



Nutrition Exercise Recipes Videos Challenge What's new

Welcome to Be Well E-Update! Manitoba Canola Growers www.canolarecipes.ca

We are really excited to combine health, exercise, recipes and videos clips in a local electronic newsletter.

At Be Well, we have a few people that will be contributing to the e-newsletter, Chinweoke Asagwara, an up and coming dietitian who wants to make a difference in people lives. Kristy Loewen of the Food Coach will keep us motivated to move more and I will be giving you some of our most delicious recipes that we have at the MB canola growers.

I hope you share the e-newsletter with your friends and family. Have them sign up at www.canolarecipes.ca and each month, a new edition will pop into your inbox. **Also check out the blog at canolarecipes.blogspot.com**

Live Well, Keep Well, Eat Well Be Well! *Ellen Pruden*



Chinweoke Asagwara is a fourth year student at the University of Manitoba, in the Faculty of Human Ecology. She wishes to become a community dietitian working in preventative nutritional care within the immigrant population in Canada.

Live Well... *Chinweoke*



Kristy Loewen has her Bachelor's Degree in Human Nutritional Sciences and teaches many different fitness classes such as Pilates, Yoga and Aquafit. In her business, Food Coach, Kristy seeks to counsel people to become healthy.

Keep Well... *Kristy*



Ellen Pruden graduated with a Bachelor of Education from the University of Winnipeg. Ellen enthusiastically promotes Manitoban and Canadian cuisine through a local television show "Great Tastes of Manitoba." She believes it is important to link where your food is produced.

Eat Well... *Ellen*



How do I plan healthy meals for my family?

Many people think that it takes too much time and effort to eat healthy meals everyday. Although it can be hard to plan meals around work, school and a busy family life, using Canada's Food Guide can make meal times at home quick, easy and healthy for the whole family.

Check out the rest of the story at canolarecipes.blogspot.com

For more information on healthy eating with Canada's Food Guide Visit the Health Canada website at www.hc-sc.gc.ca

Live Well... *Chinweoke*

A 21 day exercise challenge

It takes 21 days to build (or break) a habit and if you start small with something you can do, then it will be easier to increase the time when your 21 days are up.

My tricks to adding exercise into my daily routine are as easy as doing standing leg lifts while brushing my teeth, sit-ups during TV night, squats while washing the dishes and lunges every time I went from the kitchen to the living room. Try to think of this as a 21 day challenge and the reward at the end will be a healthier, more active YOU... with a brand new habit!

For more great tips and resources and back issues of Be Well go to: www.mcgacanola.org/food_eupdate.html



Keep Well... *Kristy*



I love making stir fries for my family. Using heart healthy canola oil and your choice of vegetables and protein, it's an easy dinner meal within 30 minutes. For the Ginger Beef Stir Fry with Rice recipe and other delicious recipes go to: www.canolarecipes.ca or check out our blog canolarecipes.blogspot.com

Eat Well... *Ellen*

Sign up for your Be Well e-newsletter at
www.canolarecipes.ca