



# Nutritional - Mental - Social - Physical - Financial

Articles & tips from professionals to help start you down your own **Road to Wellness!**

tc • MEDIA

## Float on the snow this winter - try snowshoeing

Snowshoeing is a safe, low impact sport that is perfect for outdoor winter fun and physical activity. Snowshoeing uses every major muscle group and really burns calories. What a great way to get in your 60 minutes of daily physical activity.

Replacing running with snowshoeing as your training in the winter will improve your strength. Snowshoeing builds leg muscles and improves endurance. When you add poles while snowshoeing you help to condition your arms, shoulders and back muscles.

You can go snowshoeing in the woods, on a trail, in open fields, in the back country. It's a fun, easy and cheap way to spend quality time with your family and friends.

What kind of snowshoe is best for you?

When you rent or buy snowshoes, remember to ask the sales person for all the information you can about snowshoes - they are the experts. Things to keep in mind:

- What type of snowshoes do you want? (Maintenance free or traditional).
- Where are you going to snowshoe? (On steep closed in trails or open groomed trails).
- What type of snow are you going to be ex-

posed to? (Soft powder or hard crusty snow).

- What is your weight?
- What are you going to be doing with your snowshoes? (Day trips or over night expeditions).

Recreational snowshoes are used for beginners. They are designed for easy, gentle terrain or groomed trails, and are easy to adjust. These are the most inexpensive type.

Adventure snowshoes are used for someone more experienced. They give better traction on icy-steep conditions. They have thicker bindings that are great for rough terrain. These snowshoes are great if you are rough on gear, but are more expensive.

Backcountry snowshoes are highly durable and they can handle harsh conditions and terrain. They are used for trail breaking, day hikes, winter summits, backpacking, and backcountry snowboarding and skiing. They offer great grip for steep ascents on uneven icy ground.

**Week 11:** Get your geared up for snowshoeing. In next week's Road to Wellness, snowshoeing tips and instructions.

(Source: *Take the Roof Off Winter*, [www.taketheroofoffwinter.ca](http://www.taketheroofoffwinter.ca))

## Bountiful Strawberries

• Strawberries are the only fruit with their seeds on the outside? Technically a strawberry is not really a fruit or a berry but a flower. Strawberries are a member of the rose family.

• Strawberries are naturally sweet and juicy as well as nutritious. They are high in vitamin C and are a good source of fibre.

• One cup of strawberries, about 8-10 berries has about 50 calories

• The peak time for strawberries is mid-June to mid-July. Strawberries used to be seasonal, but now can be purchased year round. However strawberries grown in Nova Scotia are found during peak times.

• Look for berries that are shiny, and deep red in colour with their green caps still attached. Avoid berries that look dull or flattened, ones with signs of mold or sunken discoloured patches on the skin.

• Strawberries don't last long once picked, so they should be used within a few days after

buying them.

• Strawberries store very well in the freezer. To store, clean and slice the berries and store in freezer bags or plastic containers. Thawed berries will release much of their juice and become very soft.

• Frozen strawberries are a great way to add texture to smoothies and cool down the drink. They make an excellent base ingredient, along with bananas. Just add a few other favourite fruits for a near limitless combination of drinks!

• Besides being healthy, strawberries are a very versatile fruit. They can be used in baked goods, salads, beverages (fruit smoothies), dipped in yogurt, or eaten all by themselves.

• To get the maximum nutrition out of strawberries, it's best to eat them raw. Some of the vitamins and enzymes that make them so healthy break down at temperatures of 350F

## Strawberry-Apple Salsa

Adapted from Cook Great Food, Dietitians of Canada

Cost per serving: \$0.130 Yield: 10  
Portion: 1/4 cup (50 ml)

2 cups	whole strawberries, frozen	500 mL
2	medium apples, cored and diced	2
1/4 cup	honey, liquid	50 mL
	zest from 1 orange (carefully wash the orange beforehand)	

- 1 Spread the strawberries on a large sheet pan to thaw for about 30 minutes.
- 2 In a large bowl, mash the strawberries with a potato masher. Add the apples, honey, and orange zest. Stir well to blend.

*This tangy fruit-salsa mix goes well with both sweet and savoury dishes. It makes a delicious topping for vanilla-flavoured yogurt. Serve it with chicken fingers instead of ketchup, which is very high in sodium.*



Borrowed from: **STRIVE FOR FIVE AT SCHOOL!**  
A Guide to Promoting Fruit and Vegetables

## Don't dismiss signs of dementia

Survey results released by the Alzheimer Society as part of Alzheimer Awareness Month show that Canadians are still dismissing symptoms of dementia as "just old age."

Close to 50 per cent of Canadians lived a year or more with their symptoms before seeing a family doctor. Of these, 16 per cent waited more than two years. Delaying a diagnosis can result in a huge treatment gap and prevents people from getting valuable information about medications, support and better disease management.

The online survey, which was conducted by the Society in the fall of 2011, also revealed that the most common reason people delayed seeing their doctor (53 per cent) was the belief that the symptoms were part of "old age" and would eventually go away. Another 39 per cent said their symptoms were episodic or didn't take them seriously enough. Over a quarter either refused to see a doctor or saw no need to go unless symptoms grew worse.

However, three-quarters of respondents - caregivers of people with dementia - admitted that they wished they had sought a diagnosis sooner to have access to treatments to manage symptoms. They also recognized other benefits of getting a diagnosis when shown a list of these. Seventy-eight per cent of respondents said that early diagnosis would help them put their legal and financial affairs in order; 69 per cent said it would keep the person with dementia at home longer, and allow the person to actively participate in decision-making. Sixty-two percent of respondents attributed better coping and living with the disease to early diagnosis.

Throughout the month of January the Alzheimer Society will be promoting the benefits of early diagnosis by launching its Let's face it! campaign.

Canadians are encouraged to face dementia by visiting [www.alzheimer.ca/letsfaceit](http://www.alzheimer.ca/letsfaceit). Through a new website, [www.alzheimer.ca/letsfaceit](http://www.alzheimer.ca/letsfaceit), Canadians are encouraged to learn more about dementia and its warning signs. They will also be able to download a checklist to help prepare for a visit with their doctor. The site also features moving testimonials of caregivers and people with dementia who tell what early diagnosis has meant to them.

For over 30 years, The Alzheimer Society has been providing help and hope in communities across Canada. The Society needs every Canadian, and every level of government, to take action to ensure the necessary services, support and research dollars are in place to address this growing health and societal issue. To learn more about the Alzheimer Society of Nova Scotia, or January Awareness Month, call 1-800-611-6345, or visit [www.alzheimer.ca/ns](http://www.alzheimer.ca/ns)

### WHAT THE NUMBERS SAY

- Alzheimer's disease is the second most feared disease for Canadians as they age.

Prevalence: number of cases in a given year

- Today, over 500,000 Canadians have dementia.
- Approximately 70,000 are under age 65.1
- 1 in 11 Canadians over the age of 65 has dementia.

• Women represent 72% of all cases of Alzheimer's disease, and 62% of overall dementia cases.

Incidence: number of new cases per year

- In 2008, there were 103,700 new cases of dementia, or one new case every five minutes.
- By 2038, incidence will rise to one new case every two minutes or 257,800 new cases.

## Wellness Challenge ...

WEEK

1

Create a health related S.M.A.R.T. Goal.

A goal that is specific, measurable,

CHALLENGE

attainable, realistic and timely.

### HOW TO ENTER...

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## Physical activity tip: How to snow shoe

You've got the energy and you've got the shoes. Now all you have to do is learn how to use them. If you can walk, you can snowshoe.

- Find a flat surface to practice going forward. This is similar to walking but you have to pick up the foot that is moving forward and plant the shoe ahead and over the edge of the other. You'll be taking long steps.

- Don't walk with your snowshoes side by side.
- Move your shoe far enough a head that it won't interfere with your other step or it clears the back shoe.

- Keep your feet as close together as you can. (i.e. back of one shoe close to front of other shoe).

- Once you have the forward movement under control, pick an object and race towards it. See how straight you can go.

- Try going into deeper snow and make your own path.

When making your first turn:

- Don't cross your shoes over your legs.
- Poles make this process easier.

Turn Step:

- To turn right, your right foot steps in the direction you want to go and the left foot follows.

- To turn left, your left foot steps in the direction you want to go and the right foot follows.

Kick Turn:

- This is a sharp turn. Turn one foot 180 de-

grees, parallel in the opposite direction of your other snowshoe.

- Transfer all your weight on to the turned foot, lift your other foot and place it along side the already turned foot.

- The Kick Turn is great because it is fast and requires a smaller space—but you have to have a little more skill to complete it.

With any winter activity it is important to have a safety check list. Before you venture out for a day of snowshoeing make sure to have:

- Map/Compass in waterproof casing (Zip lock bag or Map Covering)

- Headlamp or Flashlight

- Waterproof matches, fire starter.

- Extra Food/Water

- Sunscreen and Lip Protection

- Extra hat, gloves, and scarf.

- First Aid Kit

- Snowshoe Repair Kit (Duct Tape, pliers, nylon tie wraps, bailing wire, heavy-duty shoelace or cord.)

Find trails near you that are maintained in the winter by visiting Nova Scotia Trails at [www.trails.gov.ns.ca](http://www.trails.gov.ns.ca)

**Week 12:** Grab those snow shoes and head out on a winter exploration.

(Source: *Take the Roof Off Winter*, [www.taketheroofoffwinter](http://www.taketheroofoffwinter))

## Yogurt

- Yogurt is cream or milk that has been fermented with live bacteria at a warm temperature. The milk turns to a pudding-like consistency, and the lactose is converted to lactic acid. Lactic acid is what gives yogurt its slightly acidic flavor.

- Don't be put off by the bacteria though! There are good kinds and bad kinds, and yogurt is full of the good kinds that benefit your body. Good bacteria will also help prevent the bad bacteria from moving into your body.

- Yogurt can help in many ways with the body's digestion system. It can help relieve the symptoms of irritable bowel syndrome, help prevent urinary tract infections and because yogurt is rich in calcium, it can keep your bones strong and prevent osteoporosis.

- Not all yogurt is created equal. Different brands have different levels of sugars, lactic acid and "fillers." Fillers can be anything from arti-

cial dyes and sweeteners to thickeners. None are harmful, but they do reduce the overall nutrition of yogurt.

- Fat is one area yogurt on the store shelves varies in a major way. There are fat-free yogurts and yogurts with nearly as much fat as ice-cream! Check the label and make sure you will be happy with the ingredients and nutrition information.

- Some tips on buying yogurt: Look for containers that do not say "pasteurized." The pasteurization process kills the good bacteria that provides benefits to the body.

- Yogurt is not just for dessert or snacking. Plain yogurt, without any sweeteners or fruit, goes very well with spicy Indian dishes such as curried chicken. When you find a savory dish that uses yogurt, don't be afraid to give it a try!

- Yogurt can also be used in smoothies to thicken them and add a nutritional boost.

## Smooth and Simple Strawberry Dessert

Adapted from Cook Great Food, Dietitians of Canada

Cost per serving: \$0.59 Yield: 10

Portion: 1/3 cup (75 ml)

6 cups	whole strawberries, frozen	1.5 L
1 cup	2% plain yogourt	250 mL
1/4 cup	cornstarch	50 mL
1/2 cup	apple juice	125 mL

1 Thaw the frozen strawberries. Mash slightly. Mix with the yogourt.

2 Blend the cornstarch into the apple juice until it resembles a smooth paste.

3 Slowly bring the strawberry/yogourt mixture to a simmer and stir in the cornstarch mixture. Cook over low heat for about 20 minutes, until the mixture is slightly thick and the cornstarch has been completely cooked.

4 Cool and serve in individual serving dishes.



Borrowed from: **STRIVE FOR FIVE AT SCHOOL!**  
A Guide to Promoting Fruit and Vegetables

## Marking National Non-Smoking Week Jan. 15-21

### Quit Smoking Tips

If you are thinking about quitting smoking, good for you! You will be joining many other Canadians who have given up tobacco products. Before you quit, take time to prepare yourself:

1. To succeed, it will help if you understand that smoking is an addiction and not a habit. Nicotine is highly addictive. Each cigarette you smoke maintains your addiction and makes it harder to quit smoking.

2. Keep track of the number of cigarettes you smoke each day as well as why and when you smoke them (i.e. after a meal or when tired or stressed). Once you have identified your smoking triggers, think ahead about ways you will combat them when you quit (i.e. go for a walk, move to a different room).

3. List all the reasons why quitting is right for you. For example, you no longer wish to expose your children and your family to secondhand smoke, search out places to smoke, smell of cigarette smoke and have bad breath, or jeopardize your health.

4. Tell all of your friends and family that you have decided to quit smoking and ask for their support.

5. Practice the 4 Ds: take deep breaths, drink water, distract yourself, and delay your next cigarette.

6. Find out about quit smoking programs in your province by calling The Smokers Helpline at 1-877-513-5333 or by visiting their website, [www.smokershelpline.ca](http://www.smokershelpline.ca).

7. Consider using nicotine replacement therapy. NRT is safe and effective when used properly and is now recom-

mended by Health Canada for smokers who want to quit. To learn more, talk to a doctor or pharmacist.

### After you quit:

- When you feel an urge to smoke, think of it like a wave. Watch the wave coming towards you, and then feel it wash over you and fade away. Wait for calm to return.

- Get out and get more exercise! Spend more time outside, go for an early morning walk, or take on a new sport.

- Manage your stress levels. Get plenty of rest and spend time with friends and family who care about you and support your decision to quit.

- Watch what you eat. Stick to low fat snacks, crunchy vegetables, and fruits to help reduce your cravings.

- Reward yourself. Spend some of the money you have saved on cigarettes on something you've wanted for a long time.

- Remember that every day you remain a non-smoker you are reducing your risk of heart disease, cancer, and lung damage.

- If your cravings are really getting you down, talk to a doctor or pharmacist about other medications that may help you quit.

### What to do if you relapse:

Most people quit a number of times before they quit for good. But they do eventually succeed. If you fall off the wagon, get right back on. Think of your relapse as a slight detour on your road to a smoke-free life

## Wellness Challenge ...

WEEK

2

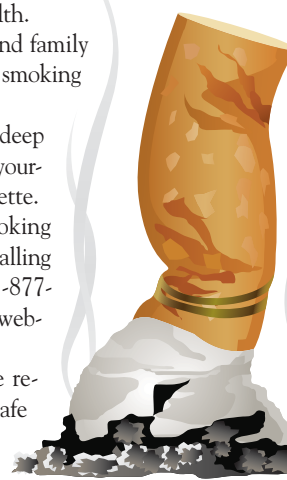
CHALLENGE

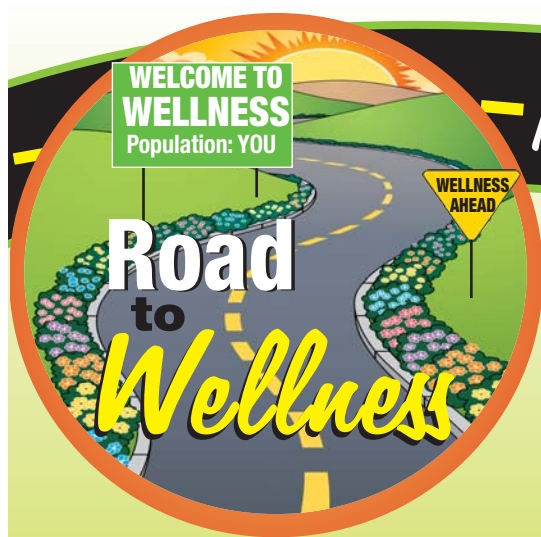
If the weather is interfering with your physical activity - check out indoor physical activity options in your neighbourhood by calling your Recreation Department. Indoor Walking options can be found at <http://www.walkaboutns.ca/typesofwalking.aspx>

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## Physical fitness tip: Active transportation

Nova Scotia has the highest rate of obesity in Canada. With physical inactivity and an increasing rate of obesity overtaking smoking as the number one public health concern in the province, Doctors Nova Scotia is committed to making active transportation a priority for all Nova Scotians.

Active transportation means “human-powered” travel, such as walking and bicycling, which can be incorporated into routine daily activities in an effort to increase physical activity in Nova Scotia. As the association that represents all physicians in the province, we have an obligation to protect the health of our community members.

With a rise in the number of chronic illnesses

in our province, doctors are urging Nova Scotians to make their own health a priority. Active transportation can be as easy as walking or bicycling to work, school, the grocery store or a friend's house. Incorporating additional activity into your day can be as simple as parking farther away from entrances, choosing the stairs over the elevator or hiking with your family.

It's crucial for Nova Scotians to begin to take steps to help improve their own health and active transportation is a great way to start.

**Week 13:** Leave the car at home. Walk to work.

(Source: Doctors Nova Scotia)

## Rhubarb: accenting

Did you know that rhubarb is actually a vegetable although it is often used in food as a fruit?

In the United States until the 1940s it was considered a vegetable. It was reclassified as a fruit when US customs officials, baffled by this foreign food, decided it should be classified according to the way it is eaten.

- Rhubarb is a great source of calcium, vitamin C, and fibre.
- The leaves of rhubarb contain high amounts of oxalic acid, a toxic and potentially deadly poison. Only the stalks of rhubarb are edible.
- Rhubarb originated in Asia, where it was initially used for medicinal purposes. Chinese doctors used it to reduce fever and cleanse the body. Rhubarb has also been used to treat bacterial infections, constipation, and urinary tract infections.
- To store rhubarb, cut all of the leaf away

from the stalks. The stalks will keep well in the refrigerator for two to three weeks in sealed plastic bags.

- Rhubarb grows exceptionally well in most of Canada, due to the cooler climate. Plants will generally produce stalks for eight to 15 years, usually growing in April or early May.
- Rhubarb has a tart flavour so is generally served sweetened and cooked.
- The compote in the recipe above can be layered with yogurt to make a healthy dairy/fruit combination.
- Alternate the layers of the yogurt and the compote mixture twice, top with a few oat flakes, and you have an instant parfait.
- How about over your oatmeal in the morning? The rhubarb and strawberry flavours will certainly perk up your tastebuds in the morning!

## Rhubarb & Strawberry Compote

Adapted from the Nova Scotia Department of Agriculture, Home Economics Division

Cost per serving: \$0.41 Yield: 10-12  
Portion: 1/3 cup (75 ml)

5 cups	rhubarb, frozen, cut into 1-inch (2.5-cm) pieces	1.25 L
1/2 cup	orange juice	125 mL
3/4 cup	brown sugar, lightly packed	175 mL
2 tsp	cinnamon, ground	10 mL
1/4 tsp	ginger, ground	1 mL
3 cups	whole strawberries, frozen	300 g



- 1 Combine the rhubarb, orange juice, brown sugar, cinnamon, and ginger in a large saucepan and cover.
- 2 Simmer over low heat until the rhubarb is tender, about 30 minutes, stirring every 10 minutes and watching that the mixture does not scorch on the bottom of the pan.
- 3 Add the strawberries and cook a few minutes longer, until they are well mixed into the rhubarb sauce. The strawberries should still have their form and should not be mushy.

Borrowed from: **STRIVE FOR FIVE AT SCHOOL!**  
A Guide to Promoting Fruit and Vegetables

## Family Literacy Day on Jan. 27

Family Literacy Day is a national awareness initiative created by ABC Life Literacy Canada in 1999 and held annually on Jan. 27 to raise awareness of the importance of reading and engaging in other literacy-related activities as a family. More than 1.5 million Canadians have already participated in the initiative since its debut. Taking time every day to read or do a learning activity with children is crucial to a child's development. Even just 15 minutes a day can improve a child's literacy skills dramatically, and can help a parent improve their skills as well.

On Jan. 10 new national research about the learning habits of Canadian families was released. The study, conducted by national research firm Ipsos Reid on behalf of ABC Life Literacy Canada, found that 62 per cent of Canadian parents agree that they don't have as much time as they would like to spend helping their child learn.

Despite the belief and desire to nurture a learning environment at home, with six in 10 Canadian parents indicating that the primary place for a child to learn is in the home, parents are overlooking inherent learning moments in their daily activities, with just three in 10 using daily tasks as key learning opportunities.

“It's easy to use day-to-day tasks as a way to teach children,” says Margaret Eaton, President, ABC Life Literacy Canada. “When traveling in the car, play word-association games with the letters on license plates, or when grocery shopping, try to add up the total before the cashier tells you. Learning can happen anywhere.”

When it comes to paying bills, for example, over half of Canadian parents surveyed rarely (27 per cent) or never (28 per cent) use it as an opportunity to teach their children key fi-

nancial literacy skills. Colours, matching and measurement can be taught while doing the laundry, yet only 19 per cent of parents always use it as such.

Looking at more traditional literacy activities, we see that:

- Writing stories is an activity that is almost never done as a family, with 68 per cent of parents taking part in that activity less than once a month.
- 81 per cent of parents visit a library less often than once a month or just once a month.
- Digital literacy is still not fully embraced as a family activity, with only 22 per cent of parents using a computer daily with their children.

For more information on Family Literacy Day, including event listings, literacy tips and activities, visit [FamilyLiteracyDay.ca](http://FamilyLiteracyDay.ca).



## Wellness Challenge ...

WEEK

3

CHALLENGE

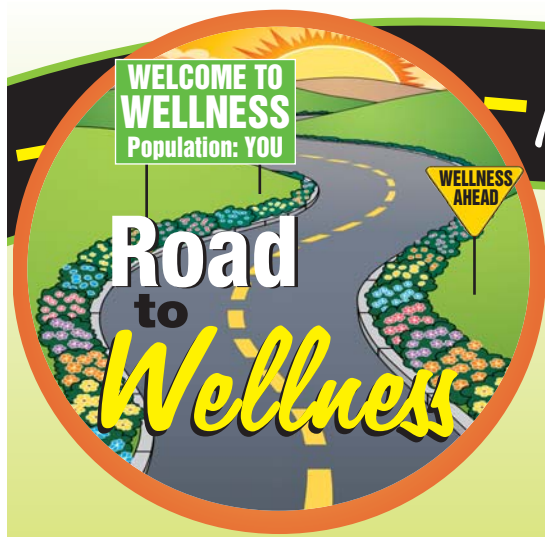
Enjoy one outdoor winter activity this week. A walk on the beach is beautiful this time of year. Be creative!

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## Safety tips for winter activities

There are lots of great ways to stay active and have fun in Nova Scotia during the winter. To get the most out of winter sports, however, it is important to follow health and safety tips.

- Dress in warm, loose fitting layers with a water-resistant outer layer, a hat, boots and mittens. Wool or wool-blend socks are better than cotton, because cotton socks don't provide much insulation when they get wet.

- Although winter sports are fun, they should never be done alone. Make sure children are always supervised when they enjoy outdoor winter activities.

- Make sure that skates provide firm ankle support and fit snugly. Skating and hockey helmets should be CSA-approved and need to be replaced every five years.

- Always make sure ice conditions are safe. Ice thickness should be:

- 15 cm (6 inches) for walking or skating alone

- 20 cm (8 inches) for skating parties or games

- 25 cm (10 inches) for snowmobiles

- When sledding or tobogganing, pick a hill that isn't too steep, and that is clear of hazards like trees, rocks, bumps, roads, railroads, rivers, lakes, bare patches, or ice. It is also recommended that helmets are worn while sledding or tobogganing to help prevent head injuries.

- When skiing or snowboarding, wear a helmet. A ski helmet can help reduce the risk of a potential head/brain injury by 60 per cent.

**Week 14:** Keep health and safety tips in mind when enjoying winter activities.

(Source: Nova Scotia Department of Health and Wellness)

## Healthy Shopping tips

Making healthy choices takes a little planning, but it's not all that hard. Here are a few tips on planning meals and buying groceries.

- Create a weekly meal plan. It will cut down on trips to the grocery store, and ensures everything you need to make healthy meals is at your fingertips. If you have everything you need, you'll be less tempted to pick up the phone and order take out.

- Get other family members involved in the planning, shopping, preparation and clean-up. Family meals provide parents the opportunity to teach their children healthy eating habits.

- Be adventurous in the kitchen. Think about flavours and foods that you enjoy when going out, and look for healthy recipes that you can make at home. The internet is a great resource, as is the local library.

At the store:

- Don't go to the grocery store hungry! It will be much harder to resist all those tempting prepared foods, that promise a quick meal. Instead, go after a meal or light snack, and stick to the list you've made.

- Weird but true: Researchers have found

using hand basket over a grocery cart makes you six times more likely to make unhealthy choices. Though the reasons are fuzzy, the researchers believe it has to do with how baskets are uncomfortable, and you make choices based on the rewards they give. The lesson? Grab a small grocery cart, even if you need just a few things.

- Stick to the outer edges of the store. Most of the healthy items are along the walls of the grocery store, with the tempting snacks and less nutritious food in the aisles. If you need something in an aisle, such as a can of tomatoes in the winter, focus on just that item and move on.

- Choice is certainly not lacking at the stores. Here are a few tips: Pick breads, cereals and pastas with whole wheat or whole grains. Choose lean dairy products, such as milk, cheese and yogurt.

- Learn to read the nutrition labels, and what works best for your dietary needs. Labels contain a wealth of information, but aren't always easy to read. Figure out the things you want to look for before going (sodium, certain ingredients), and you'll spend less time staring at labels.

## Winter Squash Casserole

Adapted from Out of Nova Scotia Gardens, Marie Nightingale

Cost per serving: \$0.22

Preheat Oven to 350° Yield: 18  
1 - 8"x8" baking pan Portion: 13" (7.5 cm) piece

1 tbsp	non-hydrogenated margarine	15 mL
2 lbs	fresh squash (this will make 2 cups of squash)	500 mL
1/8 tsp	cinnamon, ground	1 mL
1/8 tsp	nutmeg, ground	1 mL
1/2 cup	thick, unsweetened applesauce	125 mL
1/2 tsp	salt	2 mL
	pepper, to taste	
8	apple slices (for garnish)	8

1 Lightly grease the pan with 1 tsp (5 mL) of the margarine.

2 Prepare the fresh squash as on right.

3 Mash the squash in a large bowl with the remaining margarine and the cinnamon, nutmeg, and applesauce.

4 Season with the salt and pepper and blend thoroughly.

5 Spoon into the pan and bake for 40-45 minutes. Cut into 8 portions. If desired, garnish each serving with a small apple slice.

Mashed squash can be prepared ahead of time. Wash the squash thoroughly. Cut in half and scrape out the seeds. Place in a baking pan skin-side-down. Add enough water to cover the bottom of the pan and cover with aluminum foil. Bake for 45 minutes to an hour, until the squash is very tender. Remove from the oven and cool slightly until the squash can be handled. The skin should easily lift off the squash. The remaining squash should be cut into smaller pieces and mashed with a potato masher. To make the squash smoother, you can beat it with a mixer. One 3-pound (1.5-kg) squash makes 3 cups (750 mL) of mashed squash.

Borrowed from: **STRIVE FOR FIVE AT SCHOOL!**  
A Guide to Promoting Fruit and Vegetables

## Have fun but keep safe this winter

### SAFETY TIPS

Make sure your children are safe when they toboggan and skate. Children can strangle on a cord or scarf. Use a neck warmer instead of a scarf. Take the cords and drawstrings off their clothes.

Keep children warm. Dress your children in layers. Make sure their heads and necks are covered by a hat and a neck warmer. The most important thing about winter fun is to keep warm and dry when enjoying outdoor activities.

Watch for frostbite!

On sunny days, put sunscreen on their skin.

Check your children's equipment to make sure that it fits and is in good condition.

Keep an eye on the weather, especially for advisories. If it looks like there is a severe wind chill or extremely low temperatures, bundle up. Better yet, find fun things to do indoors until the weather improves.

Never bury anyone in snow. There is a risk of suffocation and teach children never to make tunnels in the snow.

### WHEN TOBOGGANING OR SLEDDING:

Make sure your children wear a helmet.

Choose a hill that is away from roads and parking lots. There should be no rocks, trees, fences or other dangers in the path. Teach your children to slide down the middle of the hill, climb up the side and watch up the hill. Teach them to move out of the way quickly when they get to the bottom.

### WHEN SKATING:

Children should wear a helmet.

If you skate on lakes or rivers make sure the ice is smooth and at least 10 centimetres or 4 inches thick. Never skate near open water.

Children should skate in the same direction and at the same speed as the crowd. Skaters who cannot keep up with the crowd should move to the side.

When playing hockey, only wear a CSA certified helmet. Replace hockey helmets at least every 5 years.

Courtesy of Health Canada

## Wellness Challenge ...

WEEK

4

CHALLENGE

Make your weekly chores more fun!  
Put on some music and grove while you clean. The work gets done faster and you feel good while doing it.

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## Take the roof off winter – take the challenge

During the month of February many recreation departments in the province promote family and community challenges as part of the Take the Roof Off Winter physical fitness initiative.

People are encouraged to get active by participating in this four-week activity challenge by getting their family, friends or workplaces to be physically active for 30 minutes a day for at least four days of the week.

Participating recreation departments have tally sheets available that allow people to submit their activities at the start of each week. There are often prizes up for grabs as well.

There are many ways to be physically active over the winter months. Some examples include skating, hockey, sledding, skiing, walking,

hiking, biking, building snowmen, geocaching, snowshoeing, curling, outdoor ringette or going ice fishing. We're sure you can find other activities to add to this list.

Take The Roof Off Winter is Nova Scotia's winter active campaign designed to help Nova Scotians of all ages improve their health and quality of life by being outdoors and active over the winter.

On the website – [taketheroofoffwinter.ca](http://taketheroofoffwinter.ca) – you can discover cool tips and ideas for having fun in the outdoors this winter.

**Week 15:** Don't be a couch potato this winter. Get out and get active. Check with your local recreation department to see about getting involved in the Take the Roof Off Winter challenge.

## Add fibre to your diet

Adding fibre to your diet is an important part of a healthy digestive system, though it's not always easy to know where to begin. Here are some ideas for adding fibre to your meals:

### BREAKFAST

- Add bran flakes to your favourite cereal, or switch to shredded wheat, cooked oatmeal or other high fibre cereals.
- Add fruits such as raisins, bananas or blueberries to your cereal.

### LUNCH

- Add dried peas, beans and lentils to your soups. In addition to the fibre, it gives them more bulk leaving you satisfied with less, and the added nutrition from those ingredients.
- Add seeds or sliced almonds, fruits and vegetables to green salads.
- Toss in some raisins, figs or dates into your favourite muffin recipe. Better yet, look for recipes made with whole-wheat flour or bran.

### SUPPER

- In suppers, beans are your friends! Make baked beans, add beans to chili or in casseroles.
- Make baked potatoes instead of peeling them to be boiled or fried.
- Switch to brown or wild rice. Both take longer to cook than regular rice, but the results are worth it.

If you're not used to a lot of fibre in your diet, increase it gradually. Start off easy by adding whole wheat and whole grain bread to your diet.

When adding fibre to your diet, it is key to make sure you get enough fluids. Fibre needs more liquid to digest, so try and add more liquids to your diet. It doesn't have to be just water either. Juice, milk, thin soups, teas and coffee all count as fluids, though water is best if you are watching calories.

Vegetables and fruits contain varying amounts of fibre. Look for ones with edible seeds or skins, such as potatoes, broccoli, apples, berries and dates.

## Scalloped Turnip & Apple

Adapted from The Laura Secord Canadian Cook Book

Cost per serving: \$0.22

Preheat Oven to 350° Yield: 8  
1 - 9"x 13" baking pan Portion: 1 piece

1 1/2 lbs	turnip	750 g
2 tsp	non-hydrogenated margarine	10 mL
1/2 tsp	salt	2 mL
	pepper, to taste	
2	medium apples	2
1/4 cup	brown sugar, lightly packed	50 mL
1/4 tsp	cinnamon, ground	1 mL



- 1 Peel and dice the turnip. In a large pot, boil the turnip until tender.
- 2 Mash the turnip with a potato masher and add the margarine, salt, and pepper.
- 3 Wash, core, and slice the apples with an apple slicer. Ready-sliced apples will speed up the preparation time.
- 4 Mix the brown sugar and cinnamon in a bowl. Add the apple slices and toss.
- 5 Lightly grease the pan. Arrange layers of the mashed turnip and apple slices over the pan, beginning and ending with a turnip layer.
- 6 Bake for 1 hour and cut into 8 portions.

Borrowed from: **STRIVE FOR FIVE AT SCHOOL!**  
A Guide to Promoting Fruit and Vegetables

## 10 days in the life of your flu infection

It's winter, and the enemy is at the gates. There are more than 100 types of viruses that cause the flu, and they all lead to the same misery. The first step to a strong defense against infection is to know your enemy.

Shaking hands and touching commonly handled objects like elevator buttons, door knobs or shopping-cart handles are the usual ways we collect viruses on our fingertips. If you then touch your eyes or nose before you've washed your hands, here's what your next 10 days might look like.

The virus moves down your tear duct into your sinuses, or up your nose to the back of your throat, where it penetrates a healthy cell. It then stages a rebellion, seizing control of the host cell and using it as a factory, to make so many more viruses that the cell eventually bursts. Within 8-12 hours, this fresh batch of viruses floods the area, entering surrounding healthy cells, and starting the cycle again.

For as much as three days you can share these viruses with your family, friends and coworkers without even knowing you've caught a bug. It can take this long for the infection to grow large enough to trigger an immune response, and for you to start feeling the first symptoms.

The symptoms you feel aren't caused by the virus—they're your body's way of fighting off the infection. Your throat gets scratchy and your nose gets red because of white blood cells gathering at the site of infection, and releasing substances called mediators that inflame the area. This inflammatory response is like alarm bells, alerting other cells of the immune system to the intrusion and calling



them to come pitch in for the fight.

At about this time your nose starts running because other mediators are increasing mucus production, and your coughing and sneezing is triggered to flush the virus out of your body.

Immune cells called macrophages, which is Greek for "big eater," are now on the patrol, engulfing and digesting viruses, while natural killer cells destroy the virus factories. It can take another week and a lot of energy for your immune system to successfully fight off the infection, so it's important to give it all the help you can: reduce your exertion to a minimum to conserve your energy and drink plenty of fluids to help flush viruses away. Taking these three steps for a full 10 days from the moment you feel that first tickle will help get you back on your feet and feeling fine more quickly.

[www.newscanada.com](http://www.newscanada.com)

## Wellness Challenge ...

WEEK  
**1**  
CHALLENGE

Try a new whole grain –  
quinoa, millet, bulgar or barley.

Recipe:

[www.heartandstroke.ca](http://www.heartandstroke.ca)

### HOW TO ENTER...

Complete each weekly challenge, go to [www.novanewsnow.com](http://www.novanewsnow.com), click on the Road to Wellness logo and complete your ballot. OR call your local newspaper office.

**A winner every month!**

