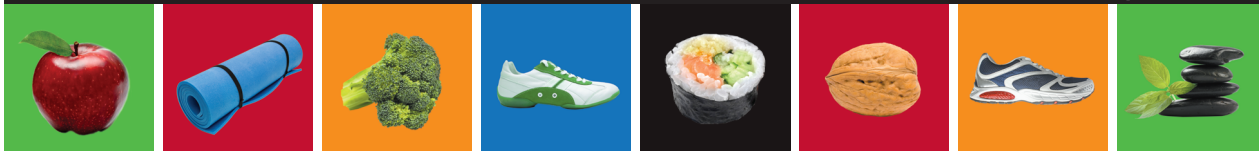


When you live healthy, life is **good!**

INFORMATION BULLETIN

April 2010



Change your lifestyle habits! On behalf of La Capitale, I am pleased to introduce the very first information bulletin of the **Good for you!** program. It contains tips and advice to help you maintain healthy lifestyle habits in your day-to-day life. Take a few minutes to read it and improve your well-being!



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Pleasure and good health: dark chocolate



Chocolate, a source of minerals, Vitamin B and antioxidants, contributes to the prevention of cardiovascular disease and some forms of cancer. To fully benefit from its properties, select a dark chocolate with a high cocoa content (e.g.: more than 70%) instead of regular milk chocolate.

Dietitians of Canada: www.dietitians.ca

Good! for you: sun

The sun is back! It's time to fill up on **Vitamin D** to maintain healthy bones and prevent osteoporosis and other disorders. Three times a week, 10 to 15 minutes of exposure without sunscreen (between 11 a.m. and 2 p.m.) usually suffices. But use sunscreen if you stay out longer!

Osteoporosis Canada: www.osteoporosis.ca

True or False

Plastic containers used in microwave ovens increase your cancer risks.

False. Containers designed and labelled for microwave use are not a problem. However, never use margarine or yogurt containers to heat food!

Health Canada: www.hc-sc.gc.ca

Did you know?

Every week, **3,300 Canadians** learn that they have cancer. Half of these cases could have been prevented. How? By adopting healthy lifestyle habits, a diet rich in fruits and vegetables and by being active. Take advantage of April—**Daffodil Month for the fight against cancer**—to make a difference by supporting the **Canadian Cancer Society** with your donations.

Canadian Cancer Society: www.cancer.ca



Nothing to it

Three sessions of 10 minutes during the day is the equivalent of 30 continuous minutes. Examples? Walk to work in the morning and evening, use the stairs instead of the elevator, dance with your kids—use your imagination to find creative ways to be active!

Definitions:

As in **Antioxidants:** Substances that prevent free radicals from attacking the body's cells.

Oas in **Osteoporosis:** Bone disease characterized by a decrease of bone mass leading to fragile bones.

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