

## Family Exercise Advice

**Regular exercise together with family can help keep you strong physically and emotionally**, especially during challenging times. Summer season is a good time to focus on being more active, especially outdoors.

**Children and teens (ages 5 to 17) need to get at least one hour of moderate- to vigorous-intensity physical activity every day.** Active children tend to have:



1. A healthy weight.
2. Strong heart, bones and muscles.
3. Good brain health and strong academic performance.
4. Positive mental health, confidence and self-esteem.
5. Less stress, anxiety and depression.

**To find more family fitness time, plan and choose activities that fit your busy lifestyle.** Try to set aside at least 30 minutes three times a week for family exercise after work or dinner. If 30 minutes isn't doable, try two 15-minute sessions, or whatever fits everyone's schedule. Keep it simple.

- Walk 15 to 30 minutes every possible day together.
- Walk your dog or a neighbour's.
- Bike or skateboard on safe routes.

- Plan exploratory hikes.
- Paddle a canoe or kayak to build muscle.
- Play catch, volleyball, tennis or pickle ball.
- Plan active vacations or weekend outings.
- Choose one family physical activity every weekend.
- Include home chores (rake leaves, wash the car, clean up the garden).

**Note:** Adults needs at least 150 minutes of moderate- to vigorous-intensity activity a week, such as brisk walking. You can break it up into segments of any length; it's the total amount that counts.

**Now,** turn off the digital distractions and head outdoors.

Learn more at [csepguidelines.ca](https://csepguidelines.ca).

### CSI notes

## CSI Employee Benefits Portal and Open Enrolment

Active members of the CSI Canada Insurance Plan or CSI Canada Pension Plan can log in to the Employee Benefits Portal to view their personal insurance and/or pension information.

**The open enrolment period is June 1 to July 15, 2021.** During this time, active members are encouraged to do the following for their insurance coverage:

- Review/update dependent and personal information.
- Update/confirm college-student status of dependent children age 21-24 – must be done every year to renew coverage for September 1. Coverage will expire automatically at the end of the Plan year (August 31) if student status is not renewed during the open enrolment period.
- Modify/change benefit elections, if desired.

**Changes will be effective September 1, 2021.** Instructions for open enrolment were sent to schools in late May, to be forwarded to their eligible employees.

- Go to <https://cscanada.hroffice.com/Account/Login>.
- For first-time login, select **First Visit** in the lower right corner.
- Enter all information in the exact format indicated.
- For help logging in to this Employee Benefits Portal, contact **Karen Sharda** at **877.274.8796** or [ksharda@csionline.org](mailto:ksharda@csionline.org).

**For claims or Manulife account information,** members can log in to their Manulife accounts at [www.manulife.ca](http://www.manulife.ca).

**Questions?** Contact Laura Landstra at [llandstra@csionline.org](mailto:llandstra@csionline.org) or **877.274.8796 ext. 230**.

“Self-esteem is as important to our well-being as legs are to a table.

It is essential for physical and mental health and for happiness.” — Louise Hart

# Guys: Checkup time?

**Did you know?** On average, men live four fewer years than women in Canada. Also, lifestyle causes 70% of Canadian men's chronic health conditions, according to the Canadian Men's Health Foundation (CMHF).

**The CMHF points out that among Canadian men:**

- 40% are more likely to die from cancer than women.
- 79% are more likely to die from heart disease than women.
- 57% are more likely to die from diabetes than women.
- 67% are overweight or obese.

**Men, find a health care provider you can easily talk to, and together set a routine screening schedule.** Don't shy away from reporting troubling symptoms. Also, if relevant, ask about quitting smoking, alcohol abuse or weight management.

**The CMHF also recommends that guys visit [DontChangeMuch.ca](http://DontChangeMuch.ca),** the foundation's free guidance on nutrition, exercise, sleep and stress. In a 2020 University of British Columbia and Intensions Consulting study of 863 men who used the e-resource regularly, 75% said their eating habits improved, nearly half said they lost weight and 70% said they exercised and played sports more.

**Get prompt care for serious symptoms, including:**

- Chest pain or pressure after physical exertion, stress or eating a meal.
- Chronic cough or breathing trouble.
- Unusual frequent urination.
- Blood in urine or stools.
- Unusual bowel or abdominal symptoms.
- Unusual weight loss.
- Ongoing depression or hopelessness.



June is Canadian Men's Health Month.

# Your Child's Wellness

**As parents, you are vital to shaping your children's physical and mental well-being now and for years to come.** Here's a quick guide to ensuring your child's well-being.

## NUTRITION

**Eat more:**

- Fruits, vegetables and whole grains (e.g., brown rice, oats and whole wheat).
- Calcium-rich foods, such as milk, yogurt, cheese and fortified nondairy beverages.
- Protein-rich foods, including seafood, lean meats, poultry, eggs, legumes, nuts and seeds.

**Limit their consumption of ultra-processed food products that are high in:**

- Refined grains and sugar: baked goods, candy, ice cream, crackers and sugar-sweetened beverages.
- Salt: fast food, chips, pretzels, pizza, nachos and French fries.
- Saturated or trans fats: fast food, baked goods made with shortening or lard.

**Note:** These foods and beverages can be part of a healthy eating plan on a limited basis.

## EXERCISE

- **For preschoolers,** try to ensure they get at least 190 minutes of physical activity at any intensity spread throughout each day. Include a mix of activities in different environments.
- **For school-age children (ages five to 17),** encourage at least one hour per day of moderate- to vigorous-intensity exercise, such as bicycling, walking, rope jumping, playing basketball or soccer.

## VACCINATIONS

**Make sure your child is up to date.** From babyhood through old age, vaccines are effective protection from serious diseases. What's more, by ensuring your child is vaccinated, you are not only protecting your youngster but helping stop the spread of diseases.



# Smart Device Ergonomics

Your smartphone and tablet give you flexibility about where and how you work, and help you manage your personal business. But your posture and how you hold these devices can become a pain in the neck — and in other parts of your body.

**Research into smart device ergonomics (the study of people in their working environment) shows you can help prevent physical stress from extended use of your tools with these strategies:**

- Pay attention to how you are sitting. Keep your head in a neutral position as much as possible and consciously relax your elbows.
- Write fewer and shorter messages. For a long text, use your computer if possible, or use talk-to-text dictation software when you can.

- Instead of holding your phone to your ear for long conversations, use a Bluetooth headset or another device whenever possible.



- Use a cover which also doubles as a stand for your tablet, so you don't have to hold it.
- Take frequent breaks from your devices and stretch with this exercise: Fold your hands together; turn your palms away from your body as you stretch your arms over your head. Hold for ten seconds; repeat eight times.

And stand up when using your devices to reduce long sitting spells.



## Getting Forgetful?

### Common culprits:

1. An obvious cause of forgetfulness is fatigue from lack of sleep.
2. Mental distractions, particularly due to stress or depression, often produce memory problems.
3. Being overloaded with mental tasks reduces your focus; the more you have to learn and do, the more you have to forget.
4. Medications that cause sedation or confusion can interfere with memory; they reduce alertness and focus.
5. Ongoing alcohol abuse can impair memory and mental alertness.

### Memory boosters:

1. Stay mentally active; reading and learning new ideas can challenge your mind and memory.
2. Slow down and allow time to think, observe and absorb information.
3. Exercise to increase blood flow to your brain and aid mental function.
4. Get organized. Use portable planners and checklists.
5. Manage chronic conditions, such as diabetes or depression. The better your physical health the better your mental health.

## TIP of the MONTH

### Your Guide to Good Eating

Canada's Food Guide plate model mirrors the Dietary Approaches to Stop Hypertension (DASH) and Mediterranean Diet eating plans. It emphasizes vegetables, fruit, whole grains and protein. For half of your plate, enjoy any fresh, frozen or canned vegetables or fruit. Fill a quarter of your meal with whole grains, such as brown rice, oats, quinoa or bread and pasta made from whole grains. Fill the remaining quarter of your meal with protein-rich foods, such as fish, poultry, meat, dairy, eggs, tofu, lentils and beans. Choose plant-based foods often. Learn more at [food-guide.canada.ca](http://food-guide.canada.ca).

# Smart Sipping

**Sugar-sweetened beverages have become the single greatest source of calories and added sugars in the Canadian diet.** We consume lots of sugar-rich sodas, fruit drinks, iced tea and energy drinks, and that's problematic because overconsumption is linked to an increased risk of heart disease and type 2 diabetes.

**How much sugar is too much?** The Heart and Stroke Foundation recommends no more than 12 teaspoons of added sugar per day. A 355-ml can of soda contains ten teaspoons of sugar, so it adds up quickly.



**Sip smarter: Choose water most often.** If you crave flavour, jazz it up by adding a squeeze of citrus (e.g., lemon, lime, orange), mint leaves, sliced cucumber, berries, fresh ginger or a cinnamon stick. Enjoy the colour and fragrance.

**Since coffee and tea are each 99% water,** they are also good choices — just be aware of how much sugar you add and how much caffeine you consume. Try not to exceed 400 mg caffeine per day. An 250-ml cup of coffee has about 80 to 100 mg of caffeine, while a cup of green or black tea has 25 to 50 mg. Herbal tea and decaf coffee are caffeine-free choices.



**Fruit juice comes with some cautions** — even though juice is made from fruit, processing renders it devoid of fibre and high in sugar. Limit your daily fruit juice intake to ½ to ¾ cup, if you drink any at all. Vegetable juice is fine, as long as it's low in sodium and sugar.



eating smart

By Cara Rosenbloom, RD



## Grilled Chicken Skewers with Peanut Dipping Sauce

1½ lbs. boneless, skinless chicken breast cut into 1-inch cubes  
½ tsp salt  
¼ tsp garlic powder  
1 tbsp extra-virgin olive oil

### Sauce ingredients:

¼ cup peanut butter  
1 tbsp sodium-reduced soy sauce  
1 tbsp balsamic vinegar  
1 lime, juiced  
1 tbsp toasted sesame oil

**Preheat** grill to medium. **Toss** chicken with salt, garlic and oil. **Mix** well and refrigerate for 20 minutes. **Thread** chicken onto skewers, and grill 10-15 minutes, turning every few minutes, or until chicken reaches an internal temperature of 75°C (165°F).

**Whisk** together sauce ingredients; thin it with water to reach desired consistency.

**Brush** some peanut sauce over grilled chicken, and serve remaining sauce for dipping.

**Makes 4 servings. Per serving:** 288 calories | 33g protein | 15g total fat | 3g saturated fat | 6g mono fat | 5g poly fat | 6g carbohydrate | 2g sugar | 1g fibre | 477mg sodium

## EASY recipe



## Stay in Touch

Keep those questions and suggestions coming!

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We honor God by taking care of our physical and emotional health. CSI encourages each participant to choose a healthy life style and to be equipped to make informed medical decisions. This newsletter is being provided as a service to our participants and their schools.

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## EXPERT advice — Eric Endlich, PhD



### Q: What are the signs of PTSD?

**A:** When exposed to a terrifying event, most people display some symptoms briefly, but only a fraction develop post-traumatic stress disorder (PTSD). Individuals with PTSD have symptoms **lasting a month or more** after a traumatic event, including:

- At least one re-experiencing symptom such as flashbacks, bad dreams or unwanted negative thoughts.
- At least one avoidance symptom, which involves staying away from reminders of the trauma.
- At least two arousal symptoms, such as being sleepless, irritable, jumpy or easily startled.
- At least two mood-cognitive symptoms, including guilt, self-critical thoughts, loss of interest in activities or difficulty recalling details of the traumatic event.

**Children may exhibit different symptoms**, such as bedwetting or clinginess. While PTSD may improve over time, treatments such as talk therapy and medication can help as well.

## Checklist: Is Your First Aid Kit First Rate?

### What should you have in a first aid kit?

Use this handy checklist to make sure you have the basics:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Sterile gauze pads (dressings) in small and large squares to place over wounds.</li> <li><input type="checkbox"/> Adhesive tape.</li> <li><input type="checkbox"/> Roller and triangular bandages to hold dressings in place or to make an arm sling.</li> <li><input type="checkbox"/> Adhesive bandages in several sizes.</li> <li><input type="checkbox"/> Scissors.</li> <li><input type="checkbox"/> Tweezers.</li> <li><input type="checkbox"/> Safety pins.</li> <li><input type="checkbox"/> Instant ice packs.</li> <li><input type="checkbox"/> Disposable non-latex gloves.</li> <li><input type="checkbox"/> Flashlight and extra batteries.</li> <li><input type="checkbox"/> Antiseptic wipes or soap.</li> <li><input type="checkbox"/> Pen and paper.</li> </ul> |  <ul style="list-style-type: none"> <li><input type="checkbox"/> Emergency blanket.</li> <li><input type="checkbox"/> Eye patches.</li> <li><input type="checkbox"/> Thermometer.</li> <li><input type="checkbox"/> Face mask or face shield.</li> <li><input type="checkbox"/> Canadian Red Cross first aid manual.</li> <li><input type="checkbox"/> Emergency phone numbers for EMS/9-1-1, your local poison control centre and your health care providers.</li> <li><input type="checkbox"/> Contact information for family members, friends or neighbours.</li> </ul> <p><b>Note:</b> Immediately replace items that you have used.</p> |
|--|--|



### Relief for Your Head

If you get headaches, identify everyday triggers, such as stress, alcohol use and poor posture, as well as not enough sleep or food. See your health care provider if: your headaches are more severe and interfere with your life; you have fever, vomiting, stiff neck, injury, dizziness, vision problems or seizures with them; you have a new symptom; or self-care doesn't help.