

# SENIORS ADVOCACY GROUP NEWSLETTER

Compliments of the MSC Client &  
Family Council - February Issue



Call: 519-842-9008 Online: [www.multiservicecentre.com](http://www.multiservicecentre.com) Facebook: @MSCtillsonburg



## FEBRUARY IS HEART MONTH

February is a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease. Heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada. We can all reduce our risk of heart disease by making healthy lifestyle choices, including quitting smoking, eating a healthy and balanced diet, getting enough sleep, exercising regularly, and monitoring blood pressure and cholesterol levels.

### STAYING ACTIVE ONE STEP AT A TIME

Increases in daily activity can come from small changes made throughout your day, and can make a big difference in your overall heart health.

- Take the stairs instead of an escalator or elevator
- Park a little further away from your destination to get in extra steps
- Instead of sitting, pace while you are on the phone
- Use a basket instead of shopping cart for an instant weightlifting session at the grocery store!

Want to make a bigger difference to your activity level? Sign up for a yoga or exercise class! Stonebridge Community Services offer a variety of exciting classes in various locations across Norfolk, Elgin and Oxford communities. Or, try one of our online fitness classes available on our Facebook page or through Youtube.

### EAT HEALTHY WITH EASY FOOD SWAPS

Little changes can go a long way in your diet and your health. Little swaps like the ones listed below contain more nutrients, less sugar, fewer calories and so much more.

- Drink sparkling flavored water instead of pop for a no-sugar alternative.
- Choose lettuce wraps instead of bread to reduce processed carbs.
- Use zucchini noodles instead of pasta to boost your veggie intake.
- Eat fresh fruit instead of canned, dried or juiced fruits for less sugar and more fiber.
- Use avocado instead of mayo or plain yogurt in place of sour cream for more heart healthy fats.
- Look for 'baked' items on a menu over 'fried' items for a healthier meal choice.

You can also take the guess work out of what to eat and order one of MSC's Hot or Frozen Meals for easy and nutritious food!



## Interested in joining our Client & Family Council?

Please contact Diana Handsaeme at 519-842-9008 ext. 227 or [dhandsaeme@multiservicecentre.com](mailto:dhandsaeme@multiservicecentre.com)