

SUPERFans Speak Up!: Vicki and Pat from Deloraine

Everyone has their own reason for joining the **To Life!** program. For Vicki from Deloraine, it was a reason close to home. "I first heard about **To Life!** on television ads. It looked like a wonderful idea, plus my daughter had just been diagnosed with diabetes type 1 and I knew there was some information on that. I also was more determined to get in shape because of her recent diagnosis."

When it came to her SuperFan, Vicki knew exactly who to call – her friend, Pat. "Pat's name popped into my head as soon as I heard I needed to find a SuperFan. We have been a support for each other through ups and downs and I figured she would be great."

Pat agreed immediately, and the two SuperFans added a third member to their team; Pat's dog Sasha. Together, the three get out and enjoy a pleasant evening walk. It takes a little coordination to work around their work and family commitments, but they always manage to find the time... even when they'd rather NOT find the time.

"A time that Pat went over and above her call of duty was getting me motivated on a particularly cold and windy evening to get up off the couch, dress warmly and join her and her dog for a walk," says Vicki. "I really did feel rejuvenated upon my return home."

Although the first three-month period of **To Life!** has come and gone, the benefits – and the determination to live better – still continue.

"I do intend to continue with my activities one way or the other," says Vicki.

"I have noticed a difference in my wellness habits since beginning **To Life!** because I am more aware of eating properly and I feel so much better when I exercise."

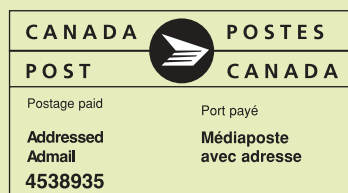
"When we put on our **To Life!** shirts – it seems to give us that extra little push to get going. Let's face it; when we are on the move and eating properly, we all feel better."



TO LIFE!

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

Know who to turn to



The SuperFan SuperUpdate



TO LIFE!

Mall-Walking In A Winter Wonderland

Okay, let's be honest here: during the winter, it's easy to use the cold winter weather as an excuse to slack off on the ol' wellness plan.

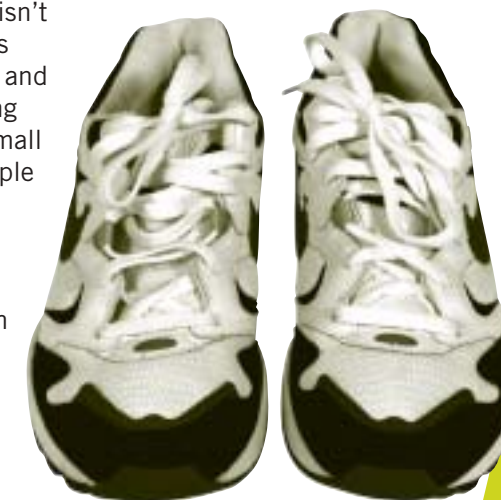
But the beauty of wellness is that it's a year-round thing! There are plenty of things you can do to keep active during winter – and walking is one of them. Of course, this is Manitoba, where some days are colder than others – MUCH colder. And who wants to go wander around when it's 35 or so below?

Well, where there's a will, there's a way to keep your walking wellness routine in step. One of those ways is to pay a visit to your local mall.

Many malls open their doors before they open their stores to give mall-walkers the opportunity to use the mall area as a sort of indoor track. They provide a warm and safe environment where you can keep your walking routine going. If you stay long enough, you can even do your shopping and walk home too! (Hey, any time you can count shopping as part of your exercise routine, it's a bonus!)

And, contrary to popular belief, mall-walking isn't just for seniors. Although many seniors groups take advantage of the mall's safe atmosphere and proximity, anyone who's serious about pursuing wellness through walking can ask their local mall about how to get involved. It might be as simple as showing up!

So don't let winter cool your enthusiasm for wellness! Give mall-walking a try – and look for other creative ways you and your SuperFan can keep working through the winter!



The First Step: Walking Wellness Tips

Walking is wonderful... when it's done right. Here are some ways to make walking for wellness more enjoyable.

- CHECK WITH YOUR DOCTOR BEFORE YOU BEGIN; walking is great but your doctor will help you gauge your limits.
- Get shoes that are well-padded, fit well and offer good arch support.
- Stretch before you start so you reduce the risk of injury.
- Start slowly; marathon runners don't just wake up one morning and decide to race. Neither should you.
- Avoid walking in poorly lit areas.
- Set aside a particular time of day and stick with it.

Are You Feeling Renewed?

Winter is a time for renewal... renewal in the **To Life!** program, that is!

Why should you renew your registration? There are a lot of reasons:

- It's a great way to keep your momentum going!
- It gives you the opportunity to switch SuperFans and help somebody else feel as good as you do!
- You can focus on a new goal to keep inspired!
- It's another chance to win the **To Life!** Prize Package!

and... **It's still FREE!**

www.tolife.ca

www.tolife.ca

Survey says... To Life! Works!

The first three months of **To Life!** were up in August, so we called up some **To Life!**ers to see if the program is working.

The overwhelming response was, YES! The program works wonders. While the program was based on a lot of painstaking research into how to make healthier living more simple, fun and lasting, we didn't realize how sweet the success would be.

When participants first registered, not a single person identified their diet as "very healthy". Now, 30% of survey respondents say their diet is "very healthy". And the 32% who initially said their diet was "not very healthy" moved up a notch into the "somewhat healthy" category. What a great accomplishment – for **To Life!** and for all you **To Life!**ers who have made these changes in your eating habits!

Not only are **To Life!** participants eating better, but they're also getting out for a bit more exercise. Only 6% of registrants were active 3-5 times a week before **To Life!** Now an overwhelming 34% are physically active this often.

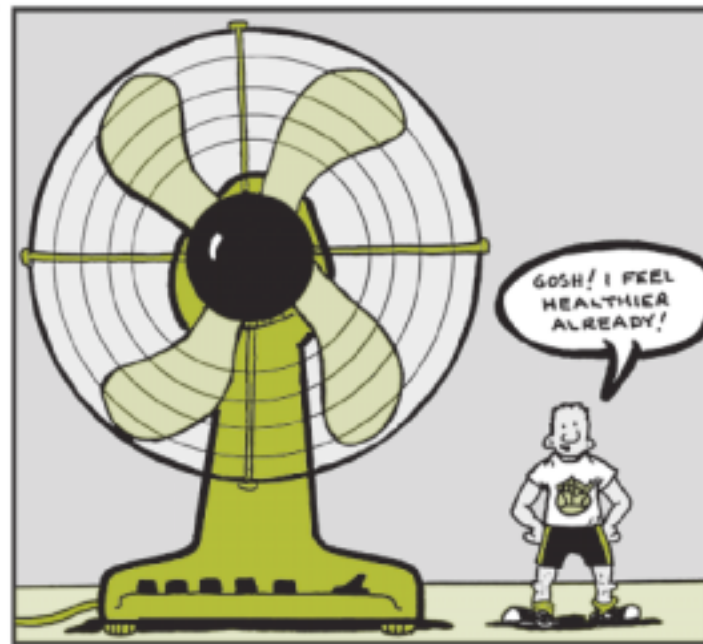
Taking small steps toward healthier, more active lifestyles is definitely on the minds of SuperFans across Manitoba. Survey respondents said they now consciously make healthier choices – like a more nutritious snack or taking the stairs instead of the elevator – several times a day instead of a few times a week. Almost 50% of **To Life!** participants said the **To Life!** Daily Tracker was helping them make these healthier choices.

But the real motivating factor was having a buddy who is also striving to make small changes toward better health. Aside from the health benefits, in fact, many people said that participating in **To Life!** has strengthened bonds between buddies... and really, what could be healthier than that?

Wow! What a success! Here's... **To Life!**... and to more people taking small steps toward a healthier lifestyle!

Visit our website
at www.tolife.ca
regularly for
up and coming
events in
your area!

www.tolife.ca



Larry never really understood the concept
of having a "SuperFan".

Keep your eyes on the prize

Healthy living is its own reward – but no one is likely to complain if they win a prize too!

Don't forget that when you register – or hopefully RE-register – in the **To Life!** program, you're automatically entered to win the amazing **To Life!** Prize Package, which includes:

- \$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

The draw date is May 4, 2003 so there's still time for you and a SuperFan to get in **To Life!** 'Cause the healthier lifestyle choices you make, the more you'll feel like a winner every day!

The Warm Up Act: Dressing For Winter Weather Makes Outdoor Activities More Pleasant

Manitoba winters come with their own set of outdoor activities like skiing, hockey and ice fishing. But it's hard to enjoy outdoor activities when you're so bundled up you can barely move. Likewise, it's hard to have fun when you're spending most of your time shivering from the cold.

When it comes to winter wear, the key to keeping warm is **layers**. Body heat is trapped between layers and, as you warm up or cool off, you can add or remove layers as needed.

Start with the layer closest to your skin – it's pretty important. Look for long underwear tops and bottoms made from synthetic microfibers. Unlike cotton, these kinds help keep sweat off your body.

Add a synthetic fleece with a front zipper for an insulation layer. If you get too hot, you can just go with the fleece for a while.

Lastly, your top layer needs to be as windproof and waterproof as possible to keep the rest of you snug.

As for hands and feet, too many socks can cut off circulation, so consider going with just one pair of really warm socks. Wool socks are always a wise winter choice. Gloves are good but you may want to look at some insulating liners to help keep the heat in better. Otherwise, consider mittens because they use your own body heat better.

What about your head? Think you're too cool to wear something on your head during winter? Well, your head is where you lose most of your body heat – so think about wearing a wool or fleece toque or a balaclava.

And remember to dress for your activity as well as for the weather. That means using helmets and proper sports equipment when required.

After all, when it comes to winter, warmth and safety are always in style.



Eat Well & Live Better!



Here is a brand new recipe from www.mealsforgoodhealth.com, courtesy of Karen Graham, Registered Dietitian, Certified Diabetes Educator and author of the best-seller Canadian Diabetes Association Cookbook, **Meals For Good Health**. It'll warm your stomach on even the coldest winter day!

Bursting Blueberry Muffins (Makes 12 medium muffins)

Carl Durand (Karen Graham's 15 year old son) developed this delicious, low-fat, muffin. It can be made with frozen or fresh blueberries, saskatoons or cranberries (although Carl's favorite is blueberries).

Preheat oven to 400°F

- | | |
|-------------------------------------|--|
| ● 1 3/4 cups flour | ● 1 teaspoon vanilla |
| ● 1 tablespoon baking powder | ● 1 cup blueberries, saskatoons or cranberries |
| ● 1/2 teaspoon salt | ● 1 tablespoon flour |
| ● 2 tablespoons margarine or butter | Topping: |
| ● 1/4 cup sugar | ● 1/4 cup chopped walnuts (or pecans) |
| ● 1 large egg | ● 1 tablespoon brown sugar |
| ● 1 cup milk | |

- 1 In a medium bowl, mix flour, baking powder and salt together. Sift if desired.
- 2 In a large bowl, cream margarine and sugar with a wooden spoon. With the spoon, beat in the egg until smooth, then mix in milk and vanilla.
- 3 Add the flour mixture to the large bowl, and stir just to moisten (batter will be a bit lumpy).
- 4 In small bowl, mix flour and blueberries together, then fold into batter. **Note:** the reason for mixing the berries with the flour before adding to the batter, is so that the colour of the berries does not run through the muffins.
- 5 Spoon batter into a non-stick muffin pan. If you don't have a non-stick pan, use paper cups or lightly grease your muffin pan.
- 6 Sprinkle the walnuts, then brown sugar, on the tops of the muffins.
- 7 Bake in a 400°F oven for 25 minutes. They are ready when lightly browned or when a toothpick put into the center of a muffin comes out clean.

Nutrient information per muffin:
Calories: 145 Carbohydrate: 23 Protein: 3.6 Fat: 4.2

www.tolife.ca