

When you live healthy life is good!

Information Bulletin

August 2014

Good for you!

Workplace health and wellness program

PEACH PERFECTION!

Sweet, delicious Ontario peaches start arriving in our markets in August. It's the perfect time to bite into this juicy fruit that contains **vitamins A and C, iron, copper potassium** and **2 g of fibre**. Look for peaches with a creamy or yellow background, which indicates that they're ripe. Would you like some ideas on how to make the most of peach season? Here are a few:

- Add slices to your fruit and vegetable salads!
- Grill them on the BBQ as a side to meat or seafood.
- Mix up a zesty peach salsa!
- Put a new twist on a classic by wrapping a strip of prosciutto around a peach wedge.
- Integrate peaches in your smoothies.

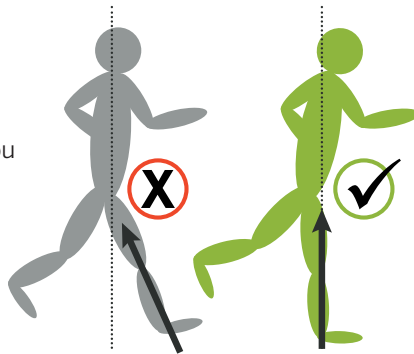
Source: www.ontariotenderfruit.ca

Running: No pain no gain?

Running is a minimalist activity. Of all the tools you have available, your main one is your body. If it is not functioning properly, you will not be able to practice this sport, even with the best pair of running shoes. Here are a few tips that will help you prevent injuries and improve your performance:

1. Get a kinesiologist or a running specialist to correct your posture and running technique.
2. Avoid running too much on your toes or heels. Ideally, the sole of your foot should touch the ground only when it is slightly in front of your hip.
3. Shorten your stride and increase your pace for better impact absorption in your joints.
4. Stretch out your body, as if you were suspended by a wire attached to your head, and expand your rib cage.
5. Mix up the running surfaces (paths, roads, hills) to work different muscles and promote muscular balance.

Source: Alex Genest, Olympic athlete



Back to the routine: easy does it!

Summer is drawing to a close, and it will soon be time to get back into a routine. There are ways of re-establishing a routine fairly easily, without feeling overwhelmed. Here's how:

Return to work

- If you can, make the week shorter by going back to work on a Wednesday.
- Consider using public transit or, even better, active transportation, like walking or riding your bike to work.
- Have your lunch outside while the weather is still warm.

Return to school

- Sort through your old school supplies and start shopping for the new items you need as soon as you receive the list.
- Do your shopping online. You can often have your items shipped directly to your home!
- Get the kids involved. Delegate responsibilities to them, like labelling school supplies.

Getting back on track

- Be patient and understand that this is a transition period for the whole family. Everyone is a little on edge!
- Take advantage of summer's bounty by cooking and freezing dishes to enjoy later.
- Hold on to some of your holiday feeling by continuing with one or two summertime activities like a cocktail or dinner on the patio, an evening with a good book...

www.good-for-you.ca

Do you have some comments or suggestions?
Write to us at goodforyou@lacapitale.com.

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