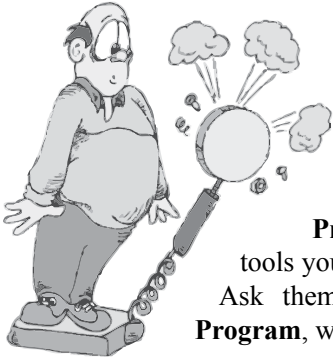


Stand Easy

Stand Easy is a monthly publication produced by DGPFSS for CF members everywhere.

Comments? Email: StandEasy@cfpsa.com

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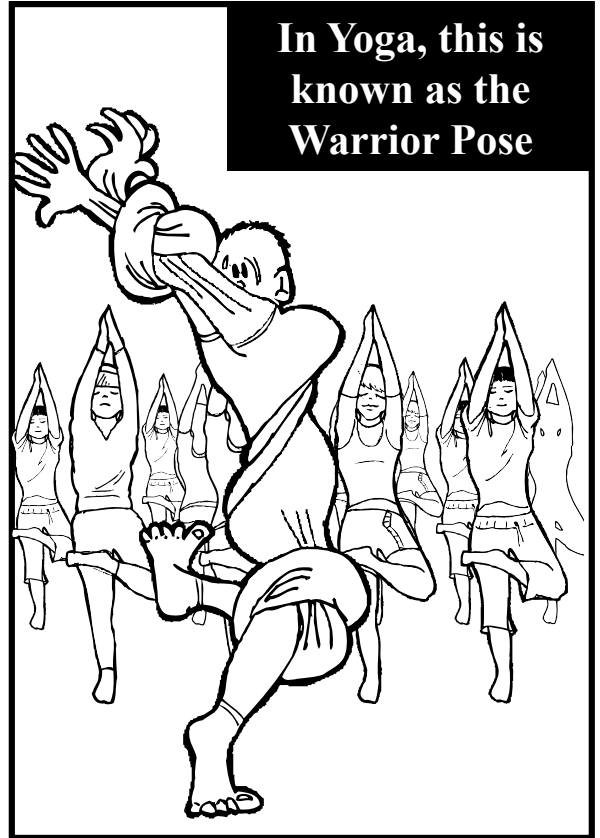


Did you know?

It's the time of year when many of us are focused on improving our nutrition and exercise habits. Your **Local Health Promotion Office** can provide you with the tools you need to improve your health and lifestyle. Ask them about the **Weight Wellness Lifestyle Program**, which will help you:

- Set realistic goals for losing weight and keeping it off.
- Develop a healthy eating plan and adjust portion sizes for healthy weight loss.
- Develop a physical activity plan to boost your metabolism.
- Understand and interpret nutrition labels and restaurant menus.
- Get the low down on healthy meal planning and snacking.
- Manage hunger and food cravings.
- Tackle common weight loss myths.
- Monitor your progress and help you stay on track.

Visit www.cfpsa.com/en/PSP to find your **Local Health Promotion Office**.



In Yoga, this is known as the **Warrior Pose**

Word Jumble...

Put the letters in their proper order to reveal some hidden gems offered by your PSP team.

— E E L M D N O P T Y — — O P P R S T U —

— A C H I L P S Y — — E S F I N S T —

— A E E N P P R S W — — A E I N O O P R S T —

Solution (français) : Services aux familles, exploitation de mess, sports et loisirs

Top 6 tips to get back in shape after the holiday season

1. Try something new. Find a new activity or sport you enjoy so you are more likely to stick to it.
2. Do something every day, plan a week at a time and book the sessions in your schedule.
3. Eat sensibly and drink plenty of water.
4. Set reasonable targets, see the progress and feel the benefits.
5. Encourage friends and colleagues to join you.
6. Visit your **Local Health Promotion Office** and get some help!

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