



# Healthy Together



A MONTHLY NEWSLETTER

## Are you feeling stressed or low in energy? How about the kids?

Many events throughout the year will have us responding “YES” to this question. Physical activity is a proven way to reduce stress levels and increase energy. Try integrating physical activity into your week by: having a walking meeting at work/volunteer work, walking or biking your kids to and from school, taking a brisk walk with friends or family after dinner, walking around the block while waiting for the kids, or trying drop-in badminton, yoga, swimming or dance.



## “Popcorn” Cauliflower



Cut up one cauliflower head into bite-sized pieces. Toss in 15 ml (1 Tbsp.) olive oil and sprinkle with thyme or your favourite herbs and spices. Spread in a single layer on a cookie sheet and bake for 30-40 minutes at 375° F (190° C) flipping every 15 minutes.

cancer fighting

rich in vitamin C

good for the heart



To achieve benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more, whereas children aged 5-17 years should accumulate at least 60 minutes daily.

Source: Canadian Physical Activity Guidelines

For school based healthy eating or physical activity information visit [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca). For general nutrition information call HealthLink BC at 811 and speak to a dietitian, or visit [www.healthlinkbc.ca](http://www.healthlinkbc.ca).

