

EVERY STEP COUNTS...



GO THE HEALTHY WAY...

EAT WELL, LIVE WELL AND FEEL GREAT!

Visit the Dietitians of Canada at www.dietitians.ca/eatwell/
Use the EATracker to assess your daily food choices and activity levels.

Nutrition Month® is brought to you by Dietitians of Canada and thousands of dietitians across the country, in collaboration with the campaign sponsors.

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WHEN IT COMES TO HEALTHY EATING AND ACTIVE LIVING, EVERY STEP COUNTS...

EAT WELL

- Step off the diet roller coaster for good! Watch your portion sizes and choose a variety of foods from *CANADA'S FOOD GUIDE TO HEALTHY EATING* every day.
- Rev up your day with breakfast! Try refreshing yogurt topped with sliced bananas and a sprinkling of cold cereal for crunch. Or, for breakfast on the go, grab a small whole wheat bagel with some cheese and an apple.
- Surround yourself with sensible, healthy food choices, in your cupboards, refrigerator and at your workplace to help you succeed in choosing wisely.
- Give your tastebuds a new experience! Try one new fruit, vegetable or an ethnic dish this week to enjoy variety and new tastes.
- Drink one extra glass of water every day this week.



LIVE WELL



- GET ACTIVE! It's fun! Challenge yourself.
- CANADA'S PHYSICAL ACTIVITY GUIDE TO ACTIVE LIVING* recommends one hour of physical activity per day. Step out - go for a walk, take the stairs instead of the elevator, try a fit ball or yoga class or take a ballroom dancing class - it all adds up.
- If you haven't been active for a while, start slowly. The most important thing is to GET MOVING! All steps count.
- Get involved with your community planners to suggest what steps your city could take to be friendlier for active living.
- Involve family and friends to help motivate you to stay on track. Try a 'turn off the TV night' and do a fun activity you enjoy - go bowling, swimming or walk the dog.

FEEL GREAT

- Feel good about who you are and how you look; remember that healthy bodies come in all shapes and sizes.
- Be realistic about what you can do. Be proud of your efforts to eat well and be active but don't just think it - write down or say out loud one thing that you did each day of this week that made you feel great! Every step counts.
- Spend time with people who make you feel good and do things that make you feel valued.
- Every step counts - Eating Well and Living Well help you Feel Great!



Visit www.dietitians.ca/eatwell and the Canadian Health Network website www.canadian-health-network.ca for more real life solutions to Eating Well, Living Well and Feeling Great.

Have a great tip on how to "Go the Healthy Way..."? Submit your idea at www.dietitians.ca/eatwell.

Have nutrition questions? Dietitians provide food and nutrition information you can trust. To find a Registered Dietitian, visit the Dietitians of Canada website at www.dietitians.ca or call the Consulting Dietitians of Canada at **1-888-901-7776**.

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