



Winter 2009

DID YOU KNOW??...

Eating or drinking 100 grams (8 tbsp.) of sugar (the equivalent of about two cans of soda) can reduce the ability of white blood cells to kill germs by 40%.

The immune-suppressing effect of sugar starts less than thirty minutes after ingestion and could last for up to five hours.



7 WAYS TO KEEP HEALTHY AND FIT THIS WINTER

The colder months are often the time when our immune systems are at their weakest, and as a result coughs, colds and flu become more prevalent. Also known as the “cold and flu season”, winter months can take their toll on your work life by decreasing productivity and increasing absenteeism. Luckily, there are effective natural steps that can be taken to fend off winter illness and increase your odds of staying healthy, strong and fit.

1. WASH YOUR HANDS: This may seem like a simple step, but it is one of the most effective methods of killing germs that are transmitted through human contact. Be sure to keep your hands moisturized as the combination of dry air and frequent washing can quickly cause dry, irritated skin.

2. OPT FOR GARLIC: Garlic has earned its status as an intense immune booster, killing off several types of bacteria and viruses. Make garlic a key ingredient in your favorite sauces, pastas or vegetable dishes. And if you are not a fan of its flavour, odorless garlic supplements are also available at most health food stores.

3. BOOST YOUR VITAMIN C: Research has shown vitamin C to be one of the most powerful immune boosting vitamins available. High amounts of this water-soluble vitamin can be found in oranges, orange juice, broccoli and in other fruits and vegetables, as well as in high quality multi-vitamins. Ester C (a unique form of vitamin C that is buffered with calcium to increase absorption) is also available in several multi-vitamins or as a single supplement.

4. DRINK PLENTY OF WATER: In order to stay healthy and keep digestion strong, it is important to drink 6-8 glasses of water each day. **Quick Tip:** If you don't feel like drinking cold water, opt for an herbal tea that also offers plenty of anti-oxidant benefits. For a healthy treat try mint, green, white or berry teas!

5. REMEMBER YOUR ZINC RICH FOODS: Zinc is considered the most effective mineral for boosting immune system functions. The richest food sources of zinc include beef, lamb, pork and salmon and as well as dairy products, whole grains, beans, nuts and nut butters, pumpkin and sunflower seeds. **Quick Tip:** Zinc lozenges are also widely available in most health food stores.

6. AVOID EXCESSIVE INTAKE OF REFINED FLOURS OR SUGARS: Too much white sugar and flour will not only contribute to weight gain, but can also crash your immune system. Instead of products with white flours or sugars, look for items that are made with whole grains and natural sweeteners such as fruit or fruit juice.

7. KEEP ACTIVE: It's important to maintain an active lifestyle, even during the cold winter months. Continue your exercise routine to stay fit, boost your immune system, decrease stress and maintain a healthy weight.

Incorporating proper nutrition, exercise and supplement intake into your daily regime can actually increase your immune system functions during the colder months and keep you healthy and fit, so that you can keep up with your busy schedule. Wishing you a wonderful winter season! (Online Source: Canadian Living, Jan. 2009)



shifting to wellnews



Shifting to Wellness – Information, Updates, Reminders

Featured Recipe

Dried Fruit Compote with Green Tea & Lemon

When the selection of fruit in the winter is lacking, poaching dried fruit in lemon-infused green tea creates a delicious fruit compote.

PREP TIME: 10 minutes

TOTAL TIME: 4-6 hours

- 3 green tea bags
- 3 1/4 cups boiling water
- 2 tbsp honey
- 2 tsp freshly grated lemon zest
- 3 cups mixed dried fruit (i.e., apples, apricots, pears, figs and/or raisins)

Steep tea bags in boiling water for 3 to 5 minutes. Remove tea bags. Stir sugar and lemon zest into the tea. Cut any large pieces of fruit into halves or quarters. Place the fruit and tea in a 4-quart or larger slow cooker. Slow cook until the fruit is plump and tender and the liquid is syrupy (1 1/2 to 2 1/2 hours on high or 3 1/2 to 4 hours on low). Spoon into a bowl and let cool. Cover and refrigerate until chilled. Serve topped with low-fat yogurt and chopped walnuts for breakfast or dessert.

Makes 8 servings.

NUTRITION INFORMATION:

Per serving: 146 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 39 g carbohydrate; 1 g protein; 4 g fiber; 10 mg sodium; 462 mg potassium.

(Source: *EatingWell Magazine* January/February 2008)

Trainer Certification Course:

Congratulations to everyone who has participated in the STW Trainer Certification Program! This exciting program is a knowledge-transfer course designed for experienced internal training teams and/or external training consultants who wish to become certified to deliver the STW Employee Program. For more information on how to become a certified Shifting to Wellness instructor, please contact Head Office.

Reminders:

Attention all new STW Trainers! If you have completed the STW Trainer Certification Course, you will receive your certificate once you have trained your first Shifting to Wellness employee course. Good Luck!

Reminder to all STW Trainers: Upon completion of any Shifting to Wellness course, please fax a copy of your evaluation results or copies of the evaluations to the Fort McMurray office at 780-791-8996. The statistics from the evaluation will be recorded and used for our Government reporting purposes.

On the Horizon

STW Master Trainer Certification Program:

In spring 2009, Shifting to Wellness will introduce a Master Trainer Certification course. In doing so, the program intends to strengthen its workforce by providing a consistent level of expertise and support to Shifting to Wellness Trainers.

STW Trainer Discussion Forum:

This has been identified as a goal for 2009. The discussion forum will be available to all STW Trainers, providing them with a place to share ideas and motivate one another! More details to follow.

Quarterly Quote

"Real life is not always going to be perfect or go our way, but the recurring acknowledgment of what is working in our lives can help us not only survive but surmount our difficulties."

~ Sarah Ban Breathnach

