

# THINK act be healthy



January 17<sup>th</sup> to January 23<sup>rd</sup> is

## National Non-Smoking Week

### Ten Good Reasons to Quit Smoking

1. You will stop exposing your family and friends to secondhand smoke.
2. You will reduce the risk of fire in your home.
3. You will lower your risk of disease and increase your life span.
4. You will decrease the chances that your children will start smoking.
5. You will have more money to spend on things you enjoy.
6. You won't have to search around for places to smoke when you are out shopping, at a sporting event, or eating in a restaurant.
7. You will be able to enjoy physical activity more.
8. You will be able to taste and smell food again . . . and your clothing and home will smell better.
9. You will have fewer wrinkles.
10. You won't be as stressed!

Source: [http://www.nnsw.ca/factsheets/ten\\_good\\_reasons.pdf](http://www.nnsw.ca/factsheets/ten_good_reasons.pdf)

If you think you're ready to quit, talk with your PROfile Pharmacist about smoking cessation aids that can help you break the nicotine habit and get you on the road to better health.

For more information on strategies to quit smoking visit our Think Act Be Healthy Library at [www.mhcsibenefits.ca](http://www.mhcsibenefits.ca)

### Food for Thought...

### Sobeys Dietitians Have a World of Healthy Ideas for You

**The holiday season often gives the gift of unwanted pounds. Get back into gear in the New Year by controlling your portion sizes:**

- Have smaller portions of high calorie foods or share with someone.
  - Fill up on lower calorie foods like vegetables and fruit.
  - Use a smaller plate.
  - Slow down and enjoy every bite to avoid overeating.
  - Eat until you are comfortable instead of stuffed.
  - Wait before having seconds to see if you really need more.
- It takes about 20 minutes to know you've had enough.

### Body & Mind

Resolutions tend to be made this time of year but are often not kept. When making yours, remember to:

1. Be specific and realistic
2. Tell more people for encouragement
3. Do it for yourself
4. Stay motivated with fewer resolutions
5. Reward Yourself!

Your PROfile Pharmacist has many health education resources and is always available to discuss your health concerns!



Completed Your Online Personal Health Risk Assessment Yet?  
Go to [www.mhcsibenefits.ca](http://www.mhcsibenefits.ca)

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