

Wellness week

October 1<sup>st</sup> to 7<sup>th</sup>, 2018



In conjunction with *The Wellness Movement*,  
the rural community of Hanwell  
presents 7 Days of Wellness!

Tips, Awareness and Inspiration for a Healthier Lifestyle!\*

Look for Daily tips starting October 1, 2018

For more information on New Brunswick's Wellness Strategy, please visit: [https://www2.gnb.ca/content/gnb/en/departments/social\\_development/wellness.html](https://www2.gnb.ca/content/gnb/en/departments/social_development/wellness.html)

For more information on The Wellness Movement, including healthy tips and resources, please visit: [www.wellnessnb.ca](http://www.wellnessnb.ca)

\*Any advice contained in the tips are intended for information purposes only. Lifestyle changes should always be discussed with your health care provider to determine what is best for you.





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Daily inspirations for Healthy Living brought to you by your Mayor, Council and staff.

## Day 2

**Eat and drink well!** Most people are no stranger to Canada's Food Guide but many believe that healthy eating is expensive and boring. It doesn't have to be!

Here are a few ways to make your trip to the grocery store easier and get the healthiest options available: Check your flyers to see what's on sale; make a list and stick to it; if your favorite fresh fruits or vegetables are not in season, buy frozen; when making meals, make enough for lunches the next day so that you're not tempted to buy lunch; shop the perimeter of the store, where the freshest foods are, and avoid much of the pre-packaged, processed food as you can.

Water is just as important to our health as good food; we should drink it regularly rather than sugar-laden fruit juices and pop. Don't like plain water? Spruce it up with lime slices, cucumber, or berries for a refreshing treat. Or try it sparkling (think Perrier) for a little zing without the calories or sugar!

\*guidelines and recommendations taken from the Unlock Food website via Dieticians of Canada. For more information, please visit [www.unlockfood.ca](http://www.unlockfood.ca)

\*\* Canada's Food Guide can be found here: <https://www.canada.ca/en/health-canada/services/canada-food-guides.html>



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## Day 3

**Get Moving!** You drink plenty of water, eat well-balanced meals, but you're still feeling sluggish. How about incorporating some movement into your day?

But I'm too busy, you say? Fitness doesn't have to be time-consuming or require complicated equipment, or even a gym membership! Healthy Living Canada\* recommends 30 minutes at least five days a week to maintain a healthy lifestyle... that's only about 2% of your busy day! Keeping active is important for stronger bones and muscles, increased stamina and energy, and for your overall health and well-being. Don't know where to go? The Hanwell Recreation Park has lots to offer the whole family – walk, ski or snowshoe on the trails, bring the kiddos to the Playground, Fluffy will love the leash and off-leash areas\*\* of the trails too. And best of all, it's FREE!

So lace up those sneakers, slap on those snowshoes, leash up the pooch and get out there!

\*guidelines and recommendations taken from the Health Canada website. For more information, please visit <https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/maintaining-healthy-habits.html>.

\*\*Off-leash areas are marked on the trail map. Dogs must be leashed in all areas of the park except where designated as an off-leash area. Please see our website for details: <http://hanwell.nb.ca/wp-content/uploads/2015/09/Designated-Dog-Area-Hanwell-Park.pdf>



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## Day 4

**Healthy Seniors!** The best way to live is to live well. Eat healthy foods, exercise regularly, adopt a smoke-free lifestyle and maintain a healthy weight. These are the universal guidelines for healthy living, from an early age through to the golden years. What works for adults aged 18-64 holds true for adults aged 65 and up. But as we age, our circumstances can begin to change, so it's important that we adapt our lifestyles to these changes. Injuries, changes to health, income and social situations – these all can have an effect on healthy living but should not be limitations; there's always a way to keep active and healthy. Become involved in the community, join a club or volunteer, join/form a seniors' walking group, or mentor a youth group. As a senior, you have so much to offer and share with your community!

The rural community of Hanwell has an Age-Friendly Committee who are actively involved in making our community accessible, open and welcoming to everyone! If you are interested in what this committee has to offer, please contact us at [www.hanwell.nb.ca](http://www.hanwell.nb.ca) or call us at 460-1177.

\*guidelines and recommendations taken from the Government of New Brunswick website through Social Development. For more information, please visit them here:

<http://www2.gnb.ca/content/dam/gnb/Corporate/pdf/LivingHealthyAgingWell.pdf>

\*\*Please visit [www.wellnessnb.ca/seniors/](http://www.wellnessnb.ca/seniors/) for more resources and information.



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## Day 5

**Family Time!** Hectic! Busy! Chaos! How often have we used these words to describe our days? Sometimes it feels like there just aren't enough hours in a day to get it all done.

With our hectic lifestyles, it's easy to let family time fall by the wayside... family vacations, game night, even eating meals together seem like far-out ideas! But not spending time with your family could have negative effects on you and your children. It may be difficult to find a balance between career and home, but it is not impossible. Try reading the kiddos a fun book at bedtime, take a little day trip around the community on a Saturday morning, invite the little ones to "help" with making breakfast on Sunday morning (waffles: crack the eggs, stir the batter, sprinkle in the chocolate chips), or have a "no smart phones/tablets day" so you can all enjoy each other's company without the distractions.

It doesn't have to be much... remember when it comes to spending time together, quality is more important than quantity, and everyone benefits!

\*For more ideas and information, please visit: <http://www.parentscanada.com/>



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## Day 6

**Healthy Mind!** Mental fitness is a sense of well-being (such as positive thoughts and feelings) we feel when we feel accepted, understood and acknowledged. But there are times when we feel overwhelmed, overburdened and overworked – in other words, stressed!

For many, stress is an unfortunate part of their days. Dedicating even a short time every day just for you and your mental fitness will reap significant benefits in terms of feeling rejuvenated and more confident.\* Meditate, attend a yoga class (did you know you can do yoga right here in Hanwell?\*\*), keep a journal to collect your thoughts, find and enjoy a hobby, even volunteer your time and talents within the community... these are only a few ways to practice mental fitness and start your journey back to wellness.

With our focus being on so many things around us, it's important to take the time to focus on ourselves. As the saying goes, "you can't pour from an empty cup." Fill up that cup by taking some ever-important "me" time and do something special just for you!

\*For more ideas and information, please visit: <https://cmha.ca/resources/mental-fitness-tips>

\*\* Not an endorsement. For information on a local yoga practice, please visit [www.facebook.com/TLWYoga133/](http://www.facebook.com/TLWYoga133/)



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## Day 7

**Community!** We are so proud of the community that Hanwell has become since its incorporation in May 2014. In the past few years since then, we've grown in size as individuals and families have moved to our beautiful community. We have added a Fire Hall, a Recreation Park and Playground, several new businesses have been welcomed into the fold, and your new Municipal Office and Community Centre is being built as we speak! This is all something you should be proud of too!

In addition, we host a variety of socials and community events that bring us all together and put smiles on our faces. A community such as ours is strong and supportive because of our resilient and involved residents, people like you.

We care about our community, and that's why we've created these Wellness tips for you for **Wellness NB Week**. We hope you enjoyed them.

\*Please visit us anytime at: [www.hanwell.nb.ca](http://www.hanwell.nb.ca)

\*\*Please visit [www.wellnessnb.ca](http://www.wellnessnb.ca) for more information on The Wellness Movement.