

# Choose Healthy Lifestyles

January 2016

## Benefits of Healthy Lifestyles

Healthy living means making positive choices that enhance your personal physical, mental and spiritual health. Here are some choices:

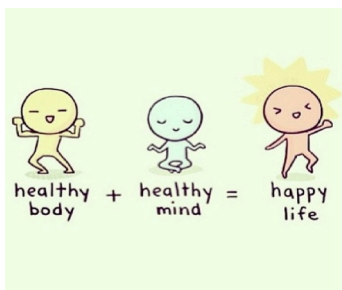
**Nutrition** - Eat nutritiously, choosing a variety of foods from all of the food groups as suggested by [Canada's Food Guide](#).

**Social Life** - Build a circle of social contacts to create a supportive environment of people who care for you and respect you.

**Physical Activity** - Stay physically active to keep your body strong, reduce stress, and improve your energy.

**Substance Use** - Choose not to smoke and put an end to other negative lifestyle practices.

Healthy living choices are affected by where you live, work, learn and play. Keeping yourself informed about positive health practices within your environment is an important way to improve your overall health and sense of well-being.



"Prevention is better than cure."  
-Desiderius Erasmus

"Everyone has their own definition of a healthy lifestyle, and mine has come to mean making health a priority but not an obsession."  
-Daphne Oz"

"The greatest wealth is health."  
- Virgil

"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear."  
-Buddha

"To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life."  
- William Londen

## Children and Adolescents

Helping to ensure that children and adolescents stay healthy is very important to people in Canada -- and important for their individual development! We know this is a combination of many things -- including a supportive family home, a thriving social network and the possibilities of going to school. Their health is also affected by their feelings of safety when it comes to who they socialize with and feeling safe in the world around them -- the streets, in schools and on the playground.

- Health Canada <http://www.hc-sc.gc.ca>

Here are some Healthy Choices available to you in the Rocky View area

- Genesis Place Airdrie -- 800 East Lake Blvd NE Airdrie, AB  
<http://www.airdrie.ca/index.cfm?ser viceID=16>
- [Springbank Park For All Seasons](#)  
32224A Springbank Road  
Calgary, AB T3Z 2L9  
403.242.2223  
[thepark@springbank.ab.ca](mailto:thepark@springbank.ab.ca)
- [Spray Lake Sawmills Family Sports Centre](#)  
800 Griffin Road East  
Cochrane, AB T4C 2B8  
403.932.1635  
[info@slssportscentre.com](mailto:info@slssportscentre.com)
- [Chestermere Recreation Centre](#)  
201 West Chestermere Drive  
Chestermere, AB T1X 1B2  
403.272.7170

## What's New? Laughter Yoga!

What happens when you combine amusing role play with guided meditation and breathing exercises? Laughter yoga: a light hearted practice with big benefit. Physician and laughter guru Madan Kataria introduced this "complete well being workout" in India 20 years ago to lift the locals' spirits and relieve their stress. Laughter yoga marries yogic breathing with forced laughter -- no jokes, no comedy -- to release feel-good endorphins. The brain doesn't differentiate between real and forced chuckling, so any old guffaw can help protect against heart disease, boost the immune system and relieve chronic pain, anxiety and depression.

<http://www.healthandlifestyle.ca/fitness/what-is-laughter->

### The Team:

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Stepping stones to mental health



@steppingS2MH



#steppingstonstomentalhealth

## Upcoming Events

**National Non-Smoking Awareness Week**  
January 17 -23 2016  
Airdrie

**January 19<sup>th</sup> & 20<sup>th</sup> 2016 - Mental Health First Aid for Adults who Interact with Youth** - This is a 14-hour (2 day) course that discusses the following mental disorders: Substance use disorders, Mood disorders, Anxiety disorders, Psychotic disorders, Eating disorders and Deliberate self injury. To register:  
<https://register.rockyview.ab.ca/public/courses/cfm>

**January 22<sup>nd</sup>, 2016 – Teens After Hours Program** - Teens After Hours Supported by Stepping Stones to Mental Health  
**When:** Third Friday of the month, 7-9 p.m. Drop-in.  
**Location:** Airdrie Public Library 111-304 Main Street,

**January 28<sup>th</sup>, 2016 – CES Session: Post-Traumatic Stress Disorder: Not Your Everyday Anxiety**  
Participants will learn what PTSD is, what cause it, how it impacts brain development, and how it differs from other anxiety

**Location:** Bert Church High School 1010 East Lake Blvd, Airdrie  
**Register:**  
<http://frcr.albertahealthservices.ca/cs/sessions/current/>

**March 24<sup>th</sup>, 8:30 am-11:30 am: Non Suicidal Self Injury – What to do when a Student Self Harms:** The purpose of this professional learning opportunity is to assist designated school personnel (i.e., Point Persons) with becoming familiar with Non-Suicidal Self Injury (NSSI) so that they may contribute to mental health capacity building in their schools. This training will also support school personnel with becoming familiar and confident in implementing the NSSI school protocol within their schools.  
**Location:** Antelope Room, RVS Education Centre  
**To register visit:**  
<https://register.rockyview.ab.ca/admin/register.cfm?regSesID=308>

**January 19<sup>th</sup>, 2016 – MEND 7 – 13 Genesis Place Airdrie** – A FREE healthy lifestyle program for children ages 7-13 years who are above a healthy weight, and their families. **For more info :** [www.albertahealthservices.ca/MEND.asp](http://www.albertahealthservices.ca/MEND.asp)

### Cochrane

**January 21 2016 6:30 pm – 8:30 pm**

**CES: Kids Have Stress Too:** An introduction to key aspects of early childhood and the brain development, and the crucial role parents and professionals play in buffering the impact of stress on kids. Learn strategies to help young children become aware of and manage stress in fun and engaging ways.

**Location:** Mitford School, 101 Quigley Dr, Cochrane

**To register visit:** <http://frcr.albertahealthservices.ca/ces.php>

**January 22<sup>nd</sup> – March 11 2016 1:30 pm – 3:00 pm**

**PM – Play Matters:** An 8 week playgroup for young parents and their kids.

**Location:** Cochrane Parent Link Center

**To register contact:** Tanya 403-851-2254 [Tanya.Corbett@cochrane.ca](mailto:Tanya.Corbett@cochrane.ca)

Ashley 403-200-0271 [aplumtree@rockyview.ab.ca](mailto:aplumtree@rockyview.ab.ca)

### Chestermere

**January 16<sup>nd</sup> – 9:00 am – 5:00 pm – Go Girl!** Come out and enjoy a day of trying all new physical and relaxation activities. Lunch, snacks and a t-shirt are included.

**Location:** Chestermere Recreation Center

**January 19<sup>th</sup> – 6:30 pm – 8:30 pm – CES session –**

**Understanding Self Harm: Introduction for Parents &**

**Caregivers** This session will equip parent with information and skills to engage their youth around self harm and also encourage healthy alternatives for stress reduction and emotional regulation. **Location:** Chestermere Community Health Center

**To register:**

<http://frcr.albertahealthservices.ca/ces/sessions/current/>



## National Non-Smoking Week

National Non-Smoking Week (NNSW) has been observed for more than 30 years. It is one of the longest running and most important events in Canada's ongoing public health education efforts. Established in 1977 by the Canadian Council for Tobacco Control (CCTC), its goals are:

- To educate Canadians about the dangers of smoking;
- Prevent people who do not smoke from beginning to smoke and becoming addicted to tobacco;
- Help people quit smoking;
- Promote the right of individuals to breathe air unpolluted by tobacco smoke;
- Denormalize the tobacco industry, tobacco industry marketing practices, tobacco products, and tobacco use; and
- Assist in the attainment of a smoke-free society in Canada

Article from: <http://nnsww.ca/>

### Making it Stick: From Wellness Event to Comprehensive School Health

Participating in wellness events can be rewarding and create a lot of excitement. Imagine the added impact of transforming a single event into a lasting initiative. Take National Non-Smoking Week for example. The aim of the week is to educate Canadians about the dangers of smoking and to prevent people who do not smoke from beginning to smoke. To extend positive messages beyond the date of the campaign, consider making the event the beginning of something bigger. Perhaps your jurisdiction's wellness policies need to be updated. Maybe a tobacco reduction coordinator would be a good addition to your wellness team or policy group. Whatever health goals your school is striving toward, challenge yourself to think of creative ways that National Non-Smoking Week (and other health promotion events) can help you reach your goals. Need support? Every school jurisdiction in Alberta has an assigned Alberta Health Services staff member to support Comprehensive School Health. To find out who the contact is for your jurisdiction email: [healthychildrenandyouth@ahs.ca](mailto:healthychildrenandyouth@ahs.ca)

Article from:

[http://www.albertahealthservices.ca/assets/info/school/cs\\_h/if-sch-csh-healthy-schools-calendar-jan-2016.pdf](http://www.albertahealthservices.ca/assets/info/school/cs_h/if-sch-csh-healthy-schools-calendar-jan-2016.pdf)