



Volume 3...Issue 6



Wellness Newsletter

Provided by TRU Wellness Centre

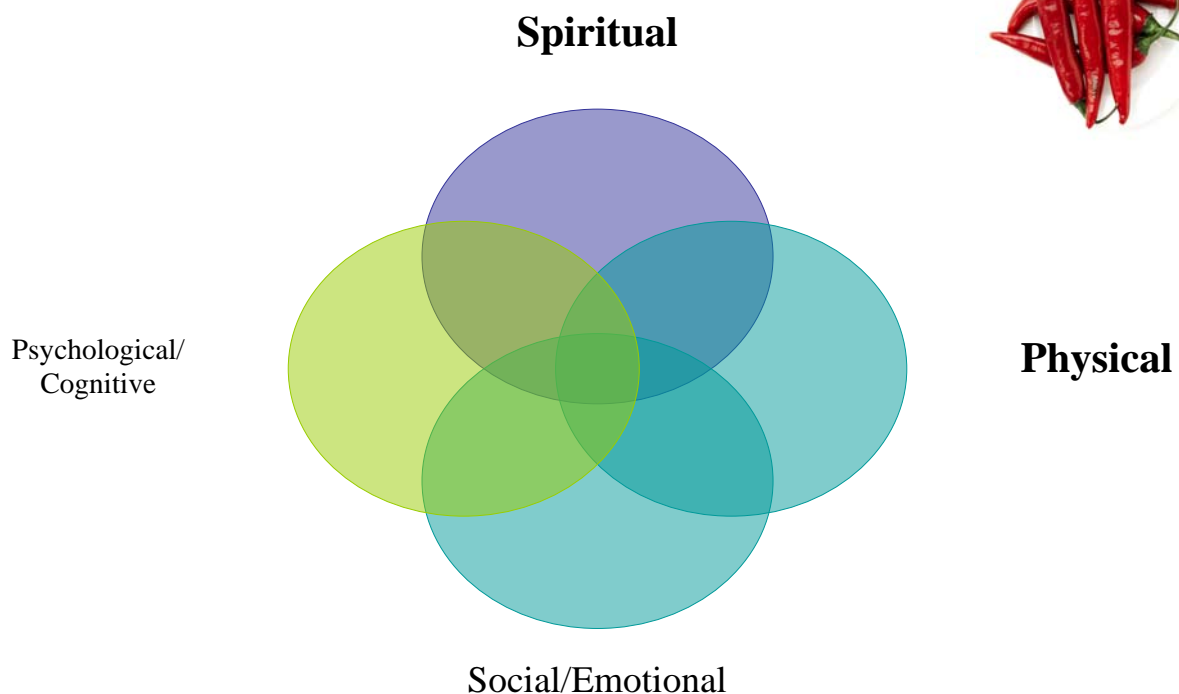
www.tru.ca/wellness

Healthy Lifestyle

Why a healthy lifestyle??? Combining healthy eating and an active lifestyle can help you have more energy, feel less stressed, improve your mood, lose weight, stay at a healthy weight, increase your sense of well-being, lower your risk developing high blood pressure, type 2 diabetes, heart disease, stroke and high cholesterol.

How???

Balance!!!



Eat Well

Eating a balanced diet such as following the Canada Food Guide will:

- *Help you feel better & improve your health
- *Give you more energy
- *Help you maintain a healthy body weight
- *Give you stronger muscles and bones
- *Lower your risk of illness, disease, & stress

Download the new Canada Food Guide at www.healthcanada.gc.ca/foodguide or the Wellness Centre Website www.tru.ca/wellness/physical/nutrition/html

According to Canada's new Food Guide the recommended servings for Adults are:

- * 7 - 10 servings of **Vegetables and Fruits**
- * 6 - 8 servings of **Grain**
- * 2 - 3 servings of **Dairy, Soy, Broccoli—Calcium**
- * 2 - 3 servings of **Meat, Tofu, Nuts—Protein**



Take care of yourself!



- **Get enough rest and sleep
- **Have fun, laugh and be around people you enjoy being with. Laughter may boost your immune system and lower stress levels.
- **Recognize when you need to take a break and take time for yourself
- **Talk about your problems; talking with an empathetic listener, such as a TRU counsellor will provide you with support and guidance to help reduce your stress

Free TRU Counselling provides:

- Adjustment to TRU life & culture
- Anger management
- Anxiety and stress management
- Career exploration and life planning
- Clarifying your thoughts, feeling and values
- Coping with the effects of abuse
- Depression, loneliness or low self esteem
- Study skills and test anxiety
- **828-5023 Old Main 1651**



Get Active!

Make physical activity part of your everyday routine. Try to add 10 minutes of activity at a time throughout the day so that you are **active for one hour every day**. With more intense exercise such as cycling, jogging, racquet sports you can cut down to 30 minutes, 4 days a week.

Every Step Counts!!

We walk about 3,000 steps a day. Taking extra steps every day can improve health and vitality. Increasing your steps to 10,000 per day helps .

******It's a good idea to check with your doctor before starting any exercise program.******



TRU WELLNESS CENTRE
LIVE TRULY WELL

Here are some simple ways to increase the number of steps you take:

- Walk while talking on the phone
- Walk during commercial breaks
- Go for a walking break
- Get off the bus a few stops early
- Socialize while walking with friends or family
- Seek out some of our local walking trails. New scenery is always nice!

Provided by TRU
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