

About You

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Drowning Prevention

Stay safe around water this summer:

- Always swim near a life guard at the beach or lake.
- If you get caught in a rip current at the beach, swim with the current, even if it is taking you out to sea, until it "lets go" of you. Then swim back to shore.
- Always designate someone to watch children around water. **Never assume** someone else is watching them.
- Make sure children wear life jackets on boats and on the dock.
- Learn CPR—especially if you have children—and be a life saver.
- Don't Drink and Drive - Sun and heat intensify the effects of alcohol and you can end up much more intoxicated - and impaired - than you realize. For the same reasons you don't drink and drive your car, don't drink and drive a boat.
- When going out on a boat, always let someone responsible know where you are going and when you plan to return. This is important because if you should become lost, or you or your boat should have an emergency, help needs to be notified that you are missing and where you planned to be.



A regular walking program (just 30 minutes each day) can help:

- Reduce blood cholesterol
- Lower blood pressure
- Increase cardiovascular endurance
- Boost bone strength
- Burn calories and keep weight down

FAQ of the Day - Diet vs. Exercise for Weight Loss - which is better?

Technically, weight loss is simple - when you burn more calories than you consume, you lose weight. So to lose weight you need to burn more calories and/or consume fewer calories. Research shows it's the **combination of both** that is the best way to lose weight and improve your health. Your diet should consist of low-fat food choices and a modest reduction in the total number of calories. Without overwhelming yourself with odd foods and food labels, try simply reduce your food portions by about 10 to 15%, and substitute lower fat varieties of foods you already eat.

With exercise, start small and gradually increase the duration of your activity by 10% each week. For example, lengthen the duration of your walks from 20 minutes during week one to 22 minutes the following week. Putting exercise in your schedule like other important appointments is the key to getting this good habit started and maintained.



Hugs

Your non-verbal communication with your children is sometimes the most powerful. Putting your arm around your child, giving the little ones lots of time in your lap reading, or a pat on the back after a tough soccer match communicates your love to your child. Even if your older ones seem resistant, they still need your hugs (just probably not in front of their friends!).

Celebrate World No Tobacco Day!

Celebrated on May 31st, World No Tobacco Day is the only global event where smokers around the world unite to break free from their dependence on tobacco. Every year, tobacco kills 3.5 million people around the world. In addition, the global tobacco epidemic is predicted to prematurely claim the lives of some 250 million children and adolescents, mostly due to second hand smoke exposure. PPC Canada has a smoking cessation program. Please contact us if you are interested in quitting smoking.



Gardening has become an increasingly popular activity in recent years. Gardening offers many benefits including:

- An alternative to the regular calorie burning routines – One hour of tending to your garden can burn up to 250 calories. It is an excellent outdoor fitness alternative.
- The satisfaction of watching something take root and grow. Being outdoors and creating, nurturing and tending to your garden contributes to a happier, calmer state of mind.
- An opportunity to enjoy the outdoors and to introduce children to the joys of nature.

Although the benefits of gardening outweigh the risks, gardeners still need to be careful.

Exercise caution when:

- Using power garden tools, especially when there are small children around.
- Handling fertilizers and other chemicals.
- You have allergies to consider– especially to bees. Keep your epinephrine kit nearby at all times.



Do Try This At Home! Tips for Type A Behaviour

Studies conducted have yielded strong evidence of a link between heart disease and Type A behaviour. The emerging consensus among researchers is that hostility is the most toxic element of anger.

What is Type A personality? It is a temperament characterized by excessive ambitiousness, aggressiveness, competitiveness, drive, impatience, need for control, focus on quantity over quality, and an unrealistic sense of urgency. Here are some steps you can take to start regaining some balance and reducing your risk for heart attack:

- **Maintain a "Type A "Diary**
During the next week, keep a diary of each situation at work or home that caused you to emotionally or behaviourally overreact. Analyze these to identify any trends. Focus on healthy ways to have coped with the situations, or people that triggered this unhealthy Type A response.
- **Express Your Feelings to Others**
Openly acknowledging a problem, wanting to do something about it, and actively seeking the support of important people in our lives can play a major role in our ultimate success. Let your spouse or a close friend know that you have recognized you have a problem with too much hostility. Tell them that you hope they will be supportive of your efforts to change.



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