



HEALTH & SAFETY NEWSLETTER

May 2013

Welcome to the first edition of the monthly Health & Safety Committee newsletter. We will strive to provide everyone a brief newsletter containing event information, health and nutrition tips, a healthy recipe, and many other items. We hope you find it informative and fun!

Committee Members

This month we welcome a new member to our committee. After a company-wide vote, Sabrina Dalglish from the Kelowna office became our newest member. Sabrina has been with the Vedder Group for 3 years and she brings a wealth of Health & Safety experience from her previous employer, along with an energetic and can-do attitude. Welcome Sabrina!

Our committee is now made up of the following people:

Carlos Navarrete, Michael Gatt, Daron Findlay, Vereena Zappone, Nicole Donnelly, Trish Grant, Sheldon Baron, Troy Sampson, and Sabrina Dalglish. Feel free to come by and see us in the office or yard, give us a call or send us an e-mail at vghealthsafety@vtlg.com. We are always available to answer your questions or chat about any of our events or programs.

Walking Club

Walking Club 2013 kicked off on April 1 and we are off to a great start. We have 23 people already signed up and it's never too late for you to start. The format is simple: sign up and go out on a 30 minute walk. We have 3 different time slots available throughout the day. For every 10 walks, you will receive a Booster Juice or Natures Pickings gift certificate. Go out on 50 walks and you will get a special prize. You will be amazed at the health benefits and simply how you will feel after just a few 30 minute walks!

This year we are also encouraging everyone to sign up for the 5 km Walk/Run For Water in Abbotsford on Sunday, May 26. Our goal is to have a bunch of us dressed in company t-shirts walking through the streets of Abbotsford. It will be a great way to show the community our commitment to a healthier lifestyle, plus it will be a lot of fun! Go into Verla's office for more information or simply talk to one of the committee members.





6 Reasons to Drink Water

Do you want to know about a simple and easy way to improve your health? It's called water and it has many health benefits.

- 1.) **Drinking Water Helps Maintain the Balance of Body Fluids.** Did you know that your body is composed of about 60% water? The functions of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature. Just like gasoline and oil for your car, water is essential to keep your body going.
- 2.) **Water Can Help Control Calories.** For years, dieters have been drinking lots of water as a weight loss strategy. While water doesn't have any magical effect on weight loss, substituting it for higher calorie beverages can certainly help. Water helps in the overall digestion process which is essential to weight loss and maintenance. You can also up your water intake and help with weight loss by making some simple food choices. Foods with high water content tends to look larger, its higher volume requires more chewing, and it is absorbed more slowly by the body, which helps you feel full. Water-rich foods include fruits, vegetables, broth-based soups, oatmeal, and beans.
- 3.) **Water Helps Energize Muscles.** Cells that don't maintain their balance of fluids and electrolytes shrivel, which can result in muscle fatigue. Whether you are training for the Tough Mudder, strapping and tarping a load in the yard, or going out with the Walking Club, your muscles need water!
- 4.) **Water Helps Keep Skin Looking Good.** Your skin contains plenty of water, and functions as a protective barrier to prevent excess fluid loss. This is especially important if you are working or participating in outdoor activities in hot dry weather, which is coming soon!

5.) **Water Helps Your Kidneys.** Body fluids transport waste products in and out of cells. The main toxin in the body is blood urea nitrogen, a water-soluble waste that is able to pass through the kidneys to be excreted in the urine. Your kidneys do an amazing job of cleansing and ridding your body of toxins as long as your intake of fluids is adequate. If you chronically drink too little, you may be at higher risk for kidney stones, ouch!

6.) **Water Helps Maintain Normal Bowel Function.** Adequate hydration keeps things flowing along your gastrointestinal tract and prevents constipation. When you don't get enough fluid, the colon pulls water from stools to maintain hydration -- and the result is constipation.

Some easy tips to increase your fluid intake and reap the benefits of water: Have a beverage with every snack or meal, keep a bottle of water at your desk or inside your car, eat more fruits and vegetables.

Joke of the Day

When a car skidded on wet road and struck a telephone pole, several bystanders ran over to help the driver.

A woman was the first to reach the victim, but a man rushed in and pushed her aside.

"Step aside, lady," he barked. "I've taken a course in first-aid!"

The woman watched for a few minutes, then tapped him on the shoulder.

"Pardon me," she said. "But when you get to the part about calling a doctor, I'm right here."



Recipe of the Month

Turkey Sausage & Arugula Pasta



6 servings, generous 1 1/2 cups each

Total Time: 30 minutes

Ingredients

- 12 ounces whole-wheat short pasta, such as shells or twists
- 8 ounces hot Italian turkey sausage links, removed from casings
- 3 cloves garlic, chopped
- 8 cups arugula, or baby spinach
- 2 cups halved cherry tomatoes
- 1/2 cup finely shredded Pecorino Romano, or Parmesan cheese, plus more to taste
- 1 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 1 tablespoon extra-virgin olive oil

Preparation

1. Bring a large pot of water to a boil. Cook pasta until just tender, 9 to 11 minutes, or according to package directions.
2. Meanwhile, cook sausage in a large nonstick skillet over medium-high heat, breaking it up into small pieces with a wooden spoon, until cooked through, about 5 minutes. Stir in garlic, arugula (or spinach) and tomatoes. Cook, stirring often, until the greens wilt and the tomatoes begin to break down, about 3 minutes. Remove from heat; cover and keep warm.
3. Combine 1/2 cup cheese, pepper and salt in a large bowl. Measure out 1/2 cup of the cooking liquid; drain the pasta. Whisk the cooking liquid and oil into the cheese mixture; add the pasta and toss to combine. Serve the pasta topped with the sausage mixture and an extra sprinkle of cheese, if desired.

Nutrition

Per serving: 352 calories; 9g fat (3 g sat , 2g mono); 26mg cholesterol; 47g carbohydrates; 0g added sugars; 18g protein; 6g fiber; 382 mg sodium; 379 mg potassium.

Nutrition Bonus: Vitamin A (30% daily value), Fiber (26% dv), Vitamin C (20% dv), Calcium (15% dv).