

THINK actbe healthy

April 2011



Be Active Challenge – A Big Success!

Once again, the MHCSI Annual “Be Active Challenge” has outdone itself by surpassing the previous year’s participation as it drew in over 800 participants in 2010!

Here are some highlights from our 2010 post-Challenge survey:

- 50% of participants told us they were able to maintain their level of activity
- 54% continued their healthy eating habits throughout the Challenge
- 47% improved their level of activity and are more active today
- 43% are now making healthier eating choices



The revamped website was also a success this year. Teams continued to share their approach to getting active and staying motivated in our new “*Share Your Story*” bulletin found on the homepage. The ejournal was also launched this year thanks to your feedback in the 2009 Challenge.

MHCSI would like to once again thank all the employees and their family members from **Lawtons Drugs**, **Sobeys Inc.** and various MHCSI clients for getting involved. We encourage all to take advantage of the warming weather, get out and be active!

Food for Thought...



Sobeys Dietitians Have a World of Healthy Ideas for You

Fortify Your Grocery Cart

Stores are full of products claiming improved health by eating probiotics, prebiotics, vitamin D and omega-3.

These ingredients are found naturally in some foods, but others have been fortified. “Fortified” means that ingredients have been added to increase the nutritional value of the product. You may wonder if you should buy these fortified foods. Not all fortified foods are healthy choices. Some may be high in calories, fat, salt or sugar, so read food labels carefully.

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

Sobeys
Pharmacy

Lawtons
DRUGS

pharmacy
at
Price Chopper

Sobeys
Pharmacy **By Mail**

THRIFTY FOODS
PHARMACY

FRESHCO.
Pharmacy

Body & Mind

Movement is a medicine for creating change in a person's physical, emotional, and mental states. ~Carol Welch

www.quote-garden.com/exercise.html

Completed Your Online Personal Health Risk Assessment Yet?
Go to www.mhcsibenefits.ca

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