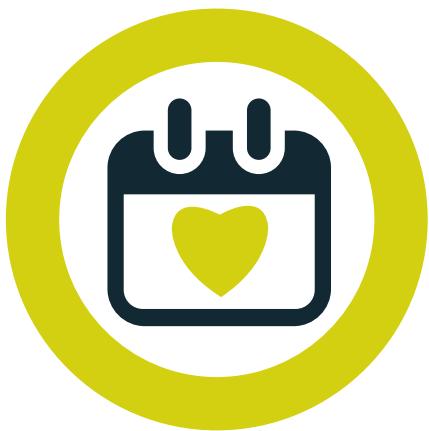


Finances, Food & Fitness

FINANCIAL STRESS AND YOUR HEALTH

The idea that stress is 'all in your head' is a common misconception. Stress responses include elevated heart rate and blood pressure, difficulty sleeping and unwanted thoughts. Here are some tips and activities to handle financial stress.



BE A TEAM

Share household financial duties with your partner.

Set up a regular date and time each month to pay bills and discuss your financial goals together.

Plan for a fun activity afterward, such as a bike ride, to manage stress.

AVOID TEMPTATION

Limit your time at malls to help manage spending. Choose an alternative social activity over shopping. Leave credit and debit cards at home and only carry the amount of cash you can afford to spend.

SLEEP ON IT

Set a baseline for any spending outside your regular monthly needs. Items over your baseline amount deserve a day's deliberation. Sleep on it, then decide if you still need it.

Cost-Effective Nutrition



Cost-compare online flyers and fill your grocery cart with budget-friendly, nutritious foods from every food group. Sign up for loyalty cards to get points towards your grocery purchases.

VEGGIES & FRUITS

- Buy "in season" fruit. Slice it up and freeze it for smoothies later.
- Frozen vegetables are often the best value, and are frozen at peak flavor.

GRAINS

- Items like rice, oats and barley are least expensive when bought in bulk and prepared from scratch.
- Popcorn is an inexpensive, high-fibre snack. Kernels are just a few cents per serving.

PROTEINS

- Dried beans, split peas and lentils are a great source of protein for mains or side dishes.
 - To reduce the cost per serving of meat, buy value packs, divide, and freeze.
 - Eggs and canned tuna are low-cost and easy to prepare.
- Purchase yogurt or cottage cheese in the large size and scoop into individual portioned containers for lunches.

Fitness on a budget



Getting a great workout doesn't have to include an expensive gym membership or fancy gear. Try these budget-friendly tips to get sweating.

DICE WORKOUT

Jot down six bodyweight exercises (such as push-ups, plank, jumping jacks, squats, lunges and dips) labelled 1 through 6. Roll a dice and perform 10 reps or 20s. Keep rolling until you've completed 15 minutes.

CARDIO INTERVALS

Listen to your favourite playlist while walking or jogging around your neighbourhood. Time your pace with each song, alternating between your regular pace and a slightly faster pace.

SAVE ON GEAR

Need a new pair of running shoes? Look for last year's model for mark downs. Increase the lifespan of your fitness clothes by washing in cold water and hanging them to dry.