

THINK **act** be healthy



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Work Life Balance

Finding a 'perfect' balance between work and life is rare. This balance is different for everyone and changes over time. Don't strive for perfection, just try to make choices that will benefit all aspects of your life.

Achieving work/life balance is an investment – it takes time and effort but is worth it. Work/life balance offers major rewards and benefits:

At Work

- Feeling more rested and energized
- Working more productively and getting more accomplished, leading to greater career success
- More fulfillment from work

In Life

- Improving relationships with family and friends
- Better physical and mental health
- Making choices about your priorities over sacrifices among them
- More leisure time to spend with loved ones, or time for yourself

Source: <http://www.cmha.ca/bins/index.asp?lang=1>

Food for Thought...

Sobeys Dietitians Have a World of Healthy Ideas for You

Canada's Food Guide – For Children

The number of servings children need from each food group depends on their age. Refer to Canada's Food Guide for your child's serving requirements. Eating 3 small meals and 2 to 3 snacks every day will help children get their required servings and meet their growing appetites and energy needs.

Making the Most of Servings:

- Plan meals to have foods from 3 to 4 food groups at every meal.
- Add puréed or minced vegetables to spaghetti sauce, soup or hamburgers.
- Add fruit to hot or cold cereal.
- Make sandwiches or toast with whole grain bread.
- Mix whole grain cereals for a portable snack.
- Make soups, sauces, puddings or oatmeal with milk instead of water.
- Use flavored yogurt as a dip for pieces of apple, banana or orange.
- Serve peanut or soy nut butter with fruit for a snack



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



Body & Mind

Being in good health means more than feeling physically well; it also means feeling mentally well.

<http://www.cmha.ca/bins/index.asp?lang=1>

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