

EATING HEALTHY AND WHAT TO AVOID

Every day, we make choices about the food we eat and our lifestyles. We can make choices for ourselves and our families that make a real difference to our ability to remain healthy and active now, and into the future. Healthy eating promotes and supports social, physical, and mental wellbeing for everyone, at all ages and stages of life.

With the vast of information on how to eat healthy, this edition is about what to limit or even avoid. Here is just a few to consider:

- 💡 **Sugar:** Added sugar is addictive, fattening and a leading cause of diseases like obesity, diabetes and cardiovascular disease.
- 💡 **Trans Fats:** Most trans fats are made from oils through a food processing method called partial hydrogenation. These partially hydrogenated trans fats can increase unhealthy LDL cholesterol and lower healthy high-density lipoprotein (HDL) cholesterol. This can increase your risk of cardiovascular disease.
- 💡 **Salt:** High sodium intake can lead to health problems like high blood pressure, stroke, heart disease and kidney disease.
- 💡 **"Diet" and "Low-Fat" Products:** Most of these "health foods" aren't healthy at all. They tend to be highly processed and loaded with sugar or artificial sweeteners.
- 💡 **Highly Processed Foods:** Foods that are highly processed are usually low in nutrients and high in unhealthy and unnatural chemicals.

**EAT CLEAN,
EAT SIMPLE**

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HEAT EXHAUSTION



When performing physical work in the heat it can affect our body's cooling system. If not treated early, heat exhaustion could develop.

Signs and Symptoms of Heat Exhaustion are:

- * shallow breathing
- * increased breathing rate
- * weak, rapid pulse
- * cool, pale, clammy skin
- * sweating
- * weakness, fatigue, dizziness
- * headache and nausea
- * fainting
- * muscle cramps

Treatment:

- * move worker to cooler spot
- * cool by sponging them with cool water and fanning
- * seek first aid

Prevention:

- * gradually expose yourself to working in the heat
- * drink plenty of water
- * wear light colored, loose fitting clothing
- * take breaks in cool areas

Source: <http://www2.worksafebc.com/i/construction/Toolbox/pdfs/TG09-09HeatExhaustion.pdf>

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