

healthy living for WOMEN

IT'S IN YOUR HANDS

Canadian women want to improve their health. Finding a family physician, who can monitor risk factors for disease, is an important preventative measure. Women know, though, that the path to improving their health is not solely based upon medical treatment or the knowledge that they are disease free.

Taking steps to be healthy requires a holistic approach that addresses the whole person in relation to her biology and environments. Finding ways to eat right, become active, sleep well and manage stress help optimize our opportunities to live long and well.

EAT WELL!

Whether we are trying to improve or maintain our health, we need to choose the right amount and type of food that is appropriate for our age, gender, activity level, and health. *Eating Well with Canada's Food Guide* recommends we choose a variety of servings from each of the four food groups.

Recommended Number of Servings per Day for Women

- Vegetables & Fruit: 7-8
- Milk & Alternatives: 2 (3 servings for 50+)
- Grain Products: 6-7
- Meat & Alternatives: 2



FOR HEART HEALTH, EAT

FOODS RICH IN FIBRE
AND OMEGA-3 FATTY
ACIDS AND LIMIT
FOODS THAT ARE
HIGH IN CALORIES,
TRANS FATS, SUGAR
AND SODIUM



BENEFITS OF BEING ACTIVE

Maintaining an exercise routine helps women reduce their risk profile for a variety of diseases including heart disease, osteoporosis, certain types of cancer, diabetes and hypertension; it can also help alleviate arthritis, improve balance, symptoms of depression and help you sleep well.

It's never too late to start an exercise routine. Be active at least 2.5 hours per week. Try these tips:

- Write down 3 reasons why you would like to exercise and post it somewhere visible.
- Choose a measurable goal to stay motivated (i.e. track your heart rate, time or distance)
- Start off with a positive body image and be realistic. Nobody is born with a perfect body.
- If you decide to go to a gym, do not focus on people who may intimidate you. Stick to your goals and ideas for success.
- Pick one activity and stick with it for several weeks before adding another routine. Small steps can help you commit to a healthy routine for life.

For more health information:

- www.womenshealthmatters.ca
- www.dietitians.ca
- www.healthycanadians.gc.ca



CHICKEN LEGS WITH SCRUMPTIOUS SPICY SAUCE Serves: 4

Nutritional content per serving:

calories 420 | protein 54 g | total fat 14 g | saturated fat 3.5 g | carbohydrate 18 g | fibre 2 g | cholesterol 215 mg | sodium 432 mg | potassium 24% | calcium 4% | iron 20% | vitamin A 15% | vitamin C 40% | vitamin B12 50% | zinc 63%

Visit www.chicken.ca for this recipe and more nutritious meal ideas.

SLEEP WELL

Sleep – we all love it. Getting a good night's sleep on a regular basis is beneficial to our health. It can help us feel alert, minimize stress, keep our hearts healthy, boost immunity and reduce our risk for unwanted weight gain.

Do you have trouble sleeping?

- speak with a health professional about supplements, such as melatonin
- try to avoid watching any screen (tv, phone, tablet, etc.) too close to bed time
- get regular aerobic exercise
- create a spa in your home (i.e. infuse an evening bath with soft music and/or aromatherapy)

Do you need a supplement?

Women can be deficient in a number of vitamins and minerals during different life stages or through changes in their health. Always talk to a health care professional before embarking on a program of supplementation.

Females of all ages need foods containing “bone-friendly” minerals. While it's easy to remember that we need calcium to build and maintain strong healthy bones, we often forget about other bone-building nutrients like vitamin D and magnesium.

Choosing a supplement for bone health:

Women need 1,000 – 1,200 mg of calcium balanced with a 2:1 ratio of magnesium per day. For added bone absorption, make sure you have adequate vitamin D (600 – 800 IUs).

Researchers are investigating the role zinc plays in the prevention of osteoporosis, as well as cancer and heart disease. Oysters are the best source of dietary zinc. Other foods high in zinc include wild game, crab, and poultry dark meat. One chicken leg contains 18% of a woman's daily recommended intake of zinc¹.

¹ www.eatrightontario.ca

MANAGE STRESS

Women, especially mothers, are often asked to help as volunteers, whether the task is to raise money for a local charity, supervise children on a field trip or organize a community event. While these activities can be fulfilling, they can also tax our schedules and take time away from activities that keep us healthy.

Stress reducing tip! Learn to say NO. Keep your daily goals well-focused, task-oriented, and REALISTIC. Nothing can help you manage stress better than making time to lead a healthy, balanced lifestyle.

