

Here's To Life!

Hooray for you! You've made the decision to get in the game and participate in healthier active living! You know that small changes in your daily routine will have huge payoffs, so here's to better health! Here's to partnership! Here's **To Life!**... for a healthy active life!

You and your **SuperFan** have signed up for **To Life!** and agreed to motivate each other to make healthier choices for at least three months. You've already identified a healthy choice – a small change – you want to make in your routine. Now it just takes some effort and – of course – a little encouragement from your **SuperFan**. So cheer your partner on and he or she will do the same for you! Record your healthy choices in this handy **To Life!** Daily Tracker. You and your **SuperFan** will be able to monitor your progress and celebrate the everyday victories you share.



How To Be a SuperFan

Have you ever noticed how much easier and more fun things are when you've got a friend along? Well that's because we're about 7 times more likely to stick to a lifestyle change when we try it with a buddy.

With **To Life!**, you'll always have someone on your team, rooting for you to make healthier decisions and celebrating everyday victories right along with you... and you'll be doing the same for them. In fact, you're going to become your partner's biggest fan for healthy active living – a **SuperFan** – and your partner will be your **SuperFan**.

What does that mean? It means you:

Inspire: As a **SuperFan**, you motivate your partner when they need it and cheer them on as you're taking part in activities together.

Invent: Come up with fun and interesting activities that both you and your **SuperFan** can enjoy together, so you'll be more interested in doing them.



Initiate: Take the lead. Make sure you're both making consistent choices.

Inform: Share your victories with one another so you can both celebrate and be proud of your accomplishments.

So get excited! Get energized! Then get your partner and get in the game! Be a **SuperFan** for healthy living!

Playing the Game



You've registered. You've received your Daily Tracker. So now what? Now it's time to get in the game... and like many games, there's a prize at the end! Taking the time to maintain your Daily Tracker, and completing the Prize Entry form after three months, is all you need to do to be eligible for the prize! But more importantly, you're on your way to developing healthy habits that can change your life by reducing your risk of developing type 2 diabetes – and that's a prize that lasts a lifetime.

A SuperFan: *inspires* *initiates*
invents *informs*

Rules of the Game:



- ① You must register with a partner any time between May 5th, 2002 and February 5th, 2003 – you'll become each other's **SuperFan** for the length of your commitment to the program.
- ② After participating for three consecutive months, you and your partner can renew your registration. Each time you participate for three months, your names are entered into the prize draw. This means if you've registered on or before May 5th, 2002 – and renew your registration quarterly – you can be entered as many as four times!
- ③ When you register, you need to tell us about the healthy choice you'll be trying to make a regular part of your life. Think of something simple, like gardening, walking the dog or eating more vegetables. This doesn't mean that you can't do other things as well, but it will help get you started. You should also consider consulting with your physician before making lifestyle changes.



- 4 If you are one of the first 5,000 teams to register, you will receive a **To Life!** Kit in the mail containing your **To Life!** Daily Trackers and other valuable information. When you and your partner have completed your first three consecutive months and mailed in your Prize Entry Form, you will receive Exclusive **To Life! SuperFan** Pins.
- 5 If you are not one of the first 5,000 teams, you and your partner can still register by accessing **To Life!** information online. You won't receive a kit in the mail or pins, but you can still qualify for a second prize package by completing the online Prize Entry Form.
- 6 Prize Winners will be determined by random draw. If you win, you and your partner must present your completed **To Life!** Daily Trackers to collect the prize. Employees of the Canadian Diabetes Association, Youville Centre, Health Canada and Direct Focus Marketing Communications and their immediate families are not eligible for prizes.





Did you make a healthy food choice?



Did you do a healthy living activity?



Did you encourage your **SuperFan** today?

This is a simple way of tracking your daily successes. And you don't have to check off every box every day to be successful. One box a day is a sign that you are taking small steps toward better health. How much easier can healthy active living get?

Your **To Life!** Daily Tracker can also inspire your **SuperFan**. At the end of each week, there is a space for you to write about a special effort your **SuperFan** made that really helped you. Share it with your **SuperFan** to show how you appreciate what they're doing... and to remind yourself to do the same for them.

* Print out this calendar 12 times so you can track your three month journey to wellness.

WEEK# _____

FROM _____ TO _____



TO LIFE!
VIVE LA VIE!

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



12 Tips for Taking Small Steps Toward Better Health

The Wonders of Walking Walking is a terrific way to enjoy nature. Walk your dog, walk home from work, walk and talk with your **SuperFan**. It's cheap, it's easy, and it requires nothing more than a good pair of runners and a positive attitude! You don't need to exercise vigorously every day to get or stay fit. It's about small steps, not huge leaps!

Way To Grow! Gardening can be a fun venture, especially if you and your **SuperFan** take turns making each other's garden a work of art! It's a light activity that can even help increase your flexibility – and if you're working on vegetable gardens, think of the wonders that fresh vegetables can do for you!

Sleep More, Eat Less Lack of sleep and poor food choices are the leading causes of poor health. With less sleep, people rely on food to boost energy levels and often make poor food choices in their haste to feel more energized. Studies show that people who are deprived of sleep eat as much as 10-15 percent more calories. That can add up to several extra pounds over time!

Play dirty Sure, mowing the lawn, chopping wood, and shoveling aren't always at the top of the "Things to look forward to this weekend" list. But nothing says healthy lifestyle like good, reliable physical activities. So next time you're doing yard work, you can know that you're working towards a healthier you

Stop! Before reaching into the fridge, ask yourself, "Am I really hungry?" Sometimes people eat for reasons other than hunger, like boredom. Try eating half of what's on your plate and breaking for 10 minutes to assess whether or not you're still hungry. If you are feeling down or stressed, reach for the air-popped popcorn instead of the chips.

Cleaning House Believe it or not, mopping the floor, vacuuming, and other light household routines are good activities to increase your flexibility and strength. Take turns with your **SuperFan** in doing some

household chores, add music and before you know it, the house will be clean – and you'll both feel better!



Wet Your Whistle Water doesn't just hydrate you. It also moves waste and toxins out and brings nutrients into your body – and it even helps to flush fat! So, drink up! Eight 8-ounce glasses a day will do your body good!

Packin' your lunch? Well, pack some punch in that brown bag of yours! Healthy alternatives in your lunch bag can mean tastier options for your taste buds! For instance, try eating that tuna (canned in water, not oil) with salsa instead of mayo. Or instead of sugar donuts, try lightly buttered toast sprinkled with cinnamon.

Ping Pong Challenge Table tennis might be the perfect activity for you and your **SuperFan**! A friendly game will keep you both on your toes and get your heart racing as you try to anticipate the other's next move. Any rectangular table can be converted – just buy paddles and a ball at your local department or sporting goods store and change your dining room into your ping pong room!

Wet 'n' Wild Water activities are an excellent way to improve balance and lower blood pressure. Swimming will burn about as many calories per minute as traditional aerobics. You don't even have to be fancy – running through the water in the shallow end is a work out in itself. Toss in a Frisbee and you've got a fun activity to do with your **SuperFan**!

Wheel It Keep the car parked in the garage, and hop on your two-wheeler! Cycling is a fun way to get around from place to place and it's also better for the environment. Why not push those pedals to work one day a week or take an evening adventure with your family? Some parks even rent tandem bicycles – what a perfect Sunday afternoon activity for you and your **SuperFan**!

More is less Skipping meals is a surefire way to set yourself up for an overeating upheaval! You're less likely to over-indulge if you eat 3 to 5 small, well-balanced meals a day. Make sure that all of your food groups are represented at each meal. And fill up with fresh fruit as a snack in between!

prize entry and registration form

Instructions:

1. You and your **SuperFan** only need to complete one form, even though you both have one in your log books. So make the form another activity you do together.
2. You must answer all the questions to be eligible for the prize.
3. You can also go online to complete this form at www.tolife.ca.

1. Did the **To Life!** program help you to achieve the healthy active living goal you identified when you registered?

yes no

2. Would you like to receive more information from the Canadian Diabetes Association?

yes no

3. Would you like to renew your **To Life!** Registration? Note: Renewals will not be accepted after February 5, 2003.

yes no

4. What part of the **To Life!** Kit was the most useful to you?

Buddy #1

NAME _____

ADDRESS _____

TELEPHONE _____

E-MAIL _____

HOUSEHOLD INCOME

- \$0-\$30,000 \$30,001-\$40,000
 \$40,001-\$60,000 \$60,001-\$80,000
 \$80,000+

Buddy #2

NAME _____

ADDRESS _____

TELEPHONE _____

E-MAIL _____

HOUSEHOLD INCOME

- \$0-\$30,000 \$30,001-\$40,000
 \$40,001-\$60,000 \$60,001-\$80,000
 \$80,000+