



HEALTH & SAFETY NEWSLETTER

October 2013

Welcome to the “spooktacular” and “thankful” October edition of the Health and Safety Newsletter. This month we promote our brand new Health and Wellness Events Club, provide some very important safety information for Hallowe’en night, fall fitness ideas are presented, and Trish from Calgary offers a frighteningly good and nutritious Thanksgiving recipe. As always, we welcome your feedback to healthandsafety@vtlg.com or use one of the new suggestion boxes that can be found at Can-Am/Vedder driver’s room, milk dispatch or at both Calgary and Kelowna offices. We hope you have a scary good month!

HEALTH & WELLNESS EVENTS CLUB

Earlier this month we presented our latest initiative, the Health and Wellness Events Club. So far the response has been awesome, with over 30 employees already signed up. It’s really easy, just sign up for a monthly \$8 payroll deduction that will go towards funding health and wellness themed events throughout the year. Your membership includes admission for a family of 4 to any event. The first one is on Sunday, October 20, where we will be having a super fun outing at the Chilliwack Corn Maze. This will be your club, so make sure you are giving us suggestions and feedback on what type of events you would like to see. For more information or to sign up, contact one of the Health & Safety Committee members or send us an email to healthandsafety@vtlg.com.

HALLOWEEN NIGHT SAFETY TIPS

With Halloween parties and trick-or-treaters coming up, ICBC is calling on parents and drivers to plan ahead and make smart decisions for a safe night of festivities. On average, on Halloween night between 3 pm and midnight, there are 400 crashes resulting in 120 injured victims on B.C. roads.

Here are ICBC’s safety tips for parents and drivers to ensure a safe and fun night for all:

For parents:

- **Dress to be seen:** Let’s not spoil our kids’ fun. Halloween is about putting on the spookiest outfit possible and that often involves dark colours. A good solution is to buy some reflective tape that you can add to the outfit or even to their shoes or bag – as long as it makes them stand out against the dark road.
- **The best ghouls see everything:** Scary masks are a key part of many Halloween costumes but it’s important that your child wears a mask that doesn’t hinder their ability to fully see what’s going on around them. Put the mask over your own face to check the visibility and make any necessary adjustments.
- **The best ghouls hear everything too:** As adults, we know that hearing is just as important as seeing to ensure our safety around roads. Remind your children not to use their cellphone or listen to their MP3 player – they should keep their fun focused on Halloween and all the candy.
- **Safety in numbers:** If you’ll be walking outside on this spookiest of nights, walk in numbers to help drivers and others see you and your children. Be sure to have an appropriate number of adults to accompany the children.
- **Gone haunting:** If your kids are heading out for some trick-or-treating fun without you, help them plan their route ahead of time so they get home safely. Consider a route that takes them through a quiet residential area away from



busy main roads and parking lots. And remind them to cross streets at designated points.

For drivers:

- **A fright's just around the corner:** Drivers need to slow down and expect the unexpected. Children can easily be caught up in the excitement of Halloween and forget to use caution, so slow down and be especially alert in residential areas. Limit any distractions in your car so your focus is solely on the road ahead.
- **Who ya gonna call?:** While we're talking distractions, [stop making excuses](#) for using your cellphone behind the wheel. Not only is it against the law but it can be extremely dangerous on a night when so many vulnerable road users will be out and about.
- **The ghouls may not notice you:** Children may have very limited visibility while wearing masks and costumes – don't assume they see you approaching. And remember to always yield to pedestrians. By doing so, you help ensure they cross the road safely.
- **Beware of those dark alleys:** Surprises often lurk in the darkest of places so enter and exit driveways and alleys slowly and carefully. Watch for little trick-or-treaters when backing up.
- **Don't end on a true scare:** If you're hosting or attending a Halloween party, always make sure there are safe options to get home, such as designated drivers or taxi numbers at hand.

RECIPE OF THE MONTH – APRICOT STUFFED TURKEY BREAST



Ingredients:

- 4 oz raw, boneless, skinless turkey breast
- 5 tbsp cooked wild rice
- 4 dried apricots
- 1 tsp chopped dried pecans
- 1/8 tsp fresh rosemary leaf



- 1/4 tsp minced garlic
- 165 gm butternut squash
- 1 1/2 tsp extra-virgin olive oil
- 1/2 tsp Dijon mustard
- 1 tsp water
- 5 medium asparagus spears
- 1/2 tsp ground cinnamon
- 1/2 tsp coconut oil
- 1 tbsp 100% unsweetened apple juice

- **Instructions:**

Cut a horizontal slit into the thickest part of the turkey breast to form a pocket; set aside. In a small bowl, combine the wild rice, chopped apricots, pecans, oil, apple juice, garlic and rosemary. Stuff into pocket of turkey. Tie string around to hold stuffing in. Bake at 375 °F for 15 to 20 minutes, or until no longer pink inside. In the final 10 minutes, combine mustard and water and brush the mixture over turkey. Place cubed squash on baking sheet with coconut oil. Sprinkle with cinnamon and roast until golden brown and tender, for about 15 minutes. Trim the dry ends off of the asparagus. If the spears are thick, peel them lightly with a vegetable peeler. Place them in the top half of the steamer pan set. Steam for 5 to 10 minutes depending on the thickness of the asparagus, or until asparagus is tender. Serve the turkey breast with steamed asparagus and roasted butternut squash. Enjoy!

- **Caloric Information:**

Approx. calories for this Meal: 400
29.9% Protein
42.9% Carbohydrates
27.2% Fat

10 TIPS FOR FALL FITNESS

How many New Year's Eves have you spent sipping champagne and vowing to get more fit in the coming year? And how many times have you failed to follow through?

"December 31 over a drink is too late to set goals and make promises," says Justin Price, owner of The Biomechanics, a personal training and wellness coaching facility in San Diego, Calif.

Fall, on the other hand, is a great time to start a [fitness program](#) because "you're going to create good habits for the holiday season and the upcoming winter months," says Price.

Chris Freytag, a [fitness](#) instructor and fitness expert with *Prevention* magazine, agrees.

"With the change of seasons comes a renewed time to rethink and restart," she says. "What's so special about January?"





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Besides, says Freytag, a mother of three, moms with school-aged kids "think of September as the new year."

Here are 10 ways to start making the most of the season. And who knows? This year, you might be in great shape before that New Year's Eve party rolls around.

1. Take advantage of the weather. Fall can be a treat for the senses: the crisp air, apple picking, pumpkin carving, a gorgeous canopy of fall foliage, and the crunch of leaves underfoot. These months are a great time to exercise outdoors and enjoy cooler temperatures.

"Walking, hiking and cycling are all awesome in the fall," says Todd Durkin, MS, fitness coach and owner of Fitness Quest 10 in San Diego, Calif.

Discover park trails and take in some new scenery, whether you're walking, biking, or in-line skating, he suggests.

In places where snow falls early, try cross country skiing or snowshoeing. Or, if you live near the beach, get out and play volleyball, throw the Frisbee around, or play a vigorous game of fetch with your dog.

"It's a great time to do beach activities because it's so much less crowded," says Price.

If you're near a lake, try kayaking or canoeing, for an excellent whole-body workout and a great change of pace.

And remember, it doesn't have to seem like exercise to be a great workout.

"Raking leaves or doing some fall outdoor yard work is a great way to get the heart pumping, and it's great calorie-burning," says Freytag.

2. Think outside the box. Always wanted to learn to tap dance? Attempt to box? Master the jump rope? Ask any schoolchild: Fall is a great time to learn something new.

Many classes at gyms and elsewhere get started in the fall, so look around and see if something intrigues you.

And with the kids in school, parents have more time to check out those classes, Freytag says.

Fall is the perfect time to gain new physical skills, Price says, because you burn fewer calories when you begin a new activity (thanks to the learning curve). If you learn something new now, by next summer, you'll have mastered the skill -- and you'll burn more calories doing it, just in time for swimsuit season.

3. Be an active TV watcher. Many people get geared up for fall premieres of their favorite television shows, says Freytag. "If you're going to sit down and watch hours of TV, get moving," she suggests. "Make a date with exercise and TV."

While you watch, you can walk or run in place, do standing lunges, do tricep dips off the couch, or lift weights. During commercials, do push-ups or sit-ups. In a one-hour show, you probably have close to 20 minutes worth of commercial interruption.

4. Integrate exercise into your life. You already know the obvious suggestions, park farther away from your destination, take stairs instead of elevators; take a walk during your lunch break. Here are a few that are less obvious:





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- If you're spending the afternoon taking kids to soccer practice, instead of reading a book or visiting with another parent, "why not walk around the outside of the field while they practice?"
- Or try "walking meetings," like those Price and his colleagues at Biomechanics often hold. "We go for a walk, we brainstorm, and we figure out who's going to take what responsibilities," says Price. "Things get achieved much more quickly," he says, and everyone feels better for doing it.
- You can even get moving while you get motivated -- for fitness or other life goals. "Get some inspirational music or find a motivational talk and download it to your iPod," suggests Durkin. Walk while you listen for 30 minutes.

5. Rejuvenate yourself. Fall is the time to rejuvenate body, mind and spirit, says Durkin. Get a [massage](#) after your run. Learn to meditate. Take an art class. Treat yourself not just with exercise but other activities that promote wellness, he says, so you can feel good physically, mentally, emotionally, and spiritually.

6. Remember the 30-day rule. "It takes about four weeks for the body to adapt to lifestyle changes," says Price. That's why people who give up on their fitness programs tend to do so within the first 30 days.

So, when the alarm goes off in the morning and it's darker and colder, don't roll over and hit the snooze button.

"Try to stick with a program for a month," Price says. "After a month, behavior patterns will have adapted and it will be much easier to stick with it after that."

7. Strive for the 3 Cs. Freytag calls commitment, convenience, and consistency "the three Cs", and says having all three will lead to a successful fitness program.

First, exercise takes *commitment*. When a client complains to Freytag about a lack of time, she responds: "Tell me something I haven't heard before. We're all busy; that's just part of our lives."

"You have to start planning exercise, just like you do everything else," like meetings, dinners, and getting kids to lessons and practice, she says. "Put in on the calendar, because later always turns into never."

Convenience means choosing a gym that's close by, or an activity you can do at home, or a time when you're not likely to be interrupted.

Finally, there's *consistency*. "I'd rather see a brand-new client work out for 10 minutes a day rather than one hour every month," Freytag says.

8. Deal with darkness. The best way to enjoy fall is to exercise outdoors. But it is getting darker earlier, and staying dark later in the morning, so be smart and safe.

"Just because it's 6 p.m. (or a.m.) and dark doesn't mean you can't work out," says Durkin. If walking or running outdoors, he says, "wear a reflective vest and carry a flashlight."

When cycling, affix a light to your helmet or bike.

If possible, use trails or a local school track to avoid vehicle traffic. Try to work out at the same time every day, so drivers get used to seeing you.





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9. Dress in layers. When exercising outside, layer your clothing. Before your body warms up, you may feel chilled, but once the blood gets pumping, you'll feel overdressed.

These days, there's no lack of great weather gear. Freytag and Price recommend clothing with wicking, often called "DriFit." This fabric wicks moisture away from your [skin](#) so you're not exercising with wet fabric hanging on you.

Freytag suggests three layers: "The inner layer should be a moisture-wicking fabric, so it wicks away sweat and you're not chilled. The second layer should be a warmth layer, and the third layer should be a protective layer (like a windbreaker or rain slicker, depending on the weather)."

"And don't forget the sunglasses," she warns. UV protection is important year round. Fall sun can be blinding at certain times of the day.

10. Find your motivation. "People are motivated by different things," says Durkin. It's important to first discover what your individual goals are, whether it's [losing weight](#), strengthening and toning, or preparing for a race or event, says Durkin.

But goals aren't enough to get you there; you have to be motivated by the day-to-day workouts, he says. So choose something you'll enjoy doing and will be likely to keep up, whether it's walking or hiking with a friend, working with a trainer, or taking part in a "boot camp" class.

Creating a challenge for yourself will motivate you, as will encouragement and accountability, he adds. "You want to know when you're doing a good job, and when you're not," says Durkin.

Remember too, that anything worth having takes work.

