

## International No Diet Day – May 6th

**International No Diet Day** (INDD) is an annual celebration of body acceptance, including fat acceptance and body shape diversity. This day is also dedicated to promoting a healthy life style with a focus on health at any size and in raising awareness of the potential dangers of dieting and the unlikelihood of success; the Institute of Medicine summarises: "those who complete weight loss programs lose approximately 10 percent of their body weight only to regain two-thirds within a year and almost all of it within five years." [1] The first International No Diet Day was celebrated in the UK in 1992. Feminist groups in other countries around the globe have started to celebrate International No Diet Day, especially in the USA, Canada, Australia, New Zealand, India, Israel, Denmark and Brazil. Since 1998 both the International Size Acceptance association (ISAA) and the National Organisation for Women (NOW) have sponsored similar days. ISAA's day is the International Size Acceptance Day which is celebrated on the 24th April. [2] NOW organises a *Love Your Body* campaign, with its own annual Love Your Body Day in the fall, [3] which critiques what it defines as "fake Images" of the fashion, beauty and diet industries demanding that images of women with diverse body sizes and shapes are used instead. [4]

**International No Diet Day is observed on May 6, and its symbol is a light blue ribbon.**

From:

[http://en.wikipedia.org/wiki/International\\_No\\_Diet\\_Day](http://en.wikipedia.org/wiki/International_No_Diet_Day)  
1. Fletcher, Anne M. (2003). *Thin For Life*. Houghton Mifflin Harcourt. ISBN 0547346344.

2. "5 Years of ISAA: A Historic Timeline". International Size Acceptance Association. Retrieved Feb 2013.

3. "Love Your Body". National Organisation for Women. Retrieved Feb 2013.

4. Kwan, Samantha (2011). *Diet Industry in Encyclopaedia of Women in Today's World, Vol 1*. Sage. p. 397. ISBN 1412976855.

## May 2013 Newsletter



Creating Community  
Changing Lives

## 8 Health Benefits of Bananas

Banana, the once-exotic fruit, has found its way into our daily lives. Whether sliced over cereal or blended in a smoothie, here are eight great reasons to include about four bananas a week in your diet.

**Diet** - One banana has 11% of the RDA of dietary fiber and only about 108 calories. The fiber in bananas not only keeps digestion regular, but also helps maintain low blood sugar and curbs overeating.

**Lower Blood Pressure** - Studies show that the high amounts of potassium in bananas (over 13% of the RDA) can lower one's blood pressure, which in turn lessens the possibility of atherosclerosis, heart attack and stroke.

**Bone Health** - Along with lowering blood pressure, potassium prevents the weakening of the body's bones. A high sodium intake, which is typical of many American diets, can cause excessive amount of calcium to be lost through the urine, which threatens not only the strength and general health of the bones, but also negatively affects blood clotting, proper muscle contraction, and normal nervous system function. The potassium found in bananas neutralizes the high amounts of sodium in one's diet, thus allowing for healthy amounts of calcium to remain within the body.

**High Nutrient Absorption** - The potassium in bananas is not the only means to ensure healthy levels of calcium in the body. Bananas also contain high levels of fructooligosaccharide (FOS) that--along with insulin--promotes calcium absorption. FOS further nourishes healthy bacteria in the colon that manufacture vitamins and digestive enzymes that boost the body's overall ability to absorb nutrients.

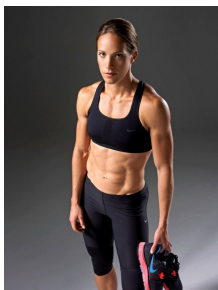
**Healthy Digestive Tract** - Bananas can diminish the uncomfortable effects of diarrhea and constipation. The high amounts of potassium in bananas can restock electrolytes that are easily depleted when suffering from diarrhea -- potassium being an important electrolyte itself. Furthermore, bananas can relieve the body from constipation and help restore regular digestion with pectin, a soluble polysaccharide that helps normalize the digestive tract.

**Rugged Gut** - Bananas protect the healthy constitution of the stomach in two ways. Firstly, they trigger the production of mucus in the stomach, which provides a protective barrier against stomach acids. Secondly, bananas possess protease inhibitors, a substance that breaks down bacteria in the stomach that cause ulcers. (Moreover, protease inhibitor also obstruct the replication of certain cells and viruses, including HIV.)

**Cancer Prevention** - A large study by the *Internal Journal of Cancer* illustrates that the probability of developing kidney cancer is greatly lessened by frequent consumption of fruits and vegetables, though especially bananas. For instance, the probability of developing kidney cancer in female subjects decreased by 50% when eating bananas four to six times a week.

**Vitamin B6** - One banana has an impressive 34% of the RDA of vitamin B6, which serves many important roles in the body's health. For example, the B6 in bananas acts as an anti-inflammatory agent that helps ward off cardiovascular disease, type II diabetes, as well as obesity. B6 also contributes to the maintenance of the lymphoid glands that ensure the production of healthy white blood cells that protect the body from infection. Finally, the vitamin B6 in bananas plays a pivotal part in cell formation and proper nervous system function, making one banana a day a healthy and delicious choice.

<http://www.healthdiaries.com/eatthis/8-health-benefits-of-bananas.html>



## 10 health tips from one of Canada's fittest women

Whether you're looking to shed the last 10 pounds or trying to run a marathon, this Olympian gives us her best tips regardless of fitness level. If you're looking for workout inspiration, look no further than Canadian Olympian Jessica Zelinka. In the last two Olympic Games, Zelinka, who has a chiseled physique that puts many a Greek statue to shame, achieved three top-10 finishes in heptathlon (seven track and field events over two days) and hurdles. When asked for her advice on how to get in great shape, what came mind was her three-year-old daughter: the fit tips she recommends for adults follow the same philosophies parents use to ensure they raise strong, healthy children. That said, considering her husband is fellow Olympian Nathaniel Miller (water polo), that must be one healthy household.

### MAY CHALLENGE

The Queen  
Street Tour  
in honour of  
Queen Victoria  
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1 kilometre

- 1. EAT YOUR VEGGIES** - "We always try to eat them at every meal and at snack time," she says making the good point that if you aren't eating veggies for your snacks, then what it is you're replacing them with? Probably something not-so-healthy.
- 2. CHEW YOUR FOOD** - After having a baby, chewing my food is one thing I forgot to do," Jessica said. "I stopped paying attention to what I was eating." She relays the importance of slowing down, sitting at the table during regular meal times and in a social setting with family instead of in front of the TV. "Don't drink your calories either," she said advises.
- 3. GO OUTSIDE AND PLAY** - It helps with digestion and gets you fresh air. It's an easy thing to add into your routine." Jessica is a big fan of after-meal walks too!
- 4. SELF SOOTHE** - "Go for a run, do pushups, play actively. Find a way to burn off that anxiety and stress in a way that makes you feel good."
- 5. SCHEDULE PLAYTIME** - "Set a time in your daily routine to exercise. Make sure nothing else is a distraction." And don't let other things interfere with your scheduled fitness time warns Jessica.
- 6. LIVE IN THE MOMENT** - When you're working towards improved fitness, it's important to focus on the task at hand. This is something that Jessica understands well from living a life of athletic competition, but it's also good advice for the average person who wants to push physically and achieve a personal best. It's about practicing mental and physical discipline to do your best.
- 7. LEARN YOUR NUMBERS** - "Focus on the numbers in your training program and know what you want to accomplish. Whether it is weight to be lifted, number of reps, seconds for holding a posture, speed for a race or distance, it's all important." Those who track their progress in terms of improving physical performance have higher adherence rates for exercise.
- 8. SAY YOU'RE SORRY** - "Forgive yourself if you don't meet your goals. Avoid the all or nothing mentality. Don't feel guilty and just start again tomorrow."
- 9. STICK TO A ROUTINE** - "Routines for both adults and children, provide a sense of security and predictability that gives us a sense of control and confidence that we can not only manage our lives, but thrive!"
- 10. TAKE TIME OUT** - "When you feel overwhelmed, take a mental health break. Calm yourself down by taking some quiet time and focusing on your deep breathing."

The average person will never compete in the Olympic Games, but this is solid advice to achieve our own personal bests whether it's losing the last 10 pounds or finally signing up for that class you've always wanted to do.

Follow Jessica on twitter: @JessicaZelinka **Source:** <http://www.chatelaine.com/health/fitness/10-health-tips-from-one-of-canadas-fittest-women/>

And the  
Winner is...  
Julie Wood  
for the Month  
of April!



Happy Mother's Day  
Sunday May 12<sup>th</sup>

### Curried Chicken and Apple Lettuce Wraps - Serves 4

This wrap is a play on the regular and sometimes boring chicken salad sandwich, but without mayo and with the addition of sweet and crunchy apple and the spice of curry and turmeric.

#### Ingredients

- \* 1 cup (250 mL) diced cooked chicken breast
- \* Small handful cilantro, finely chopped
- \* Juice of one lemon
- \* 4 big leaves red or Boston lettuce (Be sure the lettuce you choose as your wrap is sturdy enough to hold in the chicken).
- \* 1/4 stalk celery, diced
- \* 1/4 cup (50 mL) low-fat yogurt
- \* Pinch each salt and pepper
- \* 1/4 cup (50 mL) apple, skin on, diced
- \* 1 tsp (5 mL) curry powder

#### Directions

In a medium bowl, combine diced chicken, celery, apple and cilantro. In a separate small bowl, stir together yogurt, curry powder and lemon juice. Add to chicken mixture and fold together. Season with salt and pepper to taste. Lay washed lettuce leaves on a clean workspace. Place one-quarter of the chicken mixture on each leaf. Tuck in the sides of lettuce and roll up from the end. Cut rolls in half and secure leaves with a toothpick.

**Source:** <http://www.besthealthmag.ca/eat-well/recipes/curried-chicken-and-apple-lettuce-wraps>