

Penticton Workplace Wellness Network Newsletter February 2009



Your body is an engine! It needs the right fuel.

Like a finely tuned engine, your body needs the right fuels to work well. The fuels come from the nutrients in the food you eat: carbohydrates, proteins, and fat that give you energy and vitamins and minerals to help you use that energy.

To make sure you're getting these nutrients remember:

Balance — Include grain products (bread, pasta, or cereal), milk products, vegetables or fruit or both, and meat or meat alternatives (peanut butter, eggs or tofu) in each meal.

Variety — Choose different foods from all four food groups to make sure you're getting the different nutrients you need. A ham and cheese sandwich with an apple includes all four food groups; so does a bowl of cereal with milk and added fruit and nuts.

Moderation — We don't all need the same amount of food. Someone who works sitting at a desk most of the day won't need to eat as heartily as a worker doing hard physical labour at a construction site. Eat the amount that feels right for **you** and suits **your** daily activities: not too little, not too much.

*Adapted from:
Food and Fitness in Focus
National Institute of Nutrition*

South Okanagan Health Fair 2009 Check your health out!

**February 20 and 21 2009
Penticton Trade and Convention Centre**

For more information
Visit the SOHF website at
www.southokanaganhealthfair.com

What's Happening in Penticton!

Simple Actions to Change the World

Paul Edney

Cleland Community Centre

Feb. 10 6:30PM-8:00PM

Discover how you can have fun while you change the world. Big problems can often cause the average person to feel paralyzed. We think nothing we can do could possibly make a difference: but our actions are the only things that do. Paul Edney has been inspiring people across Canada. Paul will give you simple and easy tools to have an impact on the world around you. For info contact the Community Centre at 250 490 2426.

White Coat, Black Art

Dr. Brian Goldman

Penticton Trade and Convention Centre

Feb. 20 4:00PM-5:00PM

Explore how front line health care providers see our system and how healthy lifestyle choices can protect your health and physical well being. Dr. Goldman from CBC's White Coat, Black Art will talk about our health care system and the stumbling blocks and the challenges practitioners face in caring for patients and helping people stay healthy. For info contact the Community Centre at 250 490 2426.

Managing Cholesterol

Community Centre Mtg Rm #2

Feb 18 6:30PM-8:00PM

Learn how to reduce your risks so you can get healthier and feel great! Healthy eating and being active can improve your cholesterol levels, weight and other risk levels. For info contact the Community Centre at 250 490 2426.

Preventing Diabetes

Cleland Community Centre Mtg Rm #2

Feb 25 6:30PM-8:00PM

This seminar is designed to help prevent people from developing type 2 diabetes or help those living with diabetes. Having current information and staying up-to-date can help you feel better and experience fewer complications and health problems. For info contact the Community Centre at 250 490 2426.