



ASK THE EXPERT



HEALTHY FOOD TIPS

HEALTH NEWS FLASH
AND FACTS

○ SUMMER ○ 2011 ○

Inspired Health

FOR A BALANCED AND ACTIVE LIFE!

A NEWSLETTER BROUGHT TO YOU BY [WORK WELL HEALTH CANADA](#)

Elsa's Marvelous Miracle

Read about one woman's success story over the battle of the bulge as she reclaimed her health with the help of WWHC's 10-Week Weight Loss Program.

Elsa's Doctor gave her the bad news; blood pressure over the top, sky rocketing cholesterol and soaring sugar levels! - none of her numbers landed well. For the last 5 years, Elsa had tried to shed 40 pounds of baggage wrapped around her middle. No joy. She was sluggish and depressed.

Here's the kicker. Elsa works on the **Health & Wellness** team for **GO Transit**. She's a single mum of two daughters. She was to set *the example*, right? Was she a model of robust health? No. Self-esteem? None. She'd tried really hard, but she was overweight and exhausted.

The risk factors lurking behind the curtain whispering heart attack, stroke and diabetes terrified her. Then two miraculous things happened. The first was that Elsa made a decision. A resolute one. She *committed* to reclaiming her health. She was losing weight and getting fit *before* catastrophe hit her. She really meant it. She'd said it before, but c'mon, she was

looking at a possible dirt nap here. That's where she hit a snag, with her Italian family upbringing where you never left food on your plate, she didn't know *how* to get healthy.

Enter the second miracle. **WWHC** was doing a wellness/weight loss program at **GO**. Perfect timing. Who signed up first? Elsa. By making a deep commitment and choosing life, the support she needed materialized! Poof! Just like that!

Even more miraculous? Elsa shed 10 pounds when not on a 'diet' and she learned to manage her weight and health - **on her own**. She did a full-body detoxification (her skin is glowing) and - the treadmill is no longer a clothes hanger. She's using it an hour a day, 5 days a week (and *likes it!*). She's learned to buy real, organic whole foods and how to order in a restaurant without blimping out. She can even make it through those behemoth meals with the '*famiglia*'!



*Elsa describes this as "a life changing experience." The **WWHC** program is "realistic" she says and adds "I'd definitely recommend it to **anyone** who wants a **healthy weight loss**."*

Elsa's going the distance. She says she'll never look back. Her endurance is up (bless that treadmill!), her energy is boundless and, yes, she's happy!

If you feel discouraged as Elsa once did, consider that **WWHC** has a little miracle waiting just for you. All you've got to do is call **416 646-6783**.



TEAM ANNOUNCEMENT

Carrie Vanagatt R.M.T

Carrie is a Registered Massage Therapist and a graduate of ICT Kikkawa College in Toronto. Carrie's specialties include manual lymph drainage, pregnancy massage and advanced tissue release techniques. Carrie is a proponent of massage for relieving physical as well as emotional stress, and strongly believes it to be a viable modality for enhancing overall health and well-being. Carrie's favorite aspect of her job is the interactions she has with her clients and being able to contribute positively to their lives.



Ask the Expert by Dr. Jiselle Griffith ND

Tips For Healthy Weight Loss Success

Question - Beach weather is here and I want to wear my bikini but need to lose 20 lbs in the next two weeks. How can I health fully achieve this goal?

When it comes to weight loss slow and steady wins the race. Studies show that consistent lifestyle changes in diet, activity and stress reduction contribute to longer lasting results.

Here are some naturopathic tips to set you on course to healthy weight loss:

- 1. Eat foods in their whole form.** Avoid processed or fried foods with ingredients you can't pronounce or don't recognize as once growing from a plant or animal.
- 2. Step up your game.** Add 30 minutes of exercise to elevate your heart rate each day.

3. Get out of a fitness rut. If your fitness level has reached a plateau workout smarter. Add weights, bring a friend, push your cardio up a notch..

4. Make friends with a stress buster. Cortisol, aka the stress hormone can increase fat storage in the body. Reducing stress in your life means more easily achieving weight loss.

5. Eat regular meals throughout the day. Eat 4-6 small meals spaced 3-4 hours apart to help regulate your blood sugar, reduce cravings and prevent over eating.

6. Eat mindfully. Really take a moment to taste the food you're eating with no distractions so your body knows it has eaten.

7. Drink 6-8 glasses of water each day. Staying hydrated helps with focus, energy and hunger.

8. Set achievable health goals. In setting your sites to lose weight ask yourself what you hope to gain. Is it increased energy? More strength? More confidence? Maybe some goals are attainable without weight loss and are a welcome benefit of choosing a healthy lifestyle.

Eating whole foods, exercising 30 minutes throughout your day and learning how to breathe deeply are all tools to achieve lasting weight loss. Recommended weekly loss is 1-2lbs per week. So estimate a good 2 months to lose and keep off those 20lbs.

WORK WELL HEALTH CANADA offers many ways to attain Inspired Health

10 Week Weight Loss Program	Laser Therapy for all programs	Orthotics
Smoking Cessation Program	Registered Massage Therapy	Western & Eastern Herbal Medicine
Stress Management	Naturopathic Medicine	Reflexology
Pain Management	Acupuncture	Mindful Meditation
21 Day Detoxification Program	Nutritional Counselling	

Bring the GIFT of HEALTH to your workplace! All programs offered onsite.

UPCOMING HEALTH PROGRAMS

10 WEEK WEIGHT LOSS PROGRAM

Feel better, sleep better and look better are all hallmarks of this amazing 10 week natural weight loss & lifestyle management program. To find out more:

CONTACT US at:
Www.wwhcan.com
416.6466783



WWHC LOCATIONS

Work Well Health Canada has expanded!

New Location:
156 Front Street, Suite 305

Other Locations:
25 Sheppard Avenue West
330 Bay Street

Most Employee Benefit Plans cover our programs.

Call us now! We'll help with how you can claim them for reimbursement!

Peppers Secret Weapon



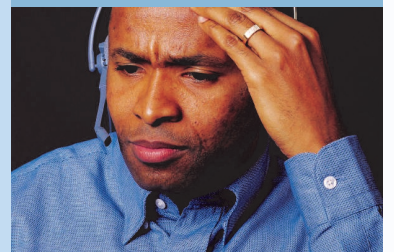
Did you know both hot and sweet peppers contain substances that increase the body's heat production and oxygen consumption for about 20 minutes after eating. This is great news; it means your body is burning extra calories, which help you loose weight.

Cool Herbal Teas



Herbal teas make a refreshing drink, + huge health benefits. In a pitcher add 3 of your favorite teas (berries, mint, chamomile), add 4 cups boiling water. Stand until cool, remove tea bags. Add 1 cup apple juice. Add lemon to taste, ice it and keep it in the refrigerator for a really cooling drink, sit back and enjoy!

Health News Flash & Facts



WORLD HEALTH ORGANIZATION

New study on headaches reveal that to be the largest cost to business of all ailments. One billion dollars in lost productivity in Canada in 2008. TIP, What can you do about headaches? Find out what WWHC can offer in our Workplace Stress Management Program!