

# When you live healthy life is good!

Information Bulletin

February 2012

## Good for you!

Your workplace health and wellness program



More than one way to say, "I love you!"

When better than on **Valentine's Day** to make your loved ones feel loved? Do things differently this year by spending time with them. You could:

- Do some babysitting or volunteer work
- Play with the kids
- Lend an ear or pay someone a visit
- Sit down with pen and paper and write a letter
- Offer to do some odd jobs



### HEALTH FLASH

Have you ever considered taking a cardiopulmonary resuscitation (CPR) course?

The Canadian Red Cross offers training for everyone. Check it out!

[www.redcross.ca](http://www.redcross.ca)

[www.good-for-you.ca](http://www.good-for-you.ca)

Do you have some comments or suggestions? Write to us at [goodforyou@lacapitale.com](mailto:goodforyou@lacapitale.com).

## Fibre, fibre everywhere but...

No buts! Fibre offers many health benefits. There are two types: soluble and insoluble.

**Soluble fibre**, when mixed with water, may contribute to the prevention of cardiovascular disease by lowering your blood cholesterol and regulating your blood sugar. The best sources include oat bran which you get in oatmeal, legumes, barley and fruits like apples, citrus fruits, strawberries and pears that contain edible seeds or are protein rich.



**Insoluble fibre** helps prevent constipation by adding bulk to stool. It can also suppress your appetite by making you feel more full. Wheat cereal, whole grain foods, green veggies, fruit, nuts and seeds are good dietary sources. Regardless of the type of dietary fibre, you need to drink 1 - 1.5 litres of water per day for it to be effective.

Source: [www.eatrightontario.ca](http://www.eatrightontario.ca)

## Measure your pressure!

30 minutes of continuous physical activity per day can have a positive impact on blood pressure. Moderate-level activity for a longer period is actually more beneficial than a short, intense workout.

Source: [www.heartandstroke.com](http://www.heartandstroke.com)



Dress warm to avoid getting the flu

## Myth or reality?

Myth

The influenza virus is transmitted through respiratory droplets made when someone with the flu talks, coughs or sneezes into the air. You can also get it by touching a contaminated surface. The best thing to do is to wash your hands often if you are in contact with flu sufferers.

Source: [www.combattezzlagrippe.ca/index-eng.php](http://www.combattezzlagrippe.ca/index-eng.php)



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