In recent years, North Americans are becoming notoriously bad at taking care of their bodies. This includes eating properly, getting enough exercise, and getting enough sleep.



The first step to improving this is self-awareness...

Sometimes people do not pay attention to what their body is telling them about their need for **food**, **rest**, **physical activity**, or **sleep**.

We can't just do some of these...



We need to do all of them.

# Eating...

Eating well means not only eating the right things, but also eating the right amount, and eating regularly.



The human body likes routine, so when you eat meals and have snacks at regular intervals, your body is happier.



#### Food...

Our bodies need good food on a regular basis. This means eating at least 3 main meals a day, with a few snacks in between. (You see, about 3-4 hours after a meal, our metabolism switches from using available energy to using stored energy.) Also remember that after a night's sleep most people have had nothing to eat for 8 to 12 hours, and our body requires some food soon after rising.

Most foods are good as long as you eat them in moderation. Eating healthy means eating from the main food groups. (Notice there is no "Junk Food" group!)



We also need a lot of <u>water</u>. (After all, our bodies are 2/3 water!)

What are some healthy foods that you like to eat from each of the

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groups	?			
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Eating healthy also means limiting some unhealthy foods and drinks such as fatty or greasy foods. Fast food and processed foods need to be monitored closely to ensure that you are getting healthy products.

Food Description	Serving	Calories	Fat (gms)	Sodium (mgs)
McDonald's Big Mac	1	570	32	1100
McDonald's French Fries	medium	450	22	290
Subway Veggie Delight	6 inches	232	3	582
Tim Horton's	1	439	24	639
Garden Vegetable Sandwich				
Tim Horton's Cherry Danish	1	380	23	526
Tim Horton's	1	281	2	608
Lowfat Carrot Muffin				
Coca-Cola Classic	22 oz.	280	0	0
Diet Coke	22 oz.	1	0	0
Starbuck's Carrot Cake Muffin	20 oz.	680	40	?
Starbuck's Venti Café Mocha	20 oz.	490	17	?

If you are a regular fast food customer, you should check out their website to find out what you are eating!

Here are some common ones:

**Starbucks:** <a href="http://calorielab.com/restaurants/starbucks/9">http://calorielab.com/restaurants/starbucks/9</a>

Tim Horton's Nutrition: http://www.timhortons.com/ca/en/menu/menu-info.html

McDonald's: http://www.mcdonalds.ca/ca/en/food/nutrition\_centre.html#/

You can then make your own chart:

Serving	Calories	Fat (gms)	Sodium (mgs)
	Serving	Serving Calories	Serving Calories Fat (gms)

Caffeine is one of our most commonly used legal drugs (e.g., colas, coffee, and regular tea). It is a stimulant that mimics the effects of the stress hormones, meaning that if you already have a problem with stress, it is going to make things worse, not better. (The same goes for cigarettes.<sup>1</sup>)



Health Canada recommends that adults consume no more than 400 mg of caffeine a day. Pregnant women and breastfeeding mothers should have no more than 300 mg a day. Children ages four to six should stop at 45 mg a day; ages seven to nine 62.5 mg a day; and ages ten to twelve 85 mg a day. Check out the Health Canada website for yourself: <a href="http://www.hc-sc.gc.ca/fn-an/securit/addit/caf/food-caf-aliments-eng.php">http://www.hc-sc.gc.ca/fn-an/securit/addit/caf/food-caf-aliments-eng.php</a>

Here are some caffeine counts for common sources of caffeine:

Product	Ounces	Mg Caffeine	What's Your Score?
Brewed Coffee	8	135	
Roasted & Ground Filter Drip	8	179	
Instant Coffee	8	76 – 106	
Typical blend tea	8	43	
Green Tea	8	30	
Cola Beverage	1 can	36 – 46	
Chocolate Milk	8	8	
Hot Chocolate	8	5	
Energy Drink	1 can	50 – 200 mg	

<sup>&</sup>lt;sup>1</sup> This is a good point to reflect on drug use. We know that too much alcohol causes all kinds of problems. Nevertheless, there is some research that suggests a small quantity of alcohol (i.e., a glass or two of wine) can help to protect your heart. However, all of the research on smoking says that it is bad, bad, bad. It leads to heart disease, lung disease, cancer, stroke, high blood pressure, etc. If you smoke, you have a 50% chance it will kill you. If you do

smoke, do yourself and those you love a huge favour **and quit**.)

Michael Lee Zwiers, Ph.D., 2014

#### Exercise...

Our bodies need regular exercise to be healthy. In recent years, people in Canada are not getting enough exercise. Are you one of these people? Adequate exercise usually requires working hard enough to break a sweat for at least 20 – 30 minutes, several times a week. It also means being active during the rest of the time (walking, moving, and getting fresh air). Of course, if you have a health condition that affects your ability to exercise (e.g., asthma, stroke, cardiovascular disease) you may have to consult with your physician.

How do you get exercise? Check off or highlight what you do:

running/jogging	downhill skiing	golf	
bicycling	weight lifting	housework	
brisk walking	tennis	gardening	
jumping rope	racquetball	football	
rowing	square-dancing	ballroom dancing	
stationary cycling	handball	yoga	
cross-country skiing	ping pong	roller skating	
swimming	trampoline	hockey	
running in place	baseball	soccer	
aerobic dancing	basketball	aquafit	
ice skating	bowling	field hockey	

Add others that you might engage in:							

**Note:** Emerging research is suggests that **sitting can be pretty bad for our health**. If you sit at work, you should stand up and move regularly. Plan 5 minute movement breaks every hour. Adaptable work desks can allow you to work either standing or sitting.

# **Helpful Websites:**

Health Canada – Nutrition <a href="http://www.hc-sc.gc.ca/fn-an/nutrition/index-eng.php">http://www.hc-sc.gc.ca/fn-an/nutrition/index-eng.php</a>

Health Canada – Physical Activity <a href="http://www.hc-sc.gc.ca/hl-vs/physactiv/index-eng.php">http://www.hc-sc.gc.ca/hl-vs/physactiv/index-eng.php</a>

Health Canada – Activity Guidelines for Children <a href="http://www.csep.ca/CMFiles/Guidelines/CSEP-InfoSheetsComplete-Eng.pdf">http://www.csep.ca/CMFiles/Guidelines/CSEP-InfoSheetsComplete-Eng.pdf</a>