



# POWER UP YOUR HEALTH

ALBERTA HEALTHY LIVING PROGRAM- CALGARY ZONE NEWSLETTER



Live your Best Life

## It's all about living!

Our days are full of doing all kinds of activities, from the basics of getting up, washing, and dressing, to the more complex tasks of managing a schedule, a budget, a job, leisure activities, and our households. When individuals struggle doing day to day activities, occupational therapy assistance can enable them to be more successful and independent with these tasks. The goal of occupational therapy is for each person to be able to participate in all activities they find meaningful in their everyday lives. The aim is also to improve the health and wellbeing of each individual by concentrating on their priorities, needs, interests, values, beliefs, and what is important to them. Occupational Therapists (OT's) consider how our physical, mental/emotional, and cognitive abilities work together to determine what we're able to do. They consider how the sum of our parts work together to help us accomplish the things we need to do, the things we want to do and how we interact with our environment.

Our OTs teach classes about healthy sleep habits, conserving your energy, and strategies for managing chronic pain. When needed, OTs also speak with our Supervised Exercise Program participants on a one-on-one basis about topics such as:

- How to carry on daily tasks without worsening your pain.
- How to protect your bones and joints while lifting and carrying items around the house.
- How to manage pain and fatigue while carrying out daily tasks.
- How to make your bathroom safer, using assistive equipment.

OTs are licensed rehabilitation professionals that help to solve problems that interfere with a person's ability to do the things that are important to them - we help with the "job of living"!



Let's Get Moving

## Let's talk about pacing ...

It is easy to compare yourself to your neighbour. To push yourself to a level that you believe you *should* be at. Let's face it – setting goals and chasing a dream of what you see as living as the best version of yourself is a good thing. Chasing goals around having less pain so that you can walk to your favourite park, improving your cardio and muscle strength so that you can finish your shopping without feeling short of breath, or increasing your energy levels so that you don't feel wiped while preparing for a family meal are important. However, as difficult as it can be, it is important to remember that your needs and present capabilities may or may not be the same as your neighbour's, and that pushing too hard can result in more pain, more fatigue, and less progress.

Our exercise professionals can help you identify achievable exercise goals to help you do the things that are important to you. They will teach you about safe exercise practices so that you can harness the benefits of exercise without worsening your symptoms. If you live in [Calgary Zone](#), [watch this video](#) to learn about how our supervised exercise program can help you achieve your goals. If you do not live in [Calgary Zone](#), [visit our website](#) to learn about exercise programs in your area.



## All foods fit: Manage blood sugars and fats without labeling foods

October brings cooler weather, falling leaves, and more sugary foods. People trying to eat less sugar to manage prediabetes, diabetes, high triglycerides, and fatty liver may struggle during the month of October to meet their health goals. However, does this mean that you need to be hard on yourself when you eat your favourite Halloween candy or pumpkin spice latte?

It is important not to label food as good or bad, as a healthy diet can still include some treats. Labeling food as bad can cause us to crave it more. If you plan to enjoy a pumpkin spice latte, Halloween candy, or Thanksgiving baked good, here are some tips to prevent your blood sugars from spiking.

1. Choose to enjoy a smaller portion of the food. A portion refers to the amount of food you are drinking or putting on your plate. Portion sizes are important. There can be significantly less sugar in a small latte vs a large one. A small latte can be half the portion size of a large latte, meaning your sugar intake will be only half in a small portion.
2. Pair the treat with a food that is high in protein or fibre. These nutrients will slow the absorption of sugar. Foods high in protein are meat, fish, poultry, eggs, low fat cheese, nuts, seeds, legumes, and soy products. Foods high in fibre are vegetables, fruit, whole grains, legumes, nuts, and seeds. For example, when enjoying a small portion of sugary food or drink add a handful of nuts.

If you are trying to lower sugar in your diet or have clients with these health goals, these free classes can help:

- [Eating Well for Fatty Liver Disease](#) - Thursday, October 3, from 1:30 p.m. - 2:30 p.m. over the phone
- [Tips for Eating: Prediabetes & Diabetes](#) – Tuesday, October 8, from 1:30 p.m. - 3:30 p.m. over the phone or Wednesday, October 30, from 9:30 a.m. - 11:30 a.m. over Zoom
- [Heart Healthy Eating](#) – Wednesday, October 9, from 2 p.m. - 3 p.m. over Zoom

If you or your client still has questions after attending these classes, our registered dietitians would be happy to meet with them for a one-on-one appointment. Call 1-844-527-1160 to learn more.



### Join us for these upcoming in-person classes

[Understanding the Experience of Grief](#) – Monday, October 7, from 4 p.m. – 6 p.m. at South Health Campus Wellness Centre

[Heart Healthy Eating \(Punjabi\)](#) – Thursday, October 10, from 1:30 p.m. – 3 p.m. at Saddletowne Library

[Try a Little Self-Kindness: Motivating with Self-Compassion](#) – Thursday, October 17, from 5:30 p.m. – 7:30 p.m. at Nose Hill Library

[Your Kidney Health](#) – Wednesday, October 23, from 10 a.m. – noon at East Calgary Health Centre