

A Healthy Spin on the Festive Season: St. Theresa General Hospital Success Story



At the St. Theresa General Hospital, it has become a tradition for the managers to greet, serve and celebrate the festive season with all hospital staff at the annual Christmas luncheon.

This year Leslie Prenoslo, Health Promotion Coordinator, and Fara Iftikhar, Food Service Supervisor decided to put an extra healthy spin on the luncheon. They created an interactive display on “Healthy Eating for the Holidays”, complete with healthy tips hanging on stockings, *Healthy Eating Starts Here* posters, and a big paper Christmas tree. As staff arrived for the luncheon, they were offered a paper ornament and asked to share a tip for staying healthy during the holiday season. Over 75 staff helped to decorate the tree with health tips when they came for lunch..

Continue on next page

Some of the tips adorning the tree:

1. Eat fresh whenever possible
2. Cook from scratch
3. Small Portions
4. Drink 10 glasses of water
5. Instead of taking bit of everything, try to choose what you really want and take smaller portions
6. Keep physically active
7. Only have 1 plate of food
8. Have fruit for breakfast everyday
9. Laughter
10. Find a healthy balance between work and home life

Leslie and Fara received great feedback on the “Healthy for the Holidays” display. Staff thought it was an eye-catching and informative display. The activity also generated great conversation and ideas over lunch on small steps staff could take to make healthier choices.

“We are very pleased with how it went!” - Leslie and Fara.

