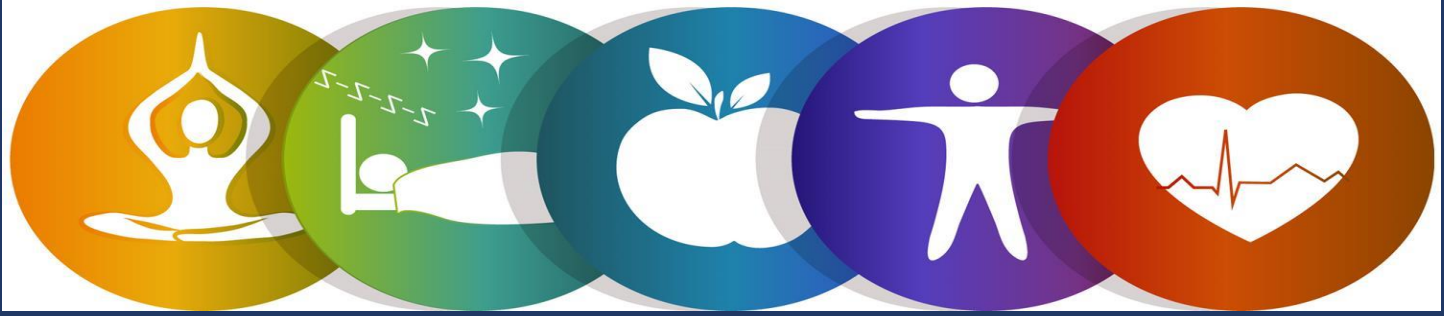


WELLNESS



THIS WEEK'S THEME: OLIVE OIL

A little bit about OLIVE OIL



Olive oil comes from olives, the fruit of the olive tree. Olives are a traditional crop of the Mediterranean region. People make olive oil by pressing whole olives. People use olive oil in cooking, cosmetics, medicine, soaps, and as fuel for traditional lamps. Olive oil originally came from the Mediterranean, but today, it is popular around the world. Olive oil is frequently used as a dip for bread, for drizzling on pasta, in cooking, or as a salad dressing. Some people consume it by the spoonful for medicinal purposes. Some people claim that consuming olive oil and lemon juice together leads to positive health outcomes. People claim to use them for cleanses and detoxes, to treat and prevent gallstones, and to promote weight loss.

IS EXTRA VIRGIN OLIVE OIL BETTER THAN REGULAR OLIVE OIL? Olive oil and extra virgin olive oil are both made from olives but with different extraction methods. This means they have various differences. Overall, extra virgin olive oil may be considered more healthful.

A simple, yet delicious dressing using olive oil and lemon juice

Try this: If you want to combine olive oil and lemon juice in your diet, try making a simple vinaigrette salad dressing. It can go on almost any type of salad — green salad, potato salad, tomato salad, couscous, and more.

Whisk together about 3 parts lemon juice to 4 parts olive oil, then mix in some Dijon mustard, finely chopped garlic, honey or maple syrup, and salt to taste.





A BIG SHOUT OUT TO TEAM RIDERS:

CARLA, LINDA, CLAIRE, RUSSELL AND KAREN!!!

YOU COLLECTIVELY LOGGED 169 KM WELL DONE 🎉

Go by Bike Week

FEBRUARY 5TH – 11TH



Team Stats

Feb 5, 2024 - Feb 13, 2024

Event This Week Last Week This Year Custom

DISTANCE
169 km

RIDES
11

CALORIES BURNED
5,081 kcal

GREENHOUSE GASES
SAVED
37 kg



YOGA SCHEDULE

Location	Days	Time	Provider
Quamichan School Dance Room	Mondays	3:45 – 4:30 pm	Gillian Berry
Frances Kelsey Secondary Dance Room	Tuesdays	3:30 – 4:30 pm	Kendra Crighton
Chemainus Secondary Dance Room	Thursdays	3:45 – 4:45 pm	Alison Donnelly
Cowichan Secondary Dance Studio	Thursdays	3:45 – 4:45 pm	Kim MacLean
Lake Cowichan School Library	Thursdays	3:30 – 4:30 pm	Julie Madden

Looking to join a gym??

Take advantage of these great rates available for SD79 employees

Fit-Co

Bay 2- 5880 York Rd.
Duncan, BC
250-748-2202

- Personal training and nutritional guidance free for members (\$350 Value – some restrictions apply)
- Juice Bar and Vitamin Supplements
- Membership rates: Drop-in \$15 ~ 1-month \$75 ~ 3-months \$199 ~ 6-months \$349 ~ full-year \$499
- **Cowichan Valley School District Employee intro. rate for 3 months only \$149.99 (new members only)**

Valley Health & Fitness

#1 – 1400 Cowichan Bay Road
Cobble Hill, BC
250-743-0511 or email info@valleyhealthandfitness.ca

- **Corporate rate of \$39.95 per month + GST (with a 1-year membership)** or \$429.00 per year + GST if paid in full
- Includes Cardio/Weights/Group Classes (incl. yoga)/Infrared Sauna.

CrossFit Anchored Athletics

Unit #8 L-6961 Trans-Canada Hwy
Duncan, BC
778-997-3562

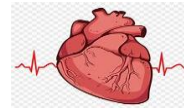
- Corporate rate of 27% savings on a **3-month commitment** for \$210 +tax per month (regularly \$289.99 per month).
- This 3-month Membership includes:
 - 8x one on one Personal Training sessions
 - 3 months of unlimited Group Classes
 - 3 months of Gym Access using a Keyfob between 6am and 10pm
 - 2x In Body Scan (body composition scan) to give initial body composition starting point. One in the first week and one at the end of the three months

LifeSpeak Inc.



This month on LIFESPEAK –

taking control of your.....



• **Click on the link below to learn more!**

[This month from LifeSpeak: Taking Control of your Heart Health through Good Nutrition](#)

February 2024 • Taking Control of Your Heart Health through Good Nutrition, with Dr. Alison Atrey



[How a healthy diet impacts cardiovascular disease \(CVD\).](#)



[The role of fats in a heart-healthy diet](#)



[The role of protein in a heart-healthy diet](#)



[Carbohydrates and heart health](#)



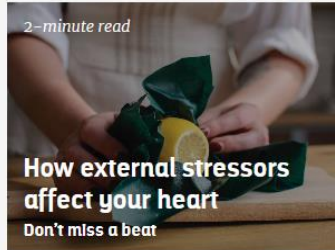
[The impact of alcohol on your heart health](#)



[Common myths about a heart-healthy diet](#)

alive@work *Healthy Learning at Work*

Brought to you by



Click link below:

[Cowichan Valley School District \(alive.com\)](https://www.alive.com/cowichan-valley-school-district)

alive@work
LEARN. PREPARE. ENGAGE.

5 HEALTH FACTS + 3 RECIPES = 1 QUICK READ FOR YOUR COFFEE BREAK



Click link below:

[Take 5 for your health](#)

.....AND THE WINNER IS.....**MICHELLE MCKAY!!** -
Congratulations Michelle!!! Your prize is at the front desk!



FEBRUARY TRIVIA:



1. How often are leap years? **Every 4 Years**
2. If you were born in February, what is your sign? **Aquarius**
3. When is Valentine's Day? **TODAY – February 14th**
4. Jennifer Aniston was born on the 11th of February 1969. Which character did she portray in Friends? **Rachel Greene**
5. John Lennon's wife was born on the 18th of February 1933. Who was she? **Yoko Ono**
6. Which American actor, born on the 18th February 1954, was in Grease, Pulp Fiction and Saturday Night Fever? **John Travolta**
7. If you were born in February, what is your birth stone? **Amethyst**
8. What is February's birth flower? **Violet, Iris or Primrose**
9. What does it mean to be a "leaper" or a "leapling"? **February 29th is your birthday!**
10. Which American actor, born on the 9th of February 1943, played Tommy DeVito in Goodfellas? **Joe Pesci**

Thank you to all those that took the time and entered!!!

WELL DONE!!

Hul'q'umi'num Greetings – February



Mim'ne'

February

(The time of the "baby moon",
the short month)

Hul'q'umi'num GREETINGS for this week:



Huy tseep q'u sii'em nu siiye'yu

Thank you, all my respected friends,



Q: skw'ins tun'a kweyul?

'What day is this?'

A: slihws. slihws tun'a kweyul.

'Wednesday. It is Wednesday today.'



If you have an idea or a theme you would like to see incorporated into WELLNESS WEDNESDAY'S – **send me an email!**
dwhyte@sd79.bc.ca

...until next Wednesday!!!

Take care,

Donna Whyte

Donna Whyte
HR Health & Wellness Manager
250-748-0321 EXT 624

dwhyte@sd79.bc.ca