

When you live healthy, life is good!

INFORMATION BULLETIN

June 2011



Summer strawberries have finally arrived!

Strawberries are a chock full of vitamin C and powerful antioxidants which prevent cardiovascular diseases and some cancers. The same is true for red wine when consumed in reasonable quantities, i.e. 2 glasses a day for men and 1 glass for women. Here is a delectable cocktail whose aromatic strawberry notes is sure to liven up any happy hour.

Ingredients

Ripened strawberries | Sugar | Red wine

Preparation

Wash and hull the strawberries.
Halve larger strawberries.
Transfer to a bowl and sprinkle with sugar.
Pour 150 ml of red wine for 100 g of strawberries.
Stir and let soften for 1 hour before serving.

Source: richardbeliveau.org



Nurture your relationship

Disconnecting to reconnect

Planning a vacation is a great way to bring that sparkle back into your relationship!

Here are some tips and tricks to snap out of that daily grind:

- Gear your house up for summertime. On the menu this summer: Naps, lazy happy hours, or why not entice your senses and your palate by cooking up internationally inspired dishes.
- Plan an intimate outing: Reserve at a bed and breakfast, camp out under the stars, take a romantic stroll through the forest, or go for a bike ride.
- Plan your activities well in advance and stick to your agenda. Source: psychologytoday.com

Be good to your skin

Don't leave home without your sunscreen!

Want to avoid prematurely aged skin? Make sure to apply a sunscreen with SPF 30 which protects your skin from harmful UVA and UVB ultraviolet rays. Apply 20 minutes before sun exposure and reapply, as needed. Source: cancer.ca



Running... for beginners!

By Marie-Claude Roy, Kinesiologist

Objective: Run for 30 minutes.

Day	Week 1	min	Week 2	min	Week 3	min	Week 4	min
Monday	(1'W+1'R)x15	30	(1'W+2'R)x10	30	(1'W+3'R)x8	32	(1'W+5'R)x5	30
Wednesday	(1'W+1'R)x15	30	(1'W+2'R)x10	30	(1'W+3'R)x8	32	(1'W+5'R)x6	36
Friday	(1'W+1'R)x20	40	(1'W+2'R)x15	45	(1'W+3'R)x10	40	(1'W+5'R)x6	36
Saturday	(1'W+1'R)x5+ continuous running 5'+ (1'W+1'R)x5	25	(1'W+2'R)x3+ continuous running 10'+ (1'W+2'R)x3	28	(1'W+3'R)x3+ continuous running 10'+ (1'W+3'R)x3	34	(1'W+5'R)x2+ continuous running 15'+ (1'W+5'R)x2	39

Sample program: Week 1 (Monday): Alternate 1 minute of walking with 1 minute of running X 15 for a total 30-minute workout.

Legend
W = Walking
R = Running / jogging
min = number of minutes per workout

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We want to hear your comments and suggestions. Write to us at goodforyou@lacapitale.com.

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for you!