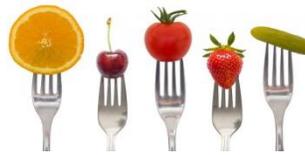


Wellness Services

March 2017 Wellness Bulletin

March is Nutrition Month!

In March let's reassess our nutritional habits and look at how they affect our health. Read the [March Healthy Habit](#) to learn more about mindful eating, how food affects our mood and how food helps restore our bodies post-exercise. You can also book [Kayleigh](#) for the Mindful Eating workshop or request the resources including a handout. Lastly, see the monthly [wellness activity](#) for information on the "gut-brain" connection. Happy mindful eating!



Wellness in the Workplace

Thanks to Wellness Rep Lucien, you are looking at GIAG's "new gym"! They offer a variety of classes including self-defense and pound workouts. Classes take place during the lunch hour and there are even a couple change rooms. "We've noticed that after a noon workout, productivity is better in the afternoons than before" says Lucien. Thank you for transforming this wonderful space and way to be well GIAG!



Can the food we eat help lower the risk of cancer?

Eating plant based foods, allium vegetables, consuming green tea, while avoiding diets high in red meat, sugar, and artificial sweeteners may have an impact on your cancer risk. To find out how these and more may have an impact, [click here](#) to read the full article.

Source: www.eatrightontario.ca



Don't forget to check out the 150 Play List and check off your activities!

alive@work

[Click here](#) to view the March issue of Alive@Work with ways to get more sleep. Also, please email [Kayleigh](#) to access the March issue of Take 5.

Mindful Eating

There's a lot of focus on Mindful Eating this month but what does that entail? **Mindless eating** can include, eating on the run, snacking when not hungry, not be aware of being "full" and essentially eating without thinking. **Mindful eating** is the opposite. It is eating while being present in the moment, being aware of your thoughts a feelings and enjoying your food. For more information on Mindful Eating please find the informative handout [here](#).

Contact Information

For more information on any of the above topics, additional resources, to join the workout-of-the-month club or for any other inquiries, please contact Kayleigh Marshall, OASSIS Wellness Consultant at wellness@oassisplan.com or 1-888-233-5580, ext: 310.