopenia
- 2 - A pound of muscle burns more calories at rest than a pound of fat
- 3 - Muscles grow and repair during rest and sleep, not during the workout itself



Fitness facts

- 1 - Only 46% of Canadian adults meet national guidelines of 150 minutes of moderate to vigorous physical activity weekly.
- 2 - Inactivity related health burdens cost the Canadian economy \$3.9 billion annually.
- 3 - Youth physical activity dropped 15 percentage points from pre pandemic levels, with teenage girls hit hardest.
- 4 - Just over half 55% of Canadians meet national muscle and bone strengthening guidelines of two days per week.
- 5 - Adults in Canada spend an average of 9.3 sedentary hours a day.

