

## SUPERFan!: A winner speaks out on her SuperFan Standout Moment

"You aren't counting calories or depriving yourself of things you like – you're just making healthier choices," says Carol Graham, one of the winners of a SuperFan Standout Moment Prize Package.

*"To Life! is not only giving me a better lifestyle, but a better relationship with my daughter."*

This Winnipegger's win is the result of her outstanding SuperFan Standout Moment testimonial, collected at the **To Life!** Healthy Active Living Carnival held last June 15th, 2002.

Viewing the program as an opportunity to spend more time together, Carol registered for **To Life!** with her 18-year old daughter Kim Cropp.

*"We've gotten together to cook healthy meals and go for walks," Carol says.*

*"She is down fifteen pounds, and I've lost six. The idea of the SuperFan has really helped us. We're not in it alone."*

Kim, who already makes the extra effort to exercise by getting off the bus early to walk the rest of the way, agrees. *"It's a good chance to spend time with my mom. We make it fun."*



# TO LIFE!

Canadian Diabetes Association  
102 – 310 Broadway  
Winnipeg, MB R3C 0S6

### Know who to turn to



## The SuperFan SuperUpdate



# TO LIFE!



Well, it takes about three months to clean all the jumble out of the closet; a solid few months to save up enough money to take that well-deserved holiday. And we all know the limited number of summer months Manitoba gets!

But most importantly, it takes about three months to form a habit, specifically, a habit of health, and that's what you've chosen to do when you registered for **To Life!**

In fact, we're celebrating three months of partnering for wellness and small steps toward healthier lifestyles all across Manitoba. **To Life!** has been a flourishing facet of the health-minded community since its inception back in April 2002. Since then, over 10,000 people have discovered that choosing healthy options doesn't have to mean making mammoth modifications in your daily routine. It can mean getting off the bus a block sooner so you can walk the rest of the way. It can be choosing carrots instead of cookies. Hopefully, in the first block of the **To Life!** program, you've learned that snapping on the spandex doesn't have to be the only catalyst for healthy active living.

What's the big deal about three months?

Don't forget to renew your registration on-line by August 5th, 2002 for the next 3-month block, and put another entry in our year-end Grand Prize draw!

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## To Life! Healthy Active Living Carnival

The **To Life!** Healthy Active Living Carnival was our first official festivity celebrating a healthier YOU.

The crowds of **To Life!**ers that shared in the fun at The Forks in Winnipeg for our **To Life!** Healthy Active Living Carnival were treated to an assortment of fun and lively demonstrations designed to get bodies moving.

Special thanks to Canadian Tire, Grand Prix Amusements and The Winnipeg Goldeyes for donating tremendous treasures, and congratulations to our contest winners:

### Kids Colouring Contest:

Noreen Miles, age 7; Sarah Gauthier, age 10

### SuperFan Standout Moment:

Carol Graham; Wendy Titley-Stanzel

### Carnival Grand Prize Draw (BBQ):

Grace Picur



Visit our website at [www.tolife.ca](http://www.tolife.ca) regularly for up and coming events in your area!

[www.tolife.ca](http://www.tolife.ca)

## Been there, done that!

Oh, we've been around the block once or twice. Haven't you seen our colourful **To Life!** display? Perhaps you caught a glimpse of the water bottles and Frisbees? Or perhaps the stress ball happy face doodads piqued your curiosity, and now you're thinking, "How do I get one of those? And what're they all about?". Well, those nifty little promo items are distributed wherever the **To Life!** display is set up, and we've been to so many places across Manitoba that if we collected frequent flyer miles, we could fly to the moon! Well, maybe not, but we sure have been to a variety of communities. And we plan on going to even more!


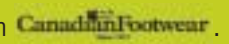

Here's a brief sampling of the places we've been:

Beausejour • Thompson • Fisher River • Brandon • Morden • Dauphin • Waywayseecappo First Nations • Birds Hill Park • Portage la Prairie • Seven Sisters • Town of Winnipeg Beach • Winnipeg • Silver

If you're holding a community event and you'd like **To Life!** to be a part of it, email us at [info@tolife.ca](mailto:info@tolife.ca) or call Angela at 1-204-925-3794.

## Keep your eyes on the prize

Having good health down the road should be enough of an incentive to want to make small changes to your lifestyle today. But if that was true, you'd already be doing it. That's why your registration in **To Life!** gives you the chance to win the incredibly colossal **To Life!** Prize Package, chock full of fantastic healthy lifestyle prizes, including:

- \$500 gift certificate from Canada  **SAFeway**.
- Gift certificates from  Canadian Footwear.
- Two mountain bikes, two helmets
- A weekend resort getaway at the Russell Inn, consisting of: 
  - Two Night stay for four in one of The Russell Inn's new Two Room Suites
  - Two Breakfast Dates for four (8 Breakfasts)
  - Two Dinner Dates for four (8 Dinners)
  - Four two full day lift passes at Asessippi Ski Area & Winter Park
  - Four two day rentals

Keep in mind that the more times you renew your registration in the free **To Life!** program, the more chances you have to win the **To Life!** Prize Package.

## To Life!... To-Morrow

Believe it or not, the first three months of the program are officially up in August. This means it's nearly time to send in your prize entry form found at the back of your Daily Tracker.

This form will be placed in the year-end draw for the **To Life!** Prize Package; so if you want to have another entry in the barrel, don't forget to renew your registration by checking off the appropriate box on the entry form. (**Hint:** the more times you officially renew your registration for the program, the more chances you'll have to win.)

Even if you didn't have the chance to fill all the pages of your Daily Tracker, the good news is, you can still start fresh with a new one – every kit comes equipped with enough logbooks to supply you and your SuperFan with six months of track-ability. So now you can cram a new logbook with the sweetness of your successes.

If you would like to play the **To Life!** game to its fullest, you need to renew your registration for the next three-month block of the program by August 5th, 2002.

Why renew? Because it's free. Because you'll have another chance to win the prize. Because you can choose another small challenge to tackle. And because doing things with your SuperFan is a great way to strengthen not only your body, but also the bond you two share. Because no matter how healthy you may THINK you are, there are always small steps you can take to be even HEALTHIER.

Check out our website at [www.tolife.ca](http://www.tolife.ca) for up and coming events, cool new tips on how to stay healthy and active, and lots more fun stuff.

### Who's Getting In To Life!?

Nearly six times as many women as there are men have signed up as the primary registrants.

Over 3,000 SuperFans say their eating habits are "somewhat healthy".

Almost half of all our SuperFans have signed up with their spouses.

28% of our program registrants fall in the 30 to 39 age category.

Most of **To Life!**'s recognition comes from the TV ads – over 2700 registrants identified television as being the medium where they first heard about the program.



## SuperFan Playbook

These SuperFans have done it! They've discovered some great ways to lead a healthier active lifestyle. Here are some tips some of our REAL SuperFans wanted to share with you, to help you and your SuperFan be successful in your journey to better health.

"Take the stairs! Even if it is only two flights."

"Start small. Small changes are easy to make. Never give up!"

"Go dancing and have some fun."

"When at the movies, encourage your buddy to have popcorn without topping."

"Do not walk by the dessert table. Walk an extra block!"

"Find ways to treat yourself – without food. Maybe a fun activity like swimming or bowling instead."

"Eat healthier and get active again."

"Every time I do an exercise, I pay myself a dollar. This is going towards paying for something like a manicure, facial, or massage, etc."

"Going home on the bus? Get off a few stops earlier and enjoy the sun."

"Eat lean steak and a baked potato with a variety of vegetables."

"Hot day? Going for ice cream? WALK with your buddy to the ice cream parlour."

"My SuperFan introduced me to a new (healthy) pasta. It's called Kumat."



Look for more tips for living a healthy active lifestyle at these great web sites:

**Dietitians of Canada:**  
[www.dietitians.ca](http://www.dietitians.ca)

**Health Canada – Vitality Program:**  
[www.hcsc.gc.ca/hppb/nutrition/pub/articles/index.html](http://www.hcsc.gc.ca/hppb/nutrition/pub/articles/index.html)

[www.tolife.ca](http://www.tolife.ca)