



HEALTH & SAFETY NEWSLETTER

February 2016

Hello and welcome to February! January just flew by! Before we know it spring will be here! Lots of great stuff, as usual, in this month's newsletter. Great recipe winner from Chris Parker! With Super Bowl happening this month, Sabrina gives us another great word search puzzle to work on. More informative stuff from Wayne, and another great driver interview from Carlos with Bryan Kurn 137718, one of our Can Am Div 203 Super train drivers. Have a great February!



HEALTH & SAFETY EVENTS CLUB AFTERNOON OF BOWLING

When: Saturday, Feb 6, 2016

Time: 2pm to 4pm

Where: Galaxy Bowling Alley
32490 Simon Avenue, Abbotsford

FREE for Event Club Members for a family of 4

Non Members \$8.00 a person

Sign up with Vereena at Dispatch if you are interested in attending!

Come out and enjoy an afternoon of bowling, socializing and fun!



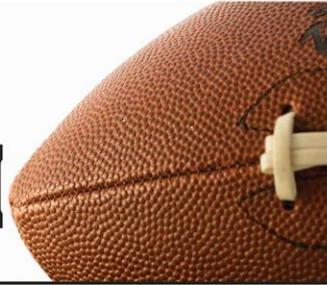
CAN-AM WEST



BIG RIG
GROUP



SUPER BOWL WORD SEARCH



See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2014

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|-------------|------------|-----------------|--------------|
| 1. SUPER | 5. LEAGUE | 9. TV | 13. PREGAME |
| 2. BOWL | 6. GAME | 10. COMMERCIALS | 14. FANS |
| 3. NATIONAL | 7. TEAMS | 11. HALFTIME | 15. TICKETS |
| 4. FOOTBALL | 8. PLAYERS | 12. PERFORMERS | 16. KICK OFF |

Healthy Heart



Healthy You

Heart Healthy Valentine's Day

Your sweetheart may have the key to your heart, but eating healthy and being physically active can be the key to a healthier heart. This Valentine's Day, indulge your sweetheart with a heart-healthy gift or date. Rather than tempting your beloved with sweets, consider a gift that has more permanence. Search for a poem that describes your feelings and write it on beautiful paper for a handmade Valentine.

1. Quality time is one of the most meaningful gifts. Bundle up and plan an active outing such as sledding, ice skating, gathering wood for a fire, or if you're feeling adventurous, visit an indoor rock wall.
2. If your kids are having a Valentine's Day party at their school or day care, instead of sending candies, consider raisins, grapes, whole-grain pretzels, colored pencils or stickers as tokens of their friendly affection.
3. Cooking at home is an excellent way to control what and how much you eat. Take a date to a local cooking class to practice your skills or learn a new technique.
4. Prepare a romantic candlelit dinner at home.
5. Give to one another by giving back. Ask a date to volunteer with you at a local organization. Giving back is a healthy habit that can boost your mood and help beat stress.
6. Use this day as an opportunity to tell your loved one how important they are to you, and share ways that you can support each other's health and wellness.
7. Craving something sweet? Gift a beautiful fresh fruit basket to your loved one instead of giving sweets with added sugars.
8. Sharing is caring – if you go out for a romantic dinner date, order one entrée to share. Many restaurant servings are enough for two – splitting will keep you from overdoing it.
9. Don't forget to love Fido, too! Give your pet a Valentine and remember to walk or exercise them daily – getting active with your pet will benefit your health and your bond with your pets.
10. Take it slow – if you receive a luxurious box of chocolates from your sweetie, stick it in the freezer and enjoy in moderation over the next several weeks.
11. Take a long, romantic walk with your beloved – and try to make it a regular habit. Aim for at least 150 minutes of moderately intense physical activity each week to help keep your heart healthy. You can reach this goal by walking briskly for at least 30 minutes five days each week.



DRIVER INTERVIEW WITH BRYAN KURN – CAW #137718

This month we tell the story of 43 year old Bryan Kurn, who is a driver for the CAW super train fleet. Over the past year, Bryan has undergone a complete lifestyle change, which has resulted in a weight loss of over 100 pounds and counting. Thank you to Bryan sharing such a personal story.. Here is a brief account.....

"It was April of last year and I was loading at Wyndell Lumber when I happened to stand on their truck scale as I waited for the last lift to be put on. The number on the reader was in kilograms so I wrote it down and went to my truck to convert it to pounds. Don't get me wrong, I was fully aware that I was large and overweight, but when that calculator spit out the number 415, well let's just say that it was my "holy cow" moment!

During the ride back from Wynndell I started to think about some of my friends and how they are having various health issues, mostly related to being overweight. I decided that I didn't want the same fate so I was going to make changes to my life. I knew that I couldn't do it on my own. Do you know how hard it is to eat healthy while living in a truck? My whole eating habits consisted of truck stop burgers, pizzas, subs, pretty much anything that was available whenever I chose to pull over. Where and how could I start?

I decided to visit a local weight loss clinic for some professional help. My goal was to lose 200 lb overall, but we set a smaller goal of 70 lb. in 9 months, which coincided with the end of 2015. The clinic set up specific meal plans and schedules for me to follow, which turned out to be just what I needed. With the help of my 2 sisters, I now prepare nearly all my meals in advance and utilize the fridge and microwave in the truck. I cut out all pop and coffee, replacing them with 3-4 litres of water every day. I visit the clinic every few weeks to get measured and weighed and to continue with the meal plans. I'm proud to say that not only did I hit my first goal, but I flew right past it. On December 19 I weighed in at 313 lb, which was a loss of 102 lb!

I'm currently at 298 lb and still on my way down. I have much more energy and have better sleeps every day. My body doesn't ache as much anymore, I can tie my boots easier, I can climb up and down trailers more easily and I can generally perform my job duties better. I've learned to make good choices at restaurants and I now know that it is possible to eat healthy in the truck, all it takes is a little planning. I've got a ways to go yet, but I'm very excited about the positive direction my life is headed in."



Truck Drivers and Exercise

From Wayne Balfour



For truck drivers, back pains and lower extremity soreness cannot be ignored. In fact a recent issue of Trucker News noted that when a trucker is depressed 5% could be directly related to lack of exercise.

Here is a list of 4 quick walking tips you can use to get some added benefits from a short work out. Using these techniques can promote wellness and will certainly make you feel better after a long haul.

There is no denying it, professional truck drivers and the like could use some stretching after driving the kind of miles their profession demands:

1. First, warm up. Then stretch out a little. You can do this by walking for just seven to ten minutes. Time it if you need to. Then do a few more stretches. At this point you're probably good and warm.
2. Now, start walking. Make sure to take short and quick steps. By taking short, quick steps, rather than long strides, you will work your gluteus muscles (in your buttocks) as you walk for over an increased distance.
3. Next, as you are walking point your head up slightly, tilt your shoulders back and head with your chest. This is basically trying to put you into that perfect posture position. Now hold this position while you walk.
4. Finally, squeeze your buttocks or gluteus muscles. While you're walking you should feel as though your buttocks are partly flexed. This will take practice to do for extended periods of time.
5. That is it. After a long drive get out and stretch your legs. This will promote wellness and if you can do it often, it will help you become a healthier, stronger you!!

BAKED EGG IN AVOCADO

Submitted by Chris Parker

Ingredients:

2 ripe avocado's

4 fresh eggs

1/8 teaspoon pepper

1 tablespoon chopped chives

Directions:

1. Preheat the oven to 425 degrees
2. Slice the avocados in half, and take out the pit. Scoop out about two tablespoons of flesh from the center of the avocado, just enough to so the egg will fit snugly in the center.
3. Place the avocados in a small baking dish. Do your best to make sure they fit tightly.
4. Crack an egg into each avocado half. Try your best to crack the yolk in first then let the egg whites spill in to fill up the rest of the shell.
5. Place in the oven and bake for 15 to 20 minutes. Cooking time will depend on the size of your eggs and avocados. Just make sure the egg whites have enough time to set.
6. Remove from oven, then season with pepper, chives, and garnish of your choice. Enjoy!!

