



POWER UP YOUR HEALTH

ALBERTA HEALTHY LIVING PROGRAM- CALGARY ZONE NEWSLETTER



Live your Best Life

We can help you take control of your life.

Health is a journey, not a destination. Health with a chronic (long-term) health condition or disease can also be unpredictable. For those who experience limitations or challenges due to a health condition, isolating feelings such as a loss of control over one's health might arise. However, although life is unpredictable, there are things that you *can* control.

Regardless of what decisions you make daily, you are *managing* your health and well-being. Take a moment to take stock of what you are doing to care for your health right now. When you slip, are you treating yourself in the same way that you would treat your best friend? When you walk down the grocery store aisle, are you staying mindful of your food choices, and reading food labels with confidence? When you are asked to do something at work or home, are you stopping to think about how the extra task might impact the fatigue or pain that you might be living with? When you enter a difficult conversation, are you being mindful of how you are communicating, and remaining constructive when sharing your feelings?

Our Better Choices, Better Health® workshops allow participants to connect with and support each other toward living their best life with a chronic condition or disease. [Click on this link](#) to see a short video about how this program has impacted other Albertans. Visit ahs.ca/bcbh to learn more or register.

These are just two of many general and condition-specific classes that are available to you either online, over the phone, and/or in person. You can register for these classes from anywhere in Alberta. Learn more about the many health services available through the Alberta Healthy Living Program by visiting ahs.ca/ahlp.



Let's Get Moving

Power up your energy levels with exercise.

When you are feeling low on energy, exercise might be the last thing you want to do. However, the right amount of movement can help increase your energy levels in the long run. Exercise has been shown to improve the quality of your sleep, increase oxygen circulation throughout your body, and help your body use energy more efficiently. However, while the most dangerous exercise for most chronic conditions is no exercise at all, it is important to exercise the right amount.

It can be easy to fall into the trap of doing the exercises we think we *should* be able to do. It is important to remember the importance of pacing, and of the fact that everybody will have different needs. If you live with diabetes, for example, monitoring your blood sugars while exercising will be important. If you had hip surgery, there may be certain movements that you will want to avoid.

If you are unsure as to what safe exercise might mean for you, we can help. [This short video](#) will show you how we can support your exercise journey. For more information, call 1-844-527-1160. If you do not live in Calgary Zone, [click here](#) to learn about exercise programs in your area.



Calcium and vitamin D are essential parts of a healthy diet.

Calcium keeps your bones and muscles—including your heart—healthy and strong. You can find it in milk, cheese, and yogurt. If you are looking for dairy-free calcium sources, try some foods with added (fortified) calcium like some cereals, soy beverages, tofu, or vegetables like broccoli, kale, and Chinese cabbage.

The amount of calcium you need each day changes as you get older. Here are the recommended daily allowances:

- Adults age 19 – 50 years: 1,000 mg
- Adults over 50 years: 1,200 mg

Your body also needs vitamin D to absorb calcium. People who do not get enough calcium and vitamin D throughout their lives have an increased chance of having thin and brittle bones (osteoporosis) in later years. In general, adults age 19 - 50 years should aim to take 400 - 1,000 international units (IU) per day. Adults age 19 - 50 years who have osteoporosis should have 800 - 2,000 IU of vitamin D, and all adults over 50 years should have 1,000 - 2,000 IU of vitamin D per day. You can get vitamin D from:

- Sunlight: Our skin makes some vitamin D from sunlight. However, people living in Alberta get little or no vitamin D from sunlight from October to March.
- Food: Some foods have vitamin D; however, most of us will not get much vitamin D from foods.
- Supplements: Vitamin D supplements are recommended for all Albertans. Look for a supplement that has vitamin D3. If you are looking for a vegan form of vitamin D, choose a supplement with vitamin D2.

Join us for these classes to learn how to properly read food labels or choose healthy foods to eat a well-balanced diet:

- [Tips for Eating: Prediabetes & Diabetes](#) – Tue Apr 9 from 9 a.m. – 11 a.m. over the phone
- [Heart Healthy Eating](#) – Wed Apr 10 from 1:30 p.m. – 2:30 p.m. over Zoom
- [Understanding Food Labels](#) – Fri Apr 26 from 9 a.m. – 10 a.m. over Zoom



Upcoming In-Person Classes

Click on the class title for more information or to register.

- [Planning for the Future: Health Decisions Matter](#) – Mon Apr 15 from 6:15 p.m. – 8:15 p.m. at Seton Library (4995 Market St SE)
- [Better Choices, Better Health® - Chronic Pain](#) – Tue Apr 16, 23, 30, May 7, 14 & 21 from 1 p.m. – 3:30 p.m. at South Calgary Health Centre (31 Sunpark Plaza SE)
- [Weight Management: Dietitian Question and Answer](#) – Thur Apr 18 from 6 p.m. – 7 p.m. at Memorial Park Library (1221 2 St SW)
- [Understanding the Experience of Grief](#) – Sat Apr 20 from 2 p.m. – 4 p.m. at Village Square Library