

WELLNESS BULLETIN

March 2016



Weight-loss Challenge!

January 18-March 28

It's not too late to sign-up! The Winning @ Losing challenge will help you succeed in your weight-loss goals! Check out the online tools that feature exercise routines and easy-to-follow nutrition advice. Our first place participant to lose the highest % of body weight will win a Fit Bit Flex.

Register at www.winningatlosing.ca

***please register using OASSIS as your organization*

Nutrition on a Budget Webinar!



March is Nutrition Month! Learn how you can shop for healthy, nutritious food that won't break the bank.

To view our webinar [Click Here!](#)

March is Nutrition Month!

Take a 100 Meal Journey and make small changes one meal at a time. Visit www.dietitians.ca for great recipes and resources.

Download supporting Apps:

www.cookspiration.com for recipes

www.eatracker.ca to track your intake

www.eatipster.com to receive daily nutrition tips

Workout of the Month Club!



Join our workout of the month club and you'll receive a new workout each month to cover cardiovascular fitness, strength training and flexibility. Email the [Wellness Consultant](#) to register.

If your organization is interested in coordinating a wellness workshop, contact the OASSIS Wellness Consultant.

Programs This Month

March Recipe Club – Pulse Nutrition!

Lentils are a good source of vegetable protein. They are very high in folate and fiber. Try the tasty lentil recipes this month in the [Recipe Club!](#)

March Healthy Habit – Nutrition on a Budget!

Try these smart-shopping strategies to help you stretch your food dollars and get the best nutritional value.

Download the March Healthy Habit [Here!](#)

The Healthiest Foods Activity!

The key to eating healthy is variety. These ten health foods are not only full of flavour but they are full of antioxidants, fiber, vitamins and minerals. Email wellness@oassisplan.com for the handout to learn what healthy foods to incorporate into your meals.

Become a Volunteer Wellness Rep!

If you're looking for ways to improve the health of your co-workers and implement healthy practices at your workplace then we need you on our team! Our Volunteer Wellness Reps are the ambassadors for the OASSIS Wellness programs at their organization. With access to customized resources and one-on-one support from the Wellness Consultant, you are sure to make a big impact in your workplace.

Each wellness rep will receive a \$25 PC Gift Card just for joining our team!

Email wellness@oassisplan.com to inquire.

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Go With Your Gut

Did you know that the human body is made up of more bacteria than cells, and that the intestines house the majority of this bacterium? Gut health is a strong factor in reaching optimal health and wellness. Sadly, as many as 70% of North Americans have gut dysfunctions resulting in bloating, gas and a few more sinister outcomes:

POOR NUTRIENT ABSORPTION—Without a healthy gut, your body cannot digest food properly which could result in malnutrition and deficiencies.

SLUGGISH METABOLISM—Metabolism is regulated by your body's digestive system and a stressed gut can have a direct impact on weight gain.

COMPROMISED IMMUNE SYSTEM—Up to 80% of your immune system is located in your gut. An unhealthy gut weakens ability to fight off infection and illness.

NEGATIVE EFFECT ON BRAIN HEALTH—Some research suggests that our gut bacteria can have a significant impact on the way we think, feel and act.

No Guts No Glory!

What can you do to improve gut health?

CONSUME PROBIOTICS

Probiotics are live bacteria and yeasts that help restore intestinal balance and promote overall health. Repopulating the intestinal wall with beneficial bacteria found in fermented food products is the best thing you can do for your health.

Trust your gut and reach for the following probiotic foods:

- Fermented foods such as yogurt, miso, tempeh, kimchi, sauerkraut and sourdough bread
- Fermented drinks such as kombucha, kefir, quinoa rejuvelac, and beet kavas
- A probiotic supplement if foods are not available

CONSUME PREBIOTICS

Fermentable, non-digestible fibers known as prebiotics, feed beneficial gut bacteria (probiotics) allowing them to flourish. Help your gut garden grow by consuming prebiotic-containing foods each day including:

- Sweet potatoes and yams
- Pulses
- Jerusalem artichokes
- Onions and garlic
- Dandelion greens
- Asparagus

KEEP MOVING

Along with toning your muscles, physical activity strengthens the walls of your colon, helps to speed up digestion and stimulates the muscles of your GI tract. Exercise also aids in eliminating waste and preventing an overgrowth of bad bacteria. Aim for 30 minutes of sweat-inducing exercise each day to keep you and your digestive system moving.



Sources:

- <http://guthealthproject.com/>
- http://www.huffingtonpost.com/2015/02/12/gut-bacteria-health_n_6480580.html
- <http://chriskresser.com/9-steps-to-perfect-health-5-heal-your-gut/>
- <http://www.webmd.com/digestive-disorders/features/what-are-probiotics>

For more information on any of the wellness programs, please contact the OASSIS Wellness Consultant:

Email: wellness@oassisplan.com

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