

Words of Wellness

September 2011

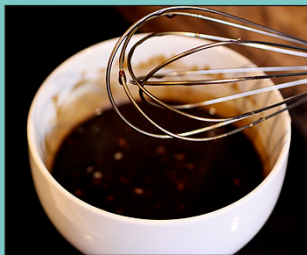
BACK TO SCHOOL

Our Wellness Team wishes everyone a healthy and happy 2011-2012 school year. Remember to take time for your own physical, mental and spiritual well-being.

Balsamic Vinaigrette

Shake ingredients in a jar with a tight-fitting lid. Store in the fridge so it's always handy.

1/3 cup balsamic vinegar
1 clove garlic, minced
1 tsp. dark brown sugar
1/2 tsp. salt
2/3 cup extra-virgin olive oil



Easy Tips to Keep You Healthy

Bread: try smaller slices or 100-calorie or less slices or buns.

Turn spinach (a superstar) into salad. **A 3-cup serving has 16% of a day's potassium & fibre, 540% of a day's vitamin K, 80% of a day's folate, 30% of a day's magnesium & vitamin A, 20% of a day's vitamin C & iron, and 6% of a day's calcium. All for only 35 calories!*

Use labels to dodge salt.

Cover half your plate with vegetables.

Eat plain yogurt or mix plain with a bit of sweetened yogurt. **For extra protein, try Greek yogurt.*

Eat fish twice a week.

Switch from tuna to salmon.

Drink water before meals.

Sprinkle a few nuts on salads instead of croutons.

Get salad dressing on the side.

**From Nutrition Action July/Aug. 2011*

People become attached to their burdens sometimes more than the burdens are attached to them. - George Bernard Shaw

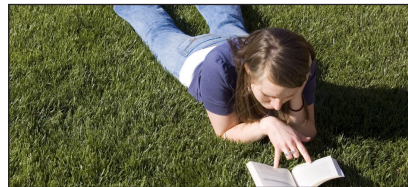
Take rest; a field that has rested gives a bountiful crop. - Ovid

If you think you can, or you think you cannot, you're always right. - Henry Ford

I must govern the clock, not be governed by it. - Celda Meir

Rest when you're weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work. - Ralph Marston

Stress Management



Read something **funny** every day.



Get up **15 minutes** early.



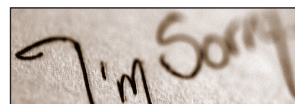
Laugh at something you did.



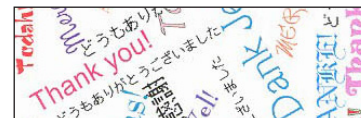
Make a **list** and then **follow** it.



Clasp your arms behind your **back** and **stretch** your **shoulders**.



Apologize for a mistake.



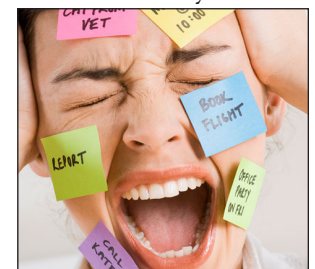
Find someone you are **grateful** for and **thank** them.



Learn to say **no**.



Make **time** for **play**.



Do **one** thing at a **time**.

There is more to life than increasing its speed. - Ghandi