



POWER UP YOUR HEALTH

ALBERTA HEALTHY LIVING PROGRAM- CALGARY ZONE NEWSLETTER



Live your Best Life

Preparing for the uncertainty of tomorrow

What do you feel when you think about the mysteries that come with the idea of “tomorrow”? Excitement, because of an anticipated get together with a friend or loved one who you haven’t seen in a long time? Stress, because this visit was unplanned, and you have not had a chance to clean your home? Grief, because your health condition has restricted your ability to clean the house as quickly as you used to be able to do five years ago?

Your mental health and wellness can influence your health in many ways, and it is important to stay in tune with your needs. Staying in tune with what causes those stressed-out emotions, or making sure that you are treating yourself as you would treat that good friend, are things you can do to keep that visit with your friend an exciting event.

In the spirit of Social Work Month, we would like to share some of the classes that our registered social workers are involved in, to help you take charge of your mental health and wellness. Click on the class title to learn more or register.

- [Living Well with Stress](#) – Wed Mar 6 & 13 from 9:30 a.m. – noon over Zoom
- [Managing Emotional Eating](#) – Thur Mar 7 & 14 from 6 p.m. – 8:30 p.m. over Zoom
- [Try a Little Self-Kindness: Motivating with Self-Compassion](#) – Tue Apr 9 from 9:30 a.m. – noon over Zoom

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](https://www.ahs.ca/ahlp).



Let's Get Moving

Our supervised exercise program has expanded!

Exercise can help you manage symptoms of many health conditions. [This short video](#) will show you how we can support your exercise journey. If you join this program, one option that might be available to you is our group exercise classes. We offer a few different levels of these classes, and our exercise professionals would help you decide which class is best for you. Most of these classes are available online or in person. The in-person group exercise classes are now offered at the following locations:

- East Calgary Health Centre
- Killarney Aquatic & Recreation Centre
- Richmond Road Diagnostic & Treatment Centre
- South Health Campus
- Southland Leisure Centre
- Thornhill Aquatic & Recreation Centre

Not all classes are available out of all locations, and an assessment with one of our healthcare professionals is required to attend. 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.



Planting the seed for healthy beverage choices

Some might choose plant-based beverages because of allergies, a vegetarian or vegan diet, intolerance of cow milk, or cultural or personal taste preferences. When you walk down the grocery store aisle, you will see many plant-based beverages that are often called “milks” that are made from legumes, nuts, seeds, and grains, like oat, soy, coconut, cashew, or almond. The food labels will help you identify which of these choices would be healthiest for you. Here are some tips to consider when picking a beverage that will meet your nutritional needs:

- Choose the unsweetened type, or an option that has less than 15% Daily Value (less than 15 grams) of sugar and at least six grams of protein per one cup (250 mL)
- Choose a type that has at least 23% Daily Value of calcium and more than 10% Daily Value of vitamin D per one cup (250 mL)

If you are looking to incorporate more plant-based foods into your diet, you can choose a variety of protein foods at meals or for snacks, like lentils, beans, tofu, or a nut or seed butter. Try some of these delicious plant-based recipes:

- [Black Bean and Rice Soup](#)
- [Stir Fried Tofu](#)
- [Tabbouleh with Barley and Chickpeas](#)

March is Nutrition Month, and our registered dietitians are here to help you fuel your body in a healthy way. Join us for our online [4 P's for Meal Planning](#) class on Wednesday, March 13 from 1:30 p.m. – 2:30 p.m., or our [Eating Well for Good Health](#) class on Thursday, April 4 from 2 p.m. – 3 p.m. Learn more about the nutrition classes available to you by visiting ahs.ca/ahlp.



It's never too late to get healthier ...

“Repeatedly, we hear from doctors, friends and the media that proper nutrition and exercise are a big step in promoting good health, not only physically but also emotionally. Yet, our daily lives are so full of demands then even though we may try to introduce some healthier changes in our food habits, when it comes to exercise, we find it hard to engage in an exercise routine. But one day something happens! A little voice inside tells us that we need to start paying attention to these aches and pains we have tried so hard to ignore. My doctor recommended that I join the Alberta Healthy Living Program's (AHL P's) supervised exercise program. He explained that this program will help me ensure a right approach to address the problems affecting the adult community and also provides very complete guidelines to prevent further issues in the future. To that effect, AHL P has gathered a team of highly qualified instructors that provide very clear explanations and show their true commitment to their task at all times. Actually, what you have just read has been my own experience with the AHL P. And I encourage everybody to try it, as this course has made a very positive impact in my overall health and has succeeded at creating awareness in me about the need to incorporate exercise as a key component of a healthy life management. It is never too late to get healthier!” ~Celia