









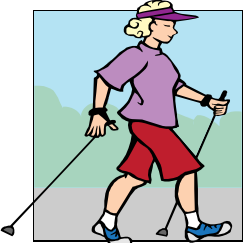
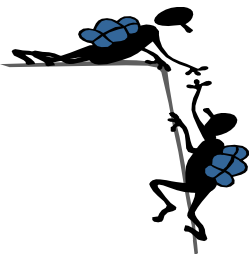



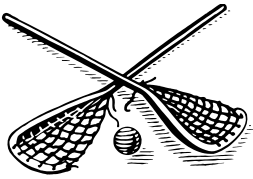
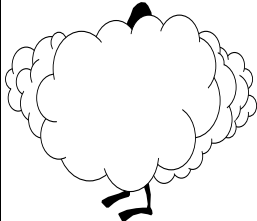








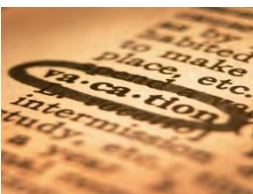
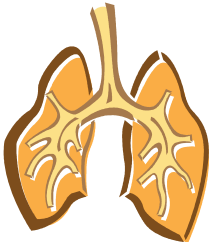







FOUR WEEKS TO A HEALTHIER LIFESTYLE

				
Day 1 Eat more fruit and vegetables	Day 2 Exercise 150 min/wk (Adult), 60 min/day (youth & children)	Day 3 Reduce, eliminate or don't start smoking	Day 4 Attend your appointment	Day 5 Eat smaller portions on your plate
				
Day 6 Avoid environment smoke	Day 7 Inspect your feet often	Day 8 Tomatoes contain nutrients good for your heart	Day 9 Have your eyes checked annually	Day 10 Snack on veggies
				
Day 11 go for a daily walk	Day 12 Help someone - volunteer	Day 13 Find some quiet time for yourself	Day 14 Check that your smoke detector is working	Day 15 Eat lean meats
				
Day 16 Join a team	Day 17 Avoid second hand smoke	Day 18 Play time	Day 19 Dance	Day 20 Check your feet often
				
Day 21 Help in your community	Day 22 Play for fun	Day 23 Don't start smoking	Day 24 Enjoy your salads	Day 25 Enjoy the season's activities
				
Day 26 Find some "you" time	Day 27 Pink lungs last a lifetime	Day 28 organize a family outing	Day 29 exercise 150 minutes / week	Day 30 Ask your doctor how to quit smoking



FOUR WEEKS TO A HEALTHIER LIFESTYLE

General Information:

Day 1	Fruit and vegetables contain fiber, vitamins, minerals and anti-oxidants which help prevent chronic disease such as diabetes and/or heart disease . Cherry tomatoes, carrots, celery sticks, dried apricots, or other fruits are the best fast food in your bag .
Day 2	Exercise plays an important role in the health, well-being and quality of life. Remember you don't have to buy an expensive gym membership to be physically active. View physical activity tips for different age groups here .
Day 3	Avoiding smoking is the single best thing you can do to improve your health and quality of life .
Day 4	It is very important for a person with diabetes to attend all medical appointments .
Day 5	Eating smaller portions on your plate will help reduce your risk of chronic disease such as type 2 diabetes.
Day 6	Avoid second hand smoke such as environmental and industrial smoke .
Day 7	Frequent inspection of feet for people with diabetes is a vital part of prevention .
Day 8	Tomatoes contain vitamin A, vitamin C, folic acid, and nutrients and antioxidants, including alpha-lipoic acid, lycopene , choline, folic acid, beta-carotene and lutein that lower the risk of obesity and heart disease.
Day 9	Have your eyes checked annually. Diabetes-related eye complications can be prevented through early detection .
Day 10	Snacking on veggies is like having the healthiest fast food in the world.
Day 11	Walking is the best known exercise.
Day 12	There are many health benefits of volunteering which include a reduced risk of cardiovascular disease (heart disease) and diabetes as well as lower cholesterol levels and improved immune functioning.
Day 13	Studies have shown that taking time to relax, meditate , read, think, or just "be" can improve mental and physical health.
Day 14	Smoke alarms are one of the best safety devices you can buy and install to protect yourself, your family, and your home.
Day 15	Lean meat is high in protein, B vitamins, vitamin E, iron, zinc and magnesium.
Day 16	The sense of community that comes from being part of a team is important for your mental and physical health.
Day 17	With planning, you can reduce or eliminate exposure to secondhand smoke . Remember, it's your right to breathe clean air.
Day 18	Play is beneficial for people of all ages .
Day 19	Dancing is a great way for people of all ages to stay and get in shape. Besides being fun, dancing has many positive health benefits such as flexibility, strength, endurance, and a sense of well-being.
Day 20	Inspect your feet daily for scratches and cuts as well as changes in the shape of your feet .
Day 21	Volunteering has many surprising benefits, such as; increasing self-confidence and combating depression.
Day 22	Play for fun . Play is not just essential for kids; it can be an important source of relaxation and stimulation for adults as well.
Day 23	Smoking - Each year thousands of Canadians quit smoking. So can you. It's not easy, but quitting smoking is the single best thing you can do to improve your health and your quality of life.
Day 24	Salads composed from even a few ingredients make a nutrient-rich meal. The greens alone have calcium, iron, potassium and B vitamins.
Day 25	Seasonal activities You can embrace the winter or summertime with a variety of activities or just go for a walk .
Day 26	Alone time - seeking solitude can actually be quite healthy. In fact, there are many physical and psychological benefits to spending time alone.
Day 27	Healthy lungs - The lungs are very durable if they're not attacked from the outside. Stop or reduce smoking but if you suffer from other lung distresses a few of these nutritional tips may be helpful.
Day 28	Family outing - " Quality time " is time spent doing an activity that is meaningful to the caregiver and child. Quality time is spent focusing attention on the other person and sharing thoughts and feelings.
Day 29	Exercise is good for everyone, especially if you have type 2 diabetes. It's one of the best things you can do for controlling your weight and blood sugar levels.
Day 30	Talk with your doctor to find out which quit smoking method(s) and medicine(s) are right for you.