

# My Wellness

GET WELL. STAY WELL. LIVE WELL.





#### **Body Bulletin** Canada

Get inspired!

We want to motivate and empower you to make healthy lifestyle choices. Stay up to date on the most relevant health and wellness information through our monthly Body Bulletin.

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#### Did You Know?

Yoga is a great way to boost your mood and kids can enjoy it too!

Yoga can help counter stress experienced by little ones and help restore a sense of balance and routine. Yoga can also help kids build focus and concentration, increase confidence and improve coordination

Continue reading

#### Recipe of the Month

Raspberry Vanilla Yogurt Popsicles

Beat the heat with this kid-friendly. three-ingredient recipe. Greek yogurt adds beneficial protein and raspberries are a great source of antioxidants

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### Health and Wellness Spotlight Fun Activities to Keep Your Kids Entertained This Summer

While this may not be our usual summer with festivals, travel and sleepovers, there are still plenty of fun activities to keep your kids entertained. Spending time outdoors and in nature can lower stress for you and your children. Give these activities a try and encourage self-directed play to promote creativity and give you some much needed YOU time!



monthly wellness communications, including Did You Know poster campaign



online nutrition and health related information for your employees' well-being

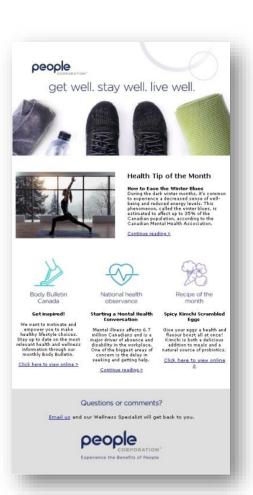


health and wellness webinars and cancer awareness kits to promote healthy living



## Health & Wellness Promotion









Wellness Week Day 5: Wall Sit Challenge

### Wellness Week



Wellness Week Day 3: Anxiety Disorders

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wall sit how-to

people

- Stand with your back pressing against a wall.
- Slide downward into a squat position by moving your feet forward until your knees make a 90-degree angle and your hamstrings are parallel to the floor.
- 3. Hold this move as long as you can.

benefits of adult colouring

- It allows us to:
   multiple thoug
   present mome
   for improved f
   ADHD technol
- Concentrating mindfulness pr negative thous
- It has been sho affected by Po (PTSD), anxiet amygdala; this controls our fig increasing rela
- Colouring help in you and reco worries in the reconstruction
- It utilizes and ε associated with and problem s



people

Water We challenge you WATER!
Did you know that Our bodies deper

We challenge you to replace your juice, pop, or coffee with WATER!

types of

Wellness Week Day 2: Water Challenge

Did you know that up to 60% of the human body is water? Our bodies depend on water to carry nutrients to our cells but also to provide a moist environment for our ears, nose and throat. Water also helps clean toxins out of our organs. For so many reasons, it is important to stay hydrate.

And don't forget, you can eat your water too! About 20% of the the food we eat contains water. Here's a handy chart to give you an idea of how much water can come from food!

Try some delicious infused water at our water bar this morning, located in your office's common area!

Amount	Fruit/Veggie	Water Content
1	Orange	115 mL
1	Apple	140 mL
1 cup	Watermelon	140 mL
1	Grapefruit	225 mL
1 cup	Strawberries	150 mL
1 cup	Honeydew Melon	150 mL
1	Peach	130 mL
1 cup	Cucumber	115 mL
1 cup	Celery	95 mL
1 cup	Asparagus	125 mL
1 cup	Broccoli	80 mL
1 cup	Cauliflower	100 mL

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re Compulsive Disorder suffer with persistent unw ude doubt (did I turn the I on) or contamination (ma erms).

the Risk of Anxiety Disc you know may have an a ge them to speak to their

Coping with Anxiety Disc enty of sleep m relaxation techniques si ing exercises se regularly as it promotes

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Wellness Week Day 4: DIY Salad Bar

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A day to celebrate eating healthier and making the healthier choice the easier choice!





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