



# EXERCISE REGULARLY

Cardiovascular fitness is one of the strongest predictors of how well and how long you will live. To gain the multiple benefits of exercise, we recommend **30-60 minutes of moderate to vigorous activity** most days of the week, and resistance training twice per week. Balance and stretching exercise is also recommended.

## LETS GET STARTED

Our expert staff can prescribe an exercise program that is right for your health, aligned with your interests, and effective in helping you reach your goals.

Group exercise classes are a great way to build motivation, create a routine and add variety to your exercise.

Choose from stretch breaks, studio, cycling, yoga and aqua classes, all led by certified experts.

### Class Schedule at:

<http://schedules.wellnessinstitute.ca/>

## ADDITIONAL RESOURCES

Personal and Group Training provides added support to help you reach your personal best.

### Find out more at:

[wellnessinstitute.ca/personal-training/](http://wellnessinstitute.ca/personal-training/)

**or** [wellnessinstitute.ca/group-training/](http://wellnessinstitute.ca/group-training/)

If pain or injury is getting in the way of you being active, visit the Wellness Institute Clinic for Rehabilitation services.



### Find out more at:

[wellnessinstitute.ca/clinic/](http://wellnessinstitute.ca/clinic/)





# EAT WELL

A healthy diet based on **vegetables, fruits, lean proteins, and whole grains** is an important base for supporting good health. How often we eat, how fast we eat, and where we get most of our meals also play important roles in hunger, fullness, health, and food cravings. Choosing healthy foods and keeping healthy eating routines work together to help you get the most benefit from your efforts.

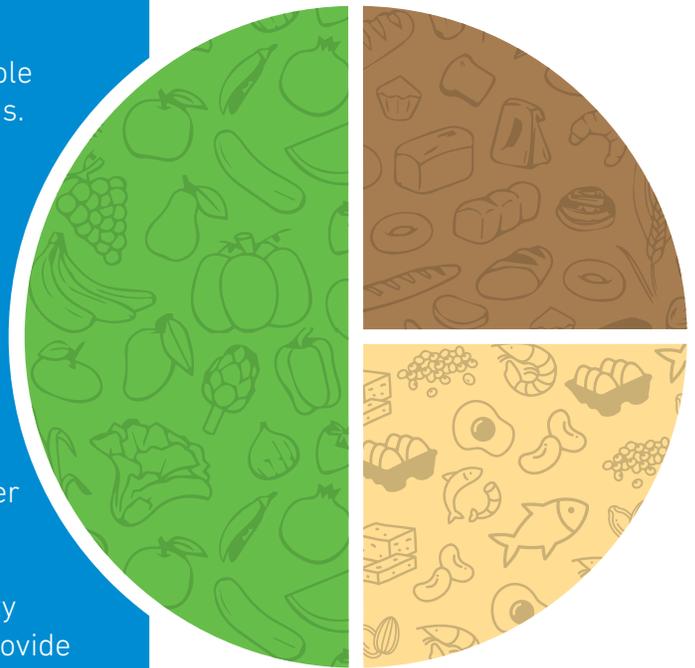
## PORTION CONTROL

Focus on plant foods including vegetables, fruit, whole grains, legumes (lentils, beans, peas), nuts and seeds. These foods provide the body with fibre, vitamins, minerals, and phytochemicals while usually being lower in calories than other food.

Consider the plate method. Fill half your plate with vegetables and fruit, one quarter with whole grains, and one quarter with lean protein.

Choose lean proteins such as poultry, fish, eggs, beans, lentils, tofu, yogurt. Limit red meat to once per week or less.

Limit sugary drinks including pop, juice and specialty coffees. These are high in sugar and calories and provide little nutrition.



- Focus on real food. Choose foods that are **minimally processed**.
- Eat at least **3 meals per day**. We have a better chance of getting all the nutrients and energy we need by eating throughout the day.
- Space your meals **4-6 hours apart** to keep hunger in check. Regular meals keep energy and mood stable. Getting too hungry or being starving can lead to cravings for high calorie and low nutrient foods, as well as over-eating.
- Aim to **make meals last at least 20 minutes**. Eating slowly helps you understand how much is the right portion for you.
- **Eat at home most of the time**. Take-out, fast-food, and restaurant meals can have more calories than we expect, and are often low in health-promoting nutrients. **Cooking and eating promotes better nutrition and helps manage portions**.

## ADDITIONAL RESOURCES

A Registered Dietitian can help with a range of food related issues, from determining what to eat to changing behaviours around food. Sessions are partly covered by most health insurance plans.

**Find out more at:**  
[wellnessinstitute.ca/diet-nutrition/](http://wellnessinstitute.ca/diet-nutrition/)





# SLEEP WELL

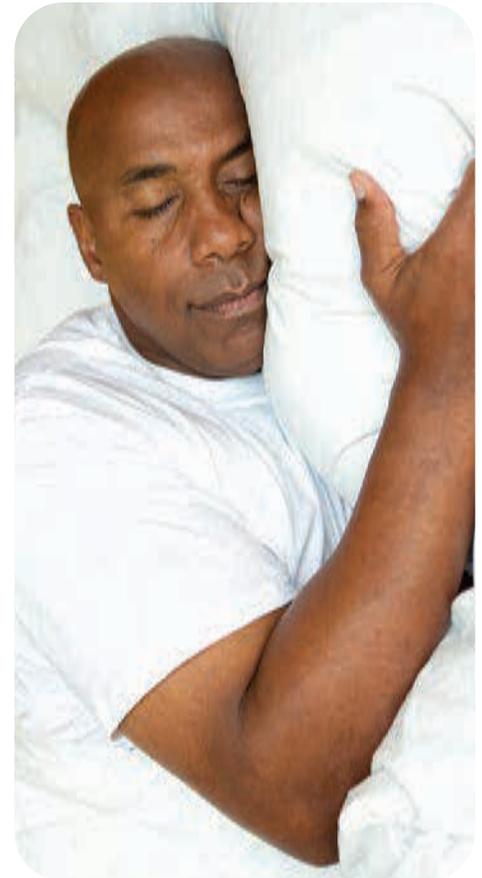
Poor sleep quality and quantity are associated with weight gain, premature aging, increased stress and irritability, immune suppression, increased risk of injury and certain conditions including diabetes, depression, anxiety, high blood pressure and some cancers.

## SLEEP STRATEGY

Aim for an **average of 7-9 hours of quality sleep each night**. If you struggle to get enough sleep, try these sleep health strategies:

- ❑ Keep a regular schedule of sleep and wake time, even on weekends (to avoid disrupting your circadian rhythm, or natural sleep cycle)
- ❑ Create a relaxing bedtime routine, such as taking a warm bath
- ❑ Create a dark, quiet, cool, screen-free bedroom
- ❑ Avoid caffeine 6 hours before sleep
- ❑ Avoid alcohol and nicotine within 3 hours before sleep
- ❑ Be physically active but avoid vigorous activity 4 hours before sleep
- ❑ Avoid late heavy night dinner and snacking after 7 pm; Try a light snack of carbohydrate and protein
- ❑ Maintain a healthy weight
- ❑ Find ways to manage stress – meditation, imagery, mindfulness, distraction, exercise, social support
- ❑ See your healthcare provider or Registered Dietitian for recommendations on supplements (i.e. Vitamin D, melatonin)
- ❑ Try to sleep in a position that helps you maintain the natural curve in your lower back. Avoid twisting.

If these strategies don't work after a few weeks, seek professional support to assess factors that may be affecting your sleep. See your doctor or mental health professional.



## ADDITIONAL RESOURCES

**Canadian Sleep Society**  
[www.css-scs.ca](http://www.css-scs.ca)

**Find out more about our Mental Health Services at:**  
[wellnessinstitute.ca/mental-health/](http://wellnessinstitute.ca/mental-health/)

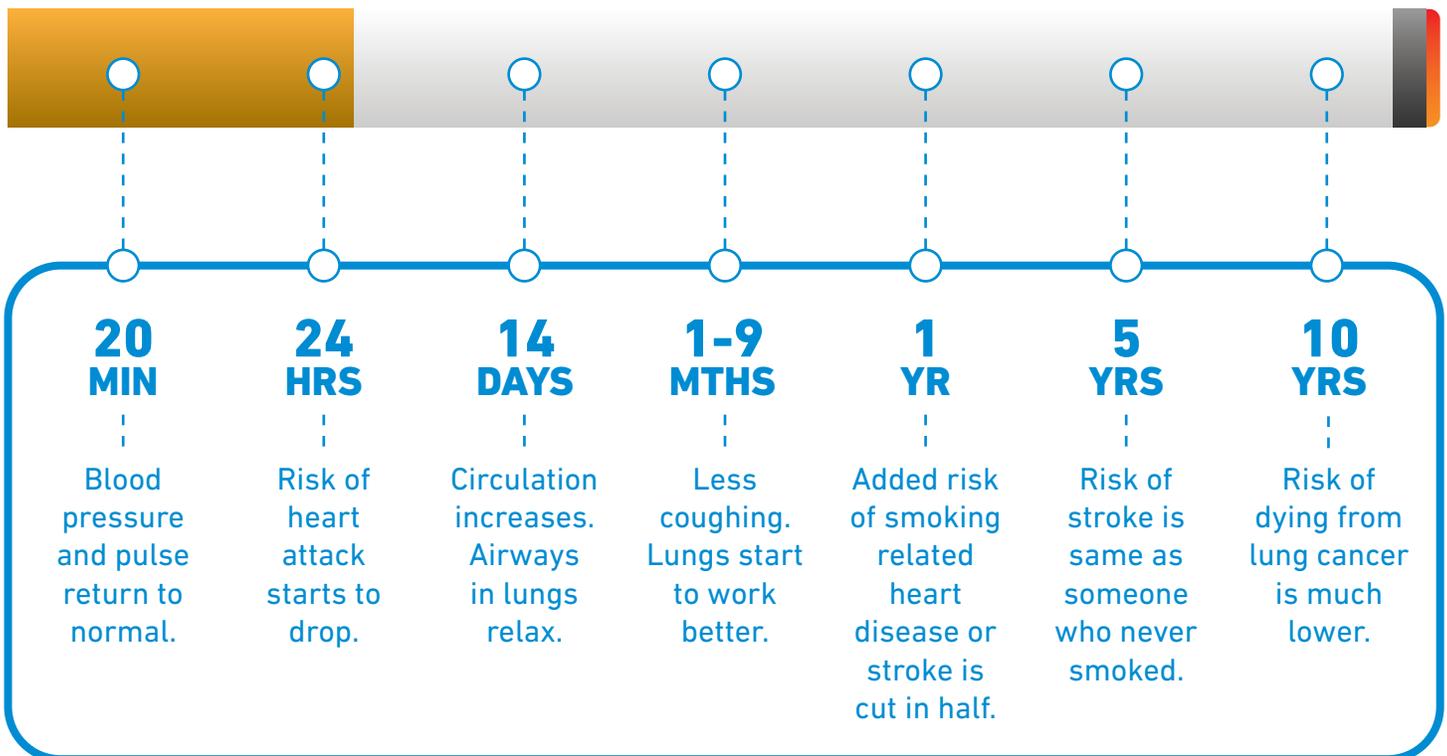




# DON'T SMOKE

Being smoke-free is one of the best things you can do for your health. Within **six months** of quitting, the risk of cancer and heart attack drops dramatically, as does the risk of other respiratory diseases. It's also important to **avoid second-hand smoke**. Cannabis, like tobacco, poses short and long-term health risks.

## THE BENEFITS OF QUITTING SMOKING



**Ask your Doctor if nicotine replacement therapy is right for you.**

**ADDITIONAL RESOURCES** | [www.smokershelpline.ca](http://www.smokershelpline.ca) | Understand the risks of cannabis use at: [www.canada.ca/en/services/health/campaigns/cannabis/health-effects.html](http://www.canada.ca/en/services/health/campaigns/cannabis/health-effects.html) 



# EMOTIONAL WELLNESS

People who are emotionally and mentally resilient have the tools for coping with difficulties and maintaining a positive outlook, even during hard times. **How we think and feel is intricately connected to our behaviour and our physical health.** Poor emotional health can affect physical health, including weakening your immune system and causing an array of physical symptoms.

## CARE FOR YOUR EMOTIONAL WELLNESS

When we think about our health we tend to forget about just how important supporting our emotional wellbeing is. Check in with yourself and ask how you are feeling mentally and emotionally.

### Here are some things to check in about:

- Are you surrounding yourself with people you like, and investing time and energy into the relationships that matter most to you? Creating or nurturing connections with other people who you like and who care about you acts as a buffer against stress and loneliness.
- Are you engaging in activities that you enjoy? Making time to do the things that make you happy and prioritizing self-care is energized us mentally and emotionally and keeps us grounded.
- Are you challenging your unhelpful thinking? Learning how to identify, challenge, and balance our thinking helps us to control our worries and boost our mood. Ask yourself:
  - Is this worrying productive or not?
  - Is this thought 100% true?
  - What is the evidence that supports this thought?
  - What would a friend say about this thought?
  - Am I confusing a 'possibility' with 'certainty'?

Our team of Psychologists have extensive training and experience working with adults who are experiencing difficulties like: mood disorders, anxiety disorders, post-traumatic stress, panic attacks, impulsivity, emotion regulation problems, chronic health concerns, and work and relationship problems.



## ADDITIONAL RESOURCES

Find out more about our  
**Mental Health Services at:**  
[wellnessinstitute.ca/mental-health/](http://wellnessinstitute.ca/mental-health/)





# LIMIT ALCOHOL

Alcohol use disorders more than double your risk of premature death, but even moderate drinking may carry some health risks. **Alcohol provides empty calories** (see chart below) and can increase appetite and lead to weight gain. Reduce your long-term health risks by **following Canada's Low-Risk Drinking Guidelines**.

## Be Aware of Empty Calories in Your Drinks

Beverage	Serving Size	Calories/Serving
Regular Beer	341ml (12oz)	147 kcal
Light Beer	341ml (12oz)	99 kcal
Low-Carb Beer	355ml	70-95 kcal
Spirits & Hard Liquor	43ml (1.5 oz)	96 kcal
Liqueur	43ml (1.5 oz)	155-190 kcal
Wine	142ml (5 oz)	106-127 kcal
Coolers	355ml (12 oz)	178-258 kcal
Mix (pop, juice, tonic water)	250ml (8 oz)	90-120 kcal
Mix (soda water, sugar-free pop)	250ml (8 oz)	0 kcal

*\*Adapted from Alcohol and Diabetes, Diabetes Canada 2018.*

## CANADA'S LOW-RISK DRINKING DAILY LIMITS



## WHAT IS ONE DRINK?



## REDUCING YOUR RISK

Drink no more than 2 drinks/day for women, or 3/day for men.

For special occasions, drink no more than 3 drinks for women or 4 for men.

Don't drink on an empty stomach, drink slowly (no more than 1 drink/hour), and alternate with non-alcoholic choices.

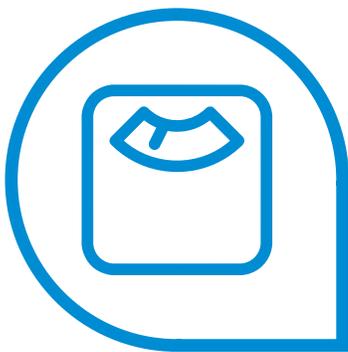
## ADDITIONAL RESOURCES

**Canadian Centre on Substance Use & Addiction**  
[www.ccdus.ca](http://www.ccdus.ca)

**Addictions Foundation of Manitoba**  
[www.afm.mb.ca](http://www.afm.mb.ca)

**Canada's Low-Risk Drinking Guidelines:**  
[www.ccsa.ca/Resource%20Library/2012-Canada-Low-Risk-Alcohol-Dinking-Guidelines-Brochure-en.pdf](http://www.ccsa.ca/Resource%20Library/2012-Canada-Low-Risk-Alcohol-Dinking-Guidelines-Brochure-en.pdf)

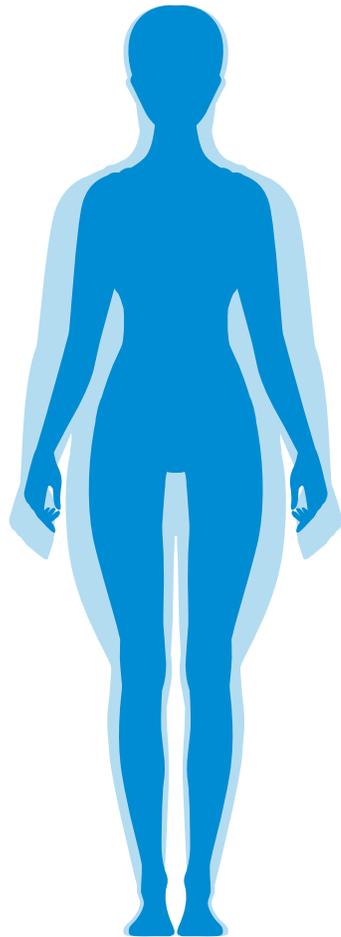




# HEALTHY WEIGHT

Maintaining a healthy weight is important for preventing illness and disease. Excess weight is a risk factor for cardiovascular disease, diabetes, certain cancers, as well as other health issues. While exercise, diet and sleep are important healthy behaviours, if you are carrying excess weight, you are at risk.

We recommend focusing on forming healthy habits, especially around nutrition and your relationship with food.



**Drink more water** – Not only does drinking water help you feel full, when it replaces sugary drinks or alcoholic beverages, it reduces your caloric intake.

**Plan your meals and snacks** – Planning ahead helps you ensure your meals and snacks are healthy and helps you control portions. If eating out, check the menu ahead of time so you can choose your meal before you are hungry.

**Be active** – Include regular physical activity. While exercise alone may not result in weight loss, it is important for weight maintenance.

**Manage temptations** – Identify the situations where you are likely to overeat and foods you are likely to indulge in. Make plans to avoid risky situations, cope with them without food, or replace high calorie foods with healthier ones.

**Eat breakfast** – Research shows that people who eat breakfast are more likely to be successful in keeping weight off.

**Keep track** – Keeping a log of your food intake, exercise and weight helps you stay motivated.

**Get enough sleep** – Consistently missing sleep is associated with weight gain. Aim for 7-9 hours of quality sleep each night.

**Enlist support** – From professional to personal, having support builds your chances of success.

## CALCULATE YOUR BMI

Wellness Institute experts can calculate your BMI for you. For a more detailed assessment of your body composition, including BMI, your basal metabolic rate and levels of visceral body fat (associated with increased risk for diabetes and heart disease) we can provide an Inbody body composition analysis:

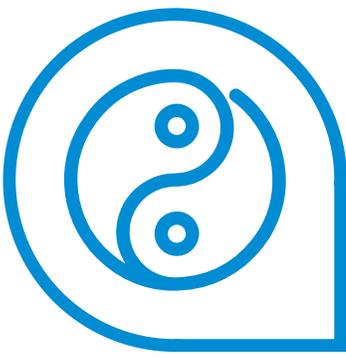
[wellnessinstitute.ca/inbody-570/](http://wellnessinstitute.ca/inbody-570/)

## ADDITIONAL RESOURCES

Successful weight loss requires a combination of diet, physical activity and behaviour management.

See how our expertise in these areas can help, plus download our Healthy Weight Loss Strategies at:





# MANAGE STRESS

Stress is inevitable. Tough times can be made easier by building **stress-management skills**. Chronic stress has an impact on both your mental and physical health. It can worsen or increase the risk of obesity, heart disease, Alzheimer's disease, diabetes, depression, anxiety, gastrointestinal problems, headaches, and asthma. **Healthy coping skills can minimize the impact on your health and lifestyle.**

## TRY THESE SKILLS

These skills take practice, but anyone can learn to use them. In addition to exercising regularly, eating well, and getting enough sleep for your overall health, here are some skills to use when you start to feel overwhelmed.

### Relax your body

Try progressive muscle relaxation. This is where you learn how to consciously relax your body by practicing tensing specific muscle groups and then letting that tension go. You can also find many great guided progressive muscle relaxation clips on YouTube.

### Practice Deep Breathing

One of the most efficient ways to calm your body and your mind is to practice breathing in a slow, deep, and controlled way. Practice taking in a normal breath, pausing briefly (around 3 seconds), and then exhaling slowly. Do this for 10-15 minutes each day so when you experience stress or anxiety.

### Take a Break

While it might seem counterintuitive, taking a break is actually one of the easiest ways to center yourself and make yourself more productive. Practice breaking big tasks down into smaller tasks, and try setting an alarm to prompt you to take a short 5-10 minute break after every 60-90 minutes of work.

### Foster Self-Compassion

Being kind to yourself is necessary to nurture a positive relationship. This can help with accomplishing your goals, and living a healthy and meaningful life. Practice adopting an attitude of gratitude: be grateful for what your body can do and has done, and look for the good in each day. Celebrate your successes. Acknowledge that you cannot control everything in life. Use your self-talk to build yourself up rather than tear yourself down.



## ADDITIONAL RESOURCES

Find out more about our **Mental Health services at:**  
[wellnessinstitute.ca/mental-health/](http://wellnessinstitute.ca/mental-health/)





# PREVENTION

A healthy lifestyle alone won't protect you against preventable injuries and illness. **Follow safety guidelines** and take precautions such as wearing your seat belt, getting immunized, wearing sunscreen, and seeing your doctor regularly for preventive checkups.

## ADDITIONAL RESOURCES

**Don't have a family doctor? Visit Family Doctor Finder at:**  
[www.gov.mb.ca/health/familydoctorfinder](http://www.gov.mb.ca/health/familydoctorfinder)



**Sun Safety:** [canadasafetycouncil.org/canada-sun-guide/](http://canadasafetycouncil.org/canada-sun-guide/)    **Safety Tips:** [canadasafetycouncil.org/safety-info/](http://canadasafetycouncil.org/safety-info/)



# ASK FOR HELP

It can be difficult to ask for help. Some of us grew up in households where "doing it yourself" was taught as a value. **Asking for help is not a sign of weakness, it is absolutely a sign of strength.** Two heads ARE better than one - sharing and assisting others is what healthy communities are built upon.

Further, people like to help, and helping feels intrinsically good. Taking charge of your health and wellness means knowing when you need some additional support and actively seeking that out.

Sometimes life gets in the way of us doing what's best for our health. When you start to feel that you are getting off track, reach out! You don't have to be perfect and you don't have to do it alone. Our Wellness Consultants can help with your exercise and wellness plan, and additional supports are available to help you reach your optimal health and wellness.



## CONTACT US

[info@wellnessinstitute.ca](mailto:info@wellnessinstitute.ca) or 204-632-3900

Follow up on facebook and Instagram for exercise demonstrations and health articles.