

HEALTHY EATING

The holiday season is just around the corner. It is a time for family, friends, sharing and overindulging!

With the hustle and bustle of the season, some of you may partake in too much sugar, fat, caffeine, alcohol, and not get nearly enough exercise and sleep.

To get the best out of your holidays, pay attention to your body's need for healthy food, exercise, and sleep during this busy time of year.

Try a couple of these suggestions for a healthier season:

- * Eat breakfast
- * Do not skip meals
- * Enjoy your favourite holiday foods in moderation
- * Try eating more smaller meals during your day to keep your energy levels up and curb your hunger
- * Drink plenty of water



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WINTER CONDITIONS

Winter road conditions can be hazardous. Several factors can create hazardous road conditions:

- * Rain
- * Snow
- * Sleet
- * Fog
- * Limited daylight hours

In the winter motor vehicle crashes causing injury or a fatality almost doubles "from 13 in October to 26 in December" (WorkSafeBC, 2014). To check current road conditions visit DriveBC.ca.

In addition walking in parking lots and walkways in winter can be hazardous. Please ensure you use caution when temperatures dip below zero. Hold onto your car when exiting your vehicle. Take caution when walking as sidewalks may be slippery.

**"LEAVE SOONER, DRIVE
SLOWER, LIVE LONGER"**

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