

# Building a Healthy You!

## Municipal Wellness Newsletter

December, 2015

### What to Look Forward to in 2016

2015 was a whirlwind year for the Building a Healthy You! Wellness Program- full of change, challenges and celebration. With 2016 on the horizon, we have even more new and exciting projects in the works we can't wait to tell you about!

One thing we would like to share with you now is the 2016 Wellness Calendar. The calendar highlights themes we will focus on each month and provide you with a glimpse of upcoming challenges, awards, etc.



Municipal Wellness Program

2016

Building a Healthy YOU!

Wellness Calendar

[Click here](#) to access the 2016 Calendar

The Single Most Important Thing You Can do to get Through a Bad Week!



### Cooking up Healthy Holidays

Here's a holiday recipe that might seem familiar:

- *Take one helping of family conflict*
- *Mix well with non-stop television viewing*
- *Scoop in an extra helping of fat and empty carbs*
- *Add a half-dozen screaming kids*
- *Wash it all down with a generous dose of spiked eggnog*

#### Tried that one before?

If so, you can take comfort in knowing there are millions of people who have shared that very same dish. It's not hard to understand why: the holiday season is one of the few times in the year to relax with friends and family. The results? We often put a tremendous amount of pressure on perfection which can cause anxiety and overindulgence. Fortunately, it doesn't have to be that way. Keep the holiday's fun and your waistline trim!

Read More: [Click Here](#)

## Nutrition Information and Recipe

**Interesting Article:** [Leslie Beck: Moderation is key when weighing cancer risk of meat](#)- The Globe and Mail

As part of the Pre-Holiday Workplace Wellness Challenge this month, participants were asked to post a healthy recipe on the Building a Healthy You! Wellness program Facebook page. Some of the recipes are showcased below for you to try! Thank you to the employees who have submitted recipes!

### Chicken and Corn Chowder

**Preparation Time:** 10 minutes  
**Cooking Time:** 30 minutes  
**Makes:** 9 1-cup (250 mL) servings

1 tbsp Margarine  
1 cup Diced onion  
1 cup Diced celery  
1 cup Diced red bell pepper  
1 Boneless skinless chicken breast, cubed  
4 cups Reduced-sodium chicken broth  
1 cup Diced peeled sweet potato  
1 cup Frozen corn kernels, thawed  
1 can evaporated milk  
1 tbsp Chopped fresh parsley

1. In a large saucepan, melt margarine over medium heat. Saute onion, celery and red pepper until softened, about 5 minutes.
2. Add chicken, broth, sweet potato and corn; bring to a boil. Reduce heat, cover and simmer for 25 minutes or until chicken and potatoes are cooked through.
3. Add evaporated milk and parsley; heat over low heat (do not boil or milk will curdle).

### Lemon Parsley Bean Salad

2 (14 oz) cans of kidney beans, rinsed and drained  
1 (14 oz) can of chick peas, rinsed and drained  
1 small red onion diced  
2 stalks celery diced  
1 ripe tomatoe or a cup or cherry tomatoes chopped  
1 medium cucumber diced  
 $\frac{3}{4}$  cup parsley chopped  
2 tbsp fresh dill or mint chopped  
 $\frac{1}{4}$  cup extra virgin olive oil  
Juice of a lemon  
3 cloves garlic minced  
 $\frac{3}{4}$  teaspoon salt  
Small pinch of red pepper flakes  
2 tbsp of balsalmic vinegar

Combine in one large bowl and let marinate in the refrigerator for at least 3 hours.

### Healthy Desert Option

- Graham wafers (half fat ones if desired);
- Vanilla Greek yogurt (but can use any flavour);
- Berries

Put a scoop of Greek yogurt on the wafers & top with berries (voila...simple).  
Healthy, extremely simple & quick, and very, very tasty!

## Building a Healthy You! Facebook Page

Don't forget to check out the Building a Healthy You! Wellness program Facebook page! The page was created for municipal employees to share wellness related stories and pictures, participate in challenges, and post questions/comments. For privacy reasons the status of the group will remain closed (meaning you will need approval to join and post. [Click here](#) to access the page:



If your municipality would like to have a story captured in the February newsletter please send an email to Rebecca Kolstee, at: [rkolstee@amans.ca](mailto:rkolstee@amans.ca) by January 25<sup>th</sup>, 2016

**SUBJECT LINE: February Newsletter**

The AMANS Building a Healthy You! Wellness Program is wishing you and your family a safe and happy holiday season!

