

BALANCE

WELLNESS MAGAZINE OF THE MANITOBA TEACHERS' SOCIETY

SEPTEMBER 2015 | VOLUME 1 | NUMBER 1



BALANCE

mind body spirit

THE MANITOBA TEACHERS' SOCIETY

The MTS wellness
program is launched!

Getting to
Better™

Financial
Literacy

Nutrition Tips
& Recipes

editor's MESSAGE



Welcome to Balance!

Welcome to the first issue of "BALANCE", the MTS Wellness Publication dedicated to providing written wellness resources to the members of MTS. We hope you enjoy reading the publications throughout the year. Information for these publications has been provided by members of the Balance team who are experts in their fields – including fitness, financial literacy, nutrition, vocal hygiene, as well as leadership & development. The commitment to education takes a lot of energy and with that need for energy there is a need to ensure our members have access to the resources they need to take care of themselves. Through Balance we want to provide resources and education to assist our members in finding their path to healthy living.

Where can you find the Balance, Wellness Publication?

There will be seven issues of Balance distributed between September and June. Hard copies will be made available to all teachers throughout the year and will also be available on the new Balance website launching October 2015. We encourage you to share extra copies of these publications in your lunchrooms. Additional copies are always available upon request.

Where can you find Balance programming?

You may have seen Balance at AGM, maybe you were one of the lucky participants to receive a Balance Salad Bowl, Book Bag or Stress Fruit/Veggie; or maybe you helped yourself to some literature on Financial Literacy and Physical Activity Guidelines. Not to worry if you missed out at AGM, Balance will be at a variety of events throughout the year including: Fab Five, EFM Conference, Professional and French Language Services Workshops, Presidents Training, through COSL, and at a variety of schools which are dedicating themselves to incorporating wellness programming throughout the year.

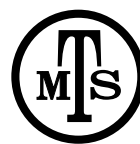
Why incorporate wellness into your annual programming?

In addition to the fact that it is the right thing to do, because it has never been easier. There is a tendency to shy away from wellness programming because of the time to organize it or possibly not knowing where to start. Balance helps to eliminate these challenges as assistance is a phone call or e-mail away. With a team of wellness experts and a diverse menu of programs incorporating wellness is now easily implementable and accessible.

We want to share your success stories! If your school or committee is hosting a wellness event, or maybe one of your staff members is a wellness role model let us know about it at Balance@mbteach.org and we can feature it in a future publication!

We look forward to seeing you at future programming!

Robyn Braha,
Wellness Coordinator



The
Manitoba
Teachers'
Society



BALANCE
mind body spirit
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Canadian
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8

enjoy life more DAY 1

Start the day off Fresh – Take a Deep Breath. Fill your lungs with cool outdoor air as you start your day. It's a brand new day. Repeat this at lunch and when you arrive home...keeping in perspective that we can make a conscious choice to slow down and just breathe throughout our day.

– Courtesy of Winnipeg Regional Health Authority

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Building skills for better results



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Getting to Better™: Your wellness



By Stephen de Groot, Myriad Consulting www.stephendegroot.com

This publication and those that will follow have been developed with the intent of helping teachers Get to Better, both inside and outside of the classroom. The work presented will offer insight, ideas and practical strategies for enhancing the meaning, value and overall wellness at work and in life.

You are Important – Thank you!

Thank you teachers, for committing your time, energy and spirit; a major part of your life to care for, guide and develop the capacities and potentialities of so many people. We can read and write because of teachers. We can plan, create and build because of teachers. We can sing and dance, because of teachers and; because of teachers many of us are better at sharing, helping and caring for one another. All people are better because of you. Our communities are better because of you.

You have never, nor will you ever be thanked enough for all that you have done and continue to do to positively shape the lives of all children, youth and the adults that they become.

Thank you, thank you, thank you.

Rewards, Challenges and Impacts

According to most teachers, guiding, developing and inspiring young minds, hearts and bodies is one of the most amazing and rewarding jobs in the world. However, due to many reasons, more than ever, teachers are reporting higher levels of stress, disengagement and even burnout.

There is an inextricable link that exists between how well teachers are doing and the practice decisions they make at work and those practice decisions impact the children and youth they are responsible for. Simply put when teachers are doing better, so too are their students.

In addition to this, most teachers operate in a variety of roles outside of

the work environment; as moms, dads, uncles, aunts, sisters, brothers, neighbors and important community members. Many people depend on their wellness. When we are doing better, those around us do better also. Period.

Getting to Better Starts with You

While there are many things that need to change, we are ultimately in control of how we think, feel and subsequently respond to the people and the environments that we are in. Nobody knows you better than you and therefore, no one person can take care of you better than you can!

What is Better?

Best is an effort; better is a destination. You may give your best or try your best, but you can never be your best. However, you can always be better, no matter what!

Focusing on better can be helpful in two ways. First, no one knows you better than yourself, so only you can accurately identify what better means. Second, when we focus on small, relevant and achievable increments of better as goals, we can end up surpassing what we thought best or perfect might have been.

So, what does better wellness mean to you? What does it look like to you? What does it sound like to you? Most importantly, what does better wellness feel like?

Getting Back to Better, Moving Forward

It is important to have a future-focus when setting goals for better wellness, however it is also critical to connect with and understand what has contributed to your better, in the past and/or currently. When we look back and connect with positive, meaningful and/or valuable moments that contribute to our better, we can find and connect with important people and situations; qualities and or ingredients that helped us feel and do better.



Did you know that when you have been feeling and/or doing better that it is often due to one or all of the following things: important needs are being met, values are being lived and goals are being approximated or accomplished.

So, before you set your goals for better wellness for yourself in the context of work and/or life, consider the following:

• When have you felt Better?

What was happening? Who was there? What was going on that made things better, even just a little?

• When have you felt the most positive, excited and/or engaged at work and/or at home?

What was happening? Who was there? What was going on that made things better, even just a little?

• In what moments are you the happiest?

What was happening? Who was there? What was going on that made things better, even just a little?

It is important that you take the time to reflect on the above areas for consideration. Try to think about what WAS happening as opposed to what was not. Try to identify with the needs, values and goals that were operating and/or being met for you in those moments.

The next publication will assist you in shaping and initiating your own personal wellness plan for better. **B**



Physically active & sedentary Can you be both?



By Deanna Betteridge, Winnipeg Health Region www.wrha.mb.ca

For most people, the concept of being physically active is something they are pretty familiar with, especially if they've been reading our Winnipeg in motion columns.

Canada's new physical activity guidelines, for example, recommend that adults should engage in moderate to vigorous physical activity at least 150 minutes a week. Hit that number and you should be able to consider yourself physically active, right?

Well, yes and no. The truth is that even a person who meets the minimum requirements for physical activity as set out by ParticipACTION and the Canadian

Society for Exercise Physiology (CSEP) may not be as healthy as they think they are . . . or possibly could be. In fact, depending on how they spend the rest of their day, they may also be considered sedentary.

Yes, you read right: it is possible to be physically active and sedentary at the same time.

Confused? Let me explain.

Let's take the example of an adult who gets out three times a week to go for a 50 minute swim, brisk walk or play a game of tennis or baseball. That person would meet the minimum physical activity guidelines of 150 minutes per

week and seem to fit the conventional definition of being physically active.

But let's say that same adult also sits for long periods of time in front of the computer at the office, drives to work, and spends a fair amount of their leisure time reading, watching television or playing video games. As you can see, even though that person may spend some time being physically active, they are also spending a lot of time not moving at all.

And this is where the problem is.

In order to maximize your benefits from being physically active part of your day, you need to ensure that you are not

sedentary most of your day.

New research recommends interrupting sedentary time by taking short breaks, 5 minutes or less, to stand up or walk around, regardless of how much physical activity you do during your regular workouts. In doing so, you will help reduce your risk for cardiovascular and metabolic diseases, some cancers, obesity, and improve bone mineral density and mental health.

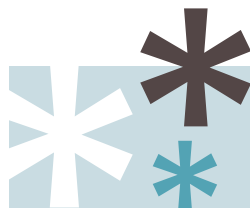
Breaking up sedentary time can be done easily with little time or financial commitment. What I'm suggesting (and so does the research) is that you take a look at when and for how long you are sedentary in your day and try to break that up to increase your overall daily energy expenditure.

In other words, if you have an office desk job, as I do, where sedentary time is unavoidable, make an effort to get up every 20 to 30 minutes to walk, stretch, or just stand for less than five minutes to break up your sedentary time. These very brief breaks will increase your productivity and focus at work while improving your health. Seems like a win-win situation to me.

The research on sedentary behaviour is so strong that the CSEP has recently released Canada's Sedentary Behaviour Guidelines for Children and Youth - the first of their kind here in Canada. The guidelines suggest children and youth aged five to 17 years of age should minimize the time they spend being sedentary each day. This may be achieved by limiting recreational screen time to no more than two hours per day and by encouraging activity through active play and active transportation.

Although the guidelines are specific to children and youth, I think they're relevant to all ages to start thinking about. We can all benefit from increasing the amount of time we're physically active and decreasing or interrupting our sedentary time. So, think about the time you and your family spend each day being physically active and sedentary, and take steps to increase your activity and interrupt the time you spend sitting. You will be healthier for it. **B**

Deanna Betteridge is a Team Manager, Physical Activity Promotion, with the Winnipeg Health Region. This column was originally published in Wave. For more health information, visit www.wrha.mb.ca.



What is sedentary behaviour?

It is the term used to describe behaviours where energy expenditure is low, including:

- Sitting for long periods of time
- Using motorized transportation (bus or car)
- Using a computer at work or home
- Watching television
- Playing passive video games

A tale of two days:

This graphic shows two sample days with the same amount of physical activity time (blue) and sedentary time (white). The difference is on Day 2, the sedentary time is broken up by short activity breaks.

DAY 1

Long stretches of sedentary time

- Wake-up – drive to work (10 minutes)
- Work sitting at my desk (8 hours)
- Go for a walk at lunch (20 minutes)
- Drive home (10 minutes)
- Have supper – swim or workout at the gym or go for a walk (1 hour)
- Watch some TV (1 hour)

TOTALS

Physical Activity: 1 hour, 20 minutes
Sedentary: 9 hours & 20 minutes

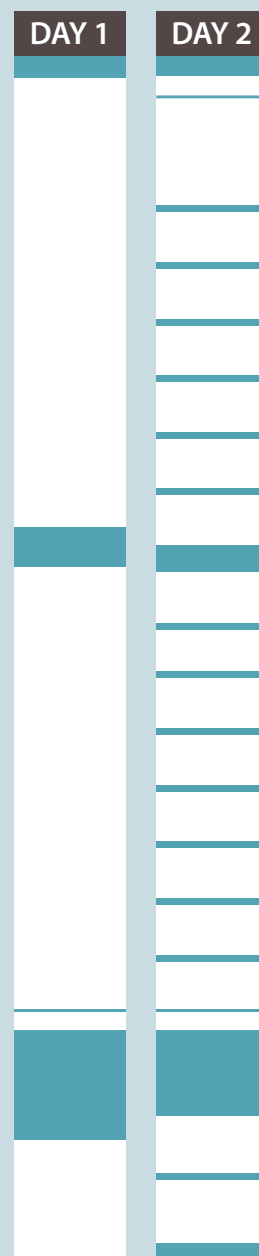
DAY 2

Breaking up sedentary time

- Wake-up – walk the dog (10 minutes)
- Drive to work (10 minutes)
- Work – stand when talking on the phone; take the stairs; refill water bottle often; and limit sitting at desk to 30 minutes at a time (8 hours)
- Go for a walk at lunch (15 minutes)
- Drive home (10 minutes)
- Have supper – swim or workout at the gym or go for a walk (45 minutes)
- Watch TV – get up off the couch during commercials to go downstairs and fold laundry (1 hour)
- Walk the dog (10 minutes)

TOTALS

Physical Activity: 1 hour & 20 minutes
Sedentary: 9 hours, 20 minutes; but never more than 30 minutes at a time



Coping with Financial stress

Courtesy of **Consolidated Credit**

Money and stress go hand in hand. Whether you are rich or poor, employed or out of work, young or old, everybody has experienced financial stress at some point in their lives. This stress can lead to a variety of problems that can affect your quality of life: lack of sleep, irritability, depression and more.

However, it is possible to deal with financial stress in such a way that will limit its effects on your life. The following tips will help you deal with your issues and move on with your life –

Get help

Dealing with financial stress on your own is a difficult task. Sometimes, you are your own worst enemy as your financial worries start to accumulate in your mind. Thankfully, there are people who can help you through these tough times:

A friend: A good friend can lend an ear, offer a shoulder to lean on, and give a helping hand when you are feeling overwhelmed by a difficult financial situation. Seek out this trusted confidant and talk through your problems. You might just get some advice that will help you deal with your source of stress.

A trained professional: Psychologists, doctors, financial advisors and credit counsellors have lots of experience dealing with people in stressful situations. They are available to give their professional advice on how to overcome your problem. If you don't reach out for help, it'll be difficult to reach your goal of a stress-free life.

Make a plan

Without a plan of attack, it's nearly impossible to overcome any problem in your life. Follow these two steps to relieve your stress:

Know where you stand: Take the time to make a detailed budget and spreadsheet of your income and expenses. Additionally, organize all of your debts and bills so you know what needs to be paid and when. The longer you put this off, the longer it will be before you have a strong financial



footing and, hopefully, less stress.

Keep it simple: Financial stress is a feeling of being overwhelmed. This often occurs because of the sheer volume of bills, debts, and purchases in our lives. Taking a step back; simplifying your life may help you relieve some of the stress. Stop using multiple credit cards and bank accounts that are tough to manage. Think about consolidating all of your debts into one simple, easy-to-manage payment. This will put your mind at ease and get rid of a major source of stress.

Set priorities and make changes

What is important to you? What do you need in life and how does that differ from what you want? Where does your source of stress fit in? Thinking about these questions is your first step to making changes in your life that will result in a decrease in stress. Here are a few ways to help you get started:

The important things you can change: This category includes things like your mortgage payment or grocery bills. These are clearly important in your life but they are changeable. If you are struggling to make your mortgage payment each month, talk to the bank and see what options may be

available to reduce your payment. Or, think about downsizing your home so that your housing costs aren't as much of a burden. As for groceries, shopping at discount stores will save you money and lessen your stress.

The unimportant things you can get rid of: Are your financial problems caused by a series of regrettable purchases? Well, don't get stuck with the mindset that since you already have it, you can't get rid of it. That motorcycle you rarely drive but pay for each month – sell it. The super cable package you wanted to have – downgrade it. There are a million things that contribute to your financial stress in your life that aren't really important to your well-being. Find out what they are and get rid of them – along with your stress.

Stay positive

The best way to combat stress is with a positive attitude. Hold your head up high and look forward to the future. Each change you make and every dollar you save will bring you closer to achieving your goal of relieving stress. Celebrate that success - not necessarily with a night on the town, but rather, a smile on your face. **B**



Vocal hygiene: Hydration

By **Caitlin Buchel, RSLP, SLP (C), M.Cl.Sc.**, Buchel Speech & Language Group



It's Thursday at 3:30 and the volleyball practice you coach starts in 15 minutes. As you say goodbye to your last student, your voice feels sore and tight. If this sounds familiar, you are not alone. Teaching is one of the most vocally demanding professions and, as a result, teachers have some of the highest rates of voice disorders. So what can you do to support your voice before it reaches its breaking point?

Vocal hygiene is about creating good voice habits that prevent voice problems and help you recover from voice difficulties. Although there are a number of components to vocal hygiene, some simple tips and tricks will help you support your entire voice production system. This includes your mouth, nose, throat, vocal folds and lungs.

The first tip is to stay hydrated!

The entire voice production system works much more efficiently when it is hydrated. You can start by drinking water or other non-caffeinated liquids. Sip away at your water bottle and try to consume at least eight glasses (2 litres) per day. At the same time, be careful to limit your intake of liquids that dehydrate your system. These

include caffeinated drinks like coffee, as well as alcohol. If you need your cup of coffee to get going in the morning, make sure to compensate by drinking an extra glass of water later on.

Certain drugs, including some decongestants and allergy medications, can cause dryness in your mouth, throat, and vocal folds. Speak with your doctor or pharmacist, to see if any of the medications you take can dehydrate your tissues. You can also find out if there are any alternatives. If not, counteract their dehydrating effect by increasing your fluid intake.

Another way to hydrate your system is by increasing the humidity in your environment. Use a humidifier in your bedroom overnight. You can also steam twice per day for 5-10 minutes, breathing deeply through your mouth. This is a great excuse to stay in the hot shower for a few extra minutes.

Look for our article next month to learn more about vocal hygiene! **B**

Caitlin Buchel is the owner and managing clinician of the Buchel Speech & Language Group, a private speech-language pathology (SLP) practice offering services in Winnipeg, and throughout Manitoba.



TIPS FOR HYDRATION

- 1. Drink Up!** Aim for at least two litres of water or other non-caffeinated liquids each day.
- 2. Careful with the coffee!** Limit coffee and alcohol intake but, if you do indulge, drink an extra glass of water to compensate.
- 3. Medications can dry you out!** Check with your doctor about medications that might be drying out your vocal mechanism.
- 4. Humidify!** Use a humidifier overnight. Breathe deeply through your mouth during a hot shower.



Difficult conversations: Building skills for better results



By Danielle Fullan Kolton, PhD, The Manitoba Teachers' Society

Teachers and principals have hundreds of conversations each week with students, parents, and colleagues. Many of these conversations are preceded by angst, avoidance, worry, and rumination: *How will the other person respond? Is the time right? Am I emotionally prepared? Will I communicate my message well? Will that message be received as intended? What if communication breaks down?*

What if I make it worse? Jennifer Abrams (2009), author of *Having Hard Conversations*, describes 18 interpersonal and intrapersonal reasons that people avoid important conversations including a desire to please, personal comfort, waiting for the perfect moment, distrusting your judgment, fatigue, and a perceived lack of authority.

Even though some conversations

seem easier or more practical to avoid, consider the consequences of not having the conversation. The authors of *Crucial Conversations* (2002) insist that "If you don't talk it out, you will act it out". This statement is consistent with blogger Dennis Sparks (2013) who says that "bad things happen to good people when we withhold our truths," including,

- Others are deprived of the benefits of

- our perspective and experience;
- Important problems are not acknowledged and resolved;
- Collaboration deteriorates because of a lack of trust;
- Physical, emotional, and spiritual health may be harmed; and
- Teaching, learning, and relationships suffer, which means students suffer.

Go into any bookstore, and you will find a litany of books to help you have conversations, and they are titled with a variety of descriptors: *open, honest, courageous, hard, important, challenging, fierce, crucial, and difficult*. No matter what adjective you use, these conversations – the ones that make you uncomfortable – typically involve a gap between what you expect and what is happening.

Clarify your MOTIVES

Clarify the ISSUE

Clarify your STORIES

Clarify the FACTS

Conversations are challenging to different people at different times, and there is both an art and science to having the right conversation, at the right time, in the right way.

Conversations are challenging to different people at different times, and there is both an art and science to having the right conversation, at the right time, in the right way. Using a framework to prepare for these conversations will allow you to be honest while at the same time maintaining respect and strengthening relationships. However, this does require that you work on yourself first. Ask yourself these questions in preparation for a conversation:

Clarify your motives

1. What do I want for the relationship? The school? The program? The outcomes?
2. Am I acting like this is what I want?

3. Am I looking to learn and explore or blame and fix?

Clarify the issue

1. Is this a single incident, a pattern, or a relationship issue?

Clarify the facts

1. What have you seen and heard that differs from your expectation?

Clarify your stories

1. What are you beginning to conclude about what you have seen and heard?
2. What are you pretending not to notice about your role in the problem?
3. What are other possible explanations for what you are seeing and hearing?
4. What could you do right now to move toward what you really want?

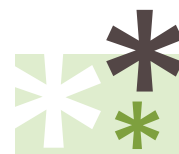
It is important to recognize that there are no “perfect” conversations, but there are several skills that can help to build your confidence to communicate your message while managing your emotions and motives. Consider the following questions:

1. *Have you ever wanted to give a colleague sensitive feedback but decided not to because you feared their reaction or the impact it might have on your relationship?*
2. *Do you clam up or blow up, give in or dig in when confronted with differing opinions or strong emotions?*
3. *Do you find yourself getting so caught up in an argument that you forget what you really want?*

If you answered “yes” to any of these questions, you may consider participating in professional learning opportunities provided by The Manitoba Teachers’ Society Professional and French Language Services. Each of the learning opportunities listed below focuses on helping teachers and principals to build their capacity for having impactful conversations. **B**

Resources:
 Abrams, J. (2009). *Having Hard Conversations*.
 Patterson, K, & Grenny, J., McMillan, R., & Switzler, A. (2011). *Crucial Conversations*.
 Sparks, D. (2013). *Dennis Sparks on Leading and Learning*. <https://dennissparks.wordpress.com>.

Contact Danielle Fullan Kolton (dfullankolton@mbteach.org) for more information about these and other ways that we can support you to speak with candor, get results and strengthen relationships.



CRUCIAL CONVERSATIONS (November 12 & 13, 2015):

Enhancing teacher and leader abilities to skillfully and respectfully get results and strengthen relationships when stakes are high, emotions are strong, and opinions are opposing. Topics: identifying and preparing for crucial conversations; learning how to stay focused in the conversation; speaking frankly; managing emotions and stress to promote healthy dialogue; using a framework to communicate issues and minimize defensiveness; creating mutual purpose to resolve conflicts; using communication skills to keep people in dialogue; and moving from talking to action.

Registration Fee per person: \$145 + \$100 Materials Fee

Location: McMaster House

HAVING CONVERSATIONS (Half to one day):

Enhancing the knowledge and skills of teachers and principals to have purposeful conversations. Topics: exploring the 3W’s of avoidance – what, why, ways people avoid important conversations; understanding how experiences, values, mindset, and communication skills impact how you conceptualize and enter into purposeful dialogue; clarifying motives, issues, purposes, and conditions in preparation for conversations; using frameworks to craft and practice having conversations; and practicing three essential communication skills: self-awareness; self-regulation; and pause, paraphrase, and inquire.

Workshop booking fee: \$100 (minimum 20 participants)

Location: Your school site

But I don't like Fruit or vegetables

By Cara Rosenbloom, RD, Courtesy of the Heart and Stroke Foundation

You know they're good for you. And you want to eat more of them, really. Try these tips to feel more love for healthy produce.

If you're not overjoyed by oranges or elated by eggplant, you're not alone. According to Statistics Canada, just 40 percent of Canadians consume at least five servings of fruit and vegetables daily (the recommended minimum for adults is seven servings!).

Relatively low in calories, vegetables and fruit are filling and high in fibre, vitamins and minerals. Plus, a diet that's rich in vegetables and fruits may help reduce your risk of heart disease and stroke.

For optimal health, your goal is to fill half your plate with vegetables or fruit at each meal. That's why the Heart and Stroke Foundation has partnered with the Canadian Produce Marketing Agency, Canadian Cancer Society, and the Canadian Public Health Association on the Half Your Plate program, which offers helpful tips for selecting and preparing vegetables and fruit.

But let's start small and look at the barriers that may be keeping you from enjoying all the benefits of vegetables and fruit.

If you just don't like 'em?

Sometimes an aversion may be due to childhood memories of being forced to eat vegetables you disliked. In other cases, people are turned off because they've only eaten overcooked or mushy vegetables. A properly prepared vegetable can be a game changer!

About 25 per cent of people are "supertasters," which means that they have strong taste receptors for bitter flavours, so mild foods like broccoli taste unpleasant. Here are some suggestions to boost your vegetable intake, even for the harshest critics:

- Pair with foods you already like: Start by adding a slice of tomato to a



beloved hamburger or mushrooms into an omelette.

- Play with texture: If you hate mushy vegetables, try raw, shredded, roasted or stir-fried versions instead. Love crunchy foods? Try baked kale or beet "chips."
- Enjoy more soups: If the texture of both raw AND cooked vegetables is not your thing, puree them instead. Prepare blended soups or smoothies to increase vegetable and fruit consumption.
- Add spectacular flavor: A little olive oil and garlic, a drizzle of balsamic vinegar, a squeeze of lemon, or a handful of fresh herbs can add excitement to veggies.
- Experiment with recipes: Try Carrot apple pancakes, Vegetable confetti quinoa or Roasted broccoli and cauliflower crustless quiche. Find more recipes at heartandstroke.ca/recipes and halfyourplate.ca/recipes.

And if you have no time?

If lack of time or inconvenience is keeping you from eating more vegetables and fruit, try these strategies:

- Add to breakfast: Start the day off right with avocado on toast, berries on cereal, or broccoli in an omelette.
- Enjoy more salads: If you're dining out, salads are on almost every menu. When eating in, use pre-washed greens so convenience is not a barrier. Easy win.
- Plan in advance: Spare an hour each week to cut carrots, celery and sweet peppers and store them in the fridge for easy snacking and meal prep.
- Double up: Cooked vegetables last three or four days in the fridge, so cook extra and enjoy the leftovers for lunch.
- Grab and go: Cherry tomatoes and snap peas make great snacks, as do apples, bananas or oranges.
- Use the freezer: Frozen vegetables are as nutritious as fresh ones, and don't wilt in the produce bin! Keep a supply of frozen broccoli, peas, leafy greens and stir-fry mixes on-hand for simple meals.

With an abundance of vegetables and fruits to choose from and many ways to prepare them, you're bound to find something you love! **B**



Carrot apple pancakes

Prep time: 10 min

Cook time: 15 min

Makes: 18 pancakes

Adding vegetables and fruit to your pancakes adds lots of nutrition and big flavour to your breakfast or brunch.

- 1 cup (250 ml) whole wheat flour
- 1 cup (250 ml) all purpose flour
- 3 tbsp (45 ml) granulated sugar
- 1 tbsp (15 ml) baking powder
- 1/2 tsp (2 ml) ground cinnamon
- 2 cups (500 ml) buttermilk
- 2 eggs
- 3 tbsp (45 ml) soft non hydrogenated margarine, melted or canola oil
- 1 tsp (5 ml) vanilla
- 1 large apple, cored and grated (about 1 cup/250 ml)
- 1 large carrot, grated (about 1 cup/250 ml)

Directions:

1. In a large bowl, whisk together whole wheat and all-purpose flours, sugar, baking powder and cinnamon.
2. In another bowl, whisk together buttermilk, eggs, butter and vanilla. Pour over flour mixture along with apple and carrot and stir until combined.
3. Spray large nonstick skillet or griddle with some cooking spray and place over medium high heat. Pour batter using 50 ml (1/4 cup) measure and spread out slightly to form pancakes. Cook until bubbles begin to appear on top, about 3 minutes. Flip over and cook until golden brown, about 2 minutes. Remove to plate and repeat with remaining batter.

Per serving (2 pancakes): Calories 205, Protein 7 g, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 43 mg, Carbohydrates 32 g, Fibre 3 g, Total sugars 11, Added sugars 0 g, Sodium 211 mg, Potassium 218 mg



Broccoli/cauliflower crustless quiche

Prep time: 15 min

Cook time: 45 min

Makes: 6 servings

Roasting vegetables heightens their flavour and brings out their natural sweetness. If you don't have both broccoli and cauliflower for this recipe simply use all of one.

- 3 cups (750 ml) each chopped broccoli and cauliflower florets
- 1 tbsp (15 ml) extra virgin olive oil
- 1 clove garlic, minced
- 2 tsp (10 ml) chopped fresh thyme leaves, divided
- 1/4 tsp (1 ml) fresh ground pepper, divided
- 4 eggs
- 1 1/4 cups (300 ml) 1 % milk
- 1 tbsp (15 ml) all-purpose flour
- 1/2 cup (125 ml) shredded gruyere or old cheddar cheese

Directions:

1. In a bowl, toss together broccoli, cauliflower, oil, garlic, 1 tsp (5 ml) of the thyme and half of the pepper. Spread onto parchment paper lined baking sheet. Roast in preheated 400° F (200° C) oven for about 20 minutes or until golden brown.
2. Whisk together eggs, milk, flour and remaining thyme and pepper.
3. Spread roasted vegetables into bottom of sprayed 9 inch (23 cm) pie plate. Pour egg mixture over top and sprinkle with cheese.
4. Bake in preheated 375° F (190° C) oven for about 25 minutes or until knife inserted in centre comes out clean.

Per serving (1 of 6): Calories 160, Protein 11 g, Total Fat 9 g, Saturated Fat 3 g, Cholesterol 136 mg, Carbohydrates 9 g, Fibre 2 g, Total sugars 5 g, Added sugars 0 g, Sodium 120 mg, Potassium 339 mg



Vegetable confetti quinoa

Prep time: 15 min

Cook time: 25 min

Makes: 4 to 6 servings

Chock full of vegetables and colour this satisfying side dish is delicious served alongside chicken or turkey for dinner. Use up leftovers in a salad and add some chickpeas and a splash of vinegar for a full meal lunch idea.

- 1 cup (250 ml) quinoa, rinsed
- 1 cup (250 ml) sodium reduced vegetable broth
- 1/2 tsp (2 ml) grated orange rind
- 1/2 cup (125 ml) orange juice
- 2 tsp (10 ml) canola oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 carrot, shredded
- 1 zucchini, shredded
- 1 each red and yellow pepper, diced
- 1/4 tsp (1 ml) fresh ground pepper
- 2 tbsp (25 ml) chopped fresh basil or parsley

Directions:

1. Combine quinoa, vegetable broth, orange rind and juice in a saucepan and bring to a boil. Reduce heat to low; cover and cook for about 15 minutes or until liquid is absorbed and quinoa is tender. Fluff into a large bowl; keep warm.
2. In a large nonstick skillet, heat oil over medium heat. Cook onion and garlic for 3 minutes or until softened. Stir in carrot, zucchini, red and yellow peppers and cook for 5 minutes or until tender crisp. Add pepper. Stir into quinoa mixture with basil.

Per serving (1 of 4): Calories 236, Protein 7 g, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 42 g, Fibre 6 g, Total sugars 9 g, Added sugars 3 g, Sodium 137 mg, Potassium 579 mg

RECIPES FOR HEALTHY LIVING

My favourite Fitness gadgets



By Stephanie Jeffrey, Manitoba Fitness Council

Every day we hear about another way technology is making something easier for us, requiring less physical effort; we can get more completed in less time, this is great for office efficiency but not so good for our health.

So what are some of the best ways to use technology to get fit?

Since we have access to cell phones all the time, why not use it to our advantage and have it plan our workouts for us. One of my favourite apps to plan workouts is "fleety". It is a free app that allows you to choose a workout based on the time you have available or the body part that you want to target. It allows you to see the exercise executed in case you are new to this particular exercise. Other similar apps that have had a lot of publicity are: "my fitness pal" which can help you track your food and fitness activities; simply yoga for a basic yoga session that you can take with you and use anytime.

If you only have 7 minutes, the 7 minute workout app may be exactly what you need to get the blood pumping and the body moving. This app features a research based exercise program that requires only body weight in which you do as many exercises as you can in the 30 second time frame. The workout includes basic exercises like squats, crunches, push-ups and step-ups. The workout is ready and even has a virtual coach that gives instructions out loud. The only downfall for some of these workouts is that no modifications are given, so instead listen to your body and do what you can. The main point is to move more and sit less!

Lifestyle trackers like the "fitbit" or "jawbone" are great at keeping you on track counting your steps and even your intensity level so that you can ensure you are meeting the Canadian physical activity guidelines. Like the guidelines it only tracks active minutes if you are active for more than ten minutes



at a time. The guidelines indicate we should all be getting at least 50 mins of moderate to vigorous activity per week in chunks of at least ten minutes.

Lifestyle trackers allow you to track number of steps, activity level, some also track weight, food intake, other activity, sleep patterns and some models also track heart rate. All of these things can contribute to overall health and to a healthy body.

Lifestyle trackers start around \$100 and go up, the benefit of having something keep you on track and accountable is great. If you are just looking for a step counter the Manitoba Fitness Council has some available for \$2 each or you can purchase them at most sports shops. If you are a social exerciser you can connect with your friends or family and this can easily be tracked through

some of the lifestyle trackers if you all own the same device. For example the fitbit will send you a weekly report that shows how your activity level stacks up against your friends and colleagues.

If you are a walker or runner and you would like to plan out a route so that you can get a certain length of walk, log onto walkjogrun.com, this site allows you to create routes and see other routes that people around you are taking for their walk or run.

Convenience is the key, we have technology available, we should use it to our advantage. Make a point of having your favourite workout music loaded onto your phone, and a pair of headphones close by, and you'll be able to get a workout in anywhere, anytime. **B**

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Check us out online
at The Manitoba
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mbteach.org/balance

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"We're having a big meeting today to kick off our Employee Wellness Campaign. Did anyone remember to bring in soda and doughnuts?"



wellness FORUM

Please join us for The Manitoba Teachers' Society's 3rd Annual Wellness Forum

Save the Date
Saturday, November 7, 2015

The 2015 Wellness Forum planning committee is pleased to offer this exciting event for the third year in a row!

The event will include training in wellness programming, guest speakers, and opportunities for Wellness Chairs to network and plan with their colleagues.

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