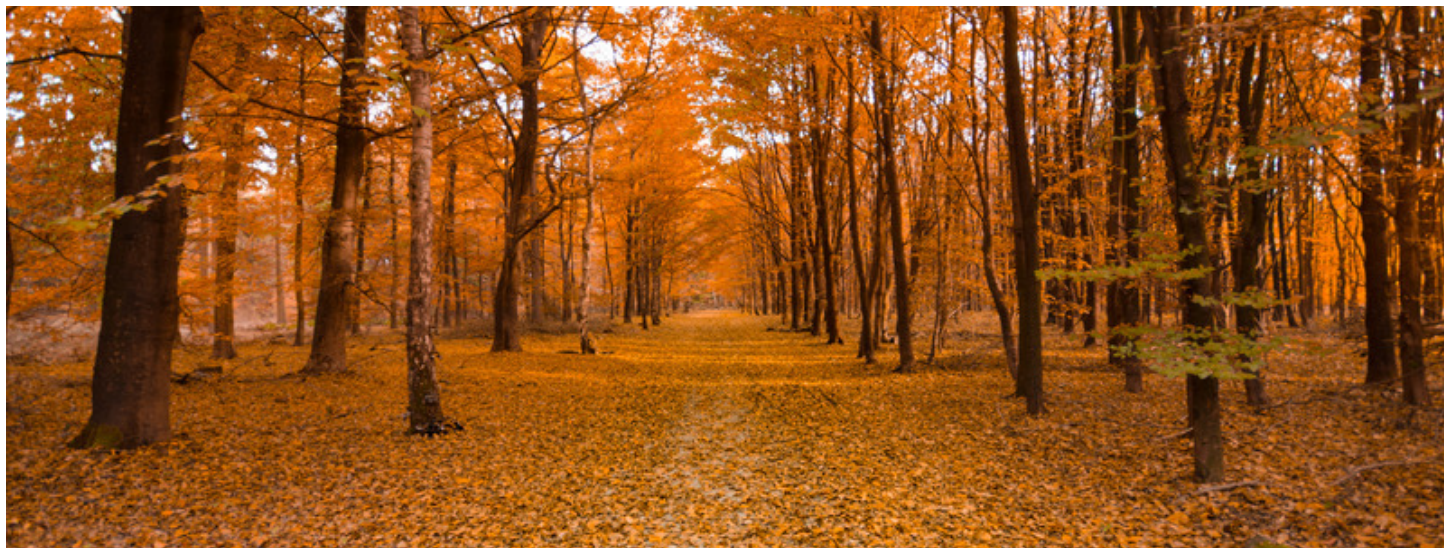


# HEALTHY LIVING

*Tips to improve your health and well-being*



## Falling back into routine

Summer has ended, and back to school and work mean more scheduled days ahead - what better time to give your routine an overhaul? Here are a few things to consider...

**Forming New Habits:** Think about your daily routine - what are you doing now that is working well, and are there any areas that could be improved? Adding productive habits to your daily routine can help optimize your time and decrease anxiety. Think about what your goals are and add tasks that work towards what you want to achieve - you can slowly chip away at these goals with a sustained effort everyday. For example, if your goal is knit a blanket for a friend or increase your physical activity - try adding 15 minutes of the desired activity to your morning or evening routine, slowly increasing to 30 minutes each day. Think about 'setting yourself up for success' each day; try packing your work bag the night before, putting away laundry so you easily see what you have available to wear - or making a list of what to tackle the next day.

**Schedule time for yourself:** some people refer to this as self-care. Making time for oneself to do things that feed your soul and recharge your batteries. This can be as easy as running a bubble bath for yourself, going to a quiet corner with the latest book or as extravagant as booking a vacation. Do you have any unused benefits? Try scheduling 2-3 massages at a time to enjoy over the next few months. Taking just a small parcel of time for yourself allows you to relax, reflect, and set yourself up to take care of others better.

### UPCOMING PROGRAMS AT GNPLC

**Kidney Program begins  
October 9th**

**Smoking Cessation STOP  
Program Intake session  
November 7th**

**Baby CPR Training  
November 8th**

**Want to get moving? Let us  
know if you are interested in  
joining a walking program at  
the clinic.**

**To find out more or to register  
for upcoming programs,  
please see reception or call  
the clinic at 905-722-3251**





**Meal Planning:** Meal prep and menu planning is a great way to save time and money during the week. Not only does it reduce the amount of time thinking about ‘what’s for dinner?’ it also prevents last minute stops to the grocery store to pick up ready-made food or missing ingredients. Try planning meals that use fresh seasonal vegetables or items that are on sale, reduce the amount of processed food you buy, and purchase all your groceries at one time to save on transit costs. You may just find you are eating a whole lot healthier as well when you take control of your menu!

## Boosting Immunity for a Healthy Season

**Get immunized:** The flu shot is now available. The GNPLC prioritizes patients that are high-risk of influenza-related complications, including: patients over the age of 65, pregnant women, children 6 months – 5 years old, patients with chronic health conditions, and caregivers of the above patients. Immunizations also include regularly scheduled vaccinations to protect against disease. This is important step in protecting not only oneself, but the community and vulnerable populations who cannot be immunized for medical reasons. If you are not part of the high-risk groups, the Flu Clinic will be running the afternoons of October 29th and November 5th.

**Wash your hands!** Hand washing is an easy and effective way to reduce the risk of getting and spreading illness, especially during cold and flu season. Always wash your hands, before and after preparing food, caring for someone who is sick, and using the restroom. It is especially important to wash your hands before you eat. To reduce the risk of spreading bacteria wash your hands after, coughing or sneezing, touching animals, handling any sort of waste, shaking hands, or when hands are dirty. See below for proper hand washing procedures.

**Adopt a healthier lifestyle:** Make choices that will keep your immune system strong and not contribute additional stress to your body. Simple actions such as drinking more water and less alcohol, going to bed earlier, and reducing stress will all help. Aim for balance not perfection – make a commitment to prioritize your health and well-being, especially as the holidays approach and demands for your time and resources increase. Begin an exercise regime to improve your sleep, energy, and reduce stress. This is as simple as taking a 20-30 minute walk over your lunch hour or in the morning; this exercise will get your blood flowing and boost your mental state.

October 21 - 25 is Cervical Cancer Awareness Week

## Cancer Screening Initiative

October is Breast Cancer Awareness month and the 21st - 25th is Cervical Cancer Awareness week – speak to your NP about screening! You may have received a letter in the mail from us encouraging you to have your colorectal cancer screening done. If you are between the ages of 50 – 74, you may be eligible to complete the new FIT kit; a simple and painless test you can complete in your own home. Speak to your NP to find out if this test is right for you!

## Proper Handwashing

1. Wet your hands with running water and apply soap.
2. Rub your hands together to make a lather. Scrub well for at least 20 seconds.
3. Pay special attention to your wrists, the backs of your hands, between your fingers, and under your fingernails.
4. Rinse your hands well under running water.
5. Use a clean towel, or air-dry your hands