

When you live healthy, life is good!

INFORMATION BULLETIN

September 2011



Should I drink with meals or not?

This question comes up fairly often. According to nutritionists, there is no reason why you shouldn't drink with meals. The important thing is to drink in moderation. If you don't, the volume of fluid in your stomach may cause some discomfort, especially if you already have problems with digestion.

Source: wiki.answers.com



The best chewy granola bar!

If we're talking nutrition, chewy granola bars are not all created equal. Some are too sweet, too high in calories or low in fibre! Always read the label before you buy.

You can use the nutrition facts below to determine whether or not a chewy granola bar is a good choice.

Content	Serving size (approx. 30 g)
Saturated and trans fats	Less than 1 g
Sodium	Less than 15 mg
Carbohydrates	Less than 20 g
Fibre	More than 3 g
Sugars	Less than 10 g

Source: ricardocuisine.com

Should I sleep or work out?

People often mistakenly believe that if you're tired, you should stop exercising. Actually, the opposite is true. Regularly devoting 15 to 20 minutes per day to cardiovascular or muscle building activity will dissipate fatigue and raise your energy level. This is even true for chronic fatigue sufferers. What's more, the neurotransmitter boost you get following a workout contributes to sounder sleep. Just make sure you time it so that you don't have an intense workout two hours before going to bed.

Source: defisante530.com



Snacks – for tummy rumbles only!



Did you know?

The death of a spouse, divorce and marital separation are among the most stressful events of an adult's life.

Source: mindtools.com

good-for-you.ca

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

LaCapitale

good for you!