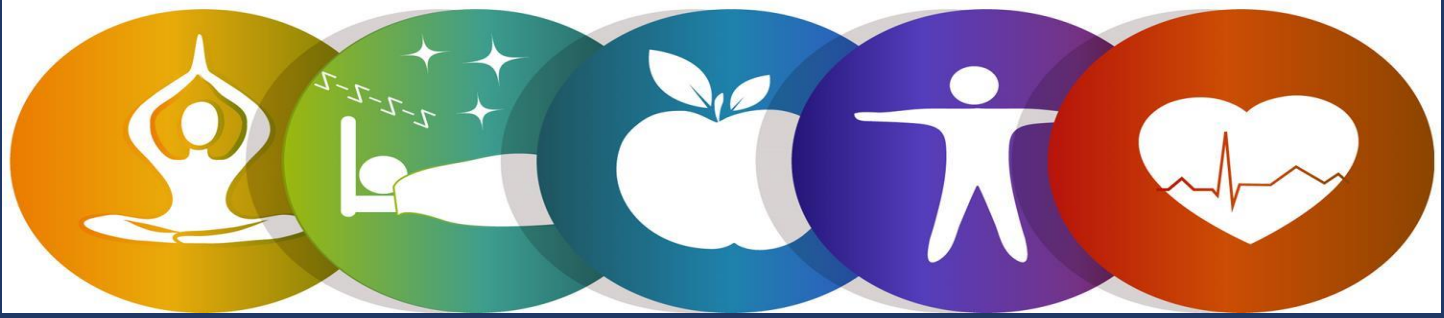


WELLNESS



THIS WEEK'S THEME: PROTEIN BARS



Protein bars of all kinds are easy to find at your local grocery store or health food store. But with so many bars now available, it can be difficult to choose the right one. Start off by avoiding bars with highly processed or unrecognizable ingredients, high amounts of sugar and unhealthy fats. While they can be a convenient, portable and nutritious choice, “protein bars” **can have the same or more sugar as a chocolate bar!** Choose a bar that has high amounts of protein and fiber because these ingredients will keep you feeling full for longer. Use the 4/8/4 rule: find a bar with at least 4 grams of fiber, less than 8 grams of sugar and at least 4

grams of protein per serving. If the bar is being used as a meal replacement or you are eating it post-workout, choose one with 15-20 grams of protein per serving. The average person doesn't need to eat protein bars as part of a healthy diet. Limit your consumption to eating a protein bar only when there are no other whole food options available. Alternatively, if you want to eat protein bars regularly, make your own to control the ingredient list. Here is a yummmmy one!

~~ Peanut & Oat Protein Bars with Chocolate Drizzle ~~

- ¾ cup rolled oats
- 1 rice cake
- ¼ cup protein powder
- ¼ cup peanut butter
- 2 tbsp maple syrup
- ½ tsp vanilla
- ¼ cup chocolate chips



DIRECTIONS

- Line a baking sheet with parchment paper. In a food processor, blend rolled oats until broken down into a flour. Crumble the rice cake in and pulse a few times. Transfer to a large bowl with protein powder and a pinch of salt.
- Add peanut butter, maple syrup and vanilla. Stir well (if mixture is a bit dry, add a splash of milk)
- Press mixture into pan and pat into a smooth layer. Place in freezer for 10 minutes
- Melt chocolate chips in the microwave
- Drizzle the bars with the chocolate and freeze again for 5 minutes
- Slice into 4 bars – nutrition facts

Peanut & oat protein bars with chocolate drizzle

Nutrition per serving

Calories:	268	Fiber:	6g
Carbs:	30g	Net Carbs:	24g
Sugar:	12g	Added Sugar:	10g
Fat:	12g	Saturated Fat:	3g
Sodium:	69mg	Protein:	13g



Winter Workout Tips

Don't let the weather slow down your workout routine. Follow these tips to get energized through the Winter!

Indoor/Outdoor

Take activities indoors! Give something like indoor tennis a try. On the flip side, take advantage of what we have in winter ~ snowshoeing, cross-country skiing, even skating or pickup hockey is great.”

Dress Appropriately

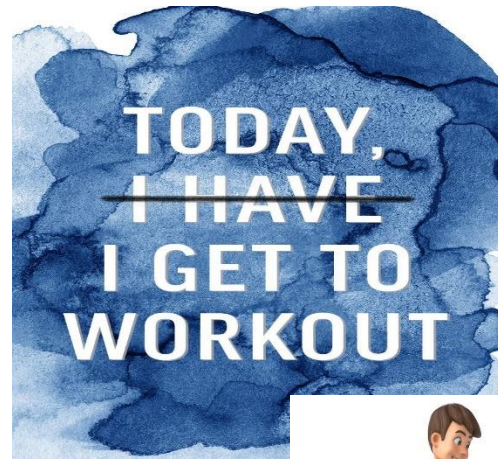
Even if it's cold out, wear thin layers; your body still needs to sweat. An inner layer is important for keeping your core warm, and an outer layer to keep wind, cold, and moisture away. You should also look for moisture-wicking clothing that has ventilation. If you're exercising outside, cover the skin on your hands and face with something warm but moisture wicking.

Get Motivated

Schedule a workout with a friend. When you have someone counting on you to go, it's harder to back out at the last minute. If dark mornings are difficult for you, switch your routine to evenings.

9 tips to get motivated to workout

- 1 Know the reason for working out.
- 2 Set a short-term goal.
- 3 Identify possible challenges, and beat the first.
- 4 Prepare what you need for exercise the night before.
- 5 Prepare a workout playlist.
- 6 Do different workouts.
- 7 Reward yourself.
- 8 Keep a tracker.
- 9 Have a workout buddy.



Hands up...IF YOU MADE A NEW YEAR'S RESOLUTION TO TAKE BETTER CARE OF YOU!

WELL, THAT IS AWESOME!!!!

HERE ARE A FEW TIPS TO GET YOU GOING!

Starting an exercise program as a New Year's resolution can have numerous benefits. Many people use the new year as a fresh start to meet their fitness goals and that is a good thing! Here are some benefits of starting an exercise program as a New Year's resolution:

1. **Improved physical health:** Regular exercise can help improve cardiovascular health, increase muscle strength and endurance, and reduce the risk of chronic diseases such as diabetes, heart disease, and obesity.
2. **Improved mental health:** Exercise can help reduce stress, anxiety, and depression, and improve mood and cognitive function.
3. **Increased energy levels:** Regular exercise can help boost energy levels and reduce fatigue.
4. **Better sleep:** Exercise can help improve the quality of sleep and reduce the time it takes to fall asleep.
5. **Increased self-confidence:** Regular exercise can help improve body image and self-esteem.

Remember, it's important to start slowly and gradually increase the intensity and duration of your workouts. It's also important to find an exercise routine that you enjoy and that fits your lifestyle. Good luck with your fitness goals! ~ AND TAKE ADVANTAGE OF SOME OF THESE DEALS!!

Fitness Facility Corporate Rates

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

WELCOME BACK

Wellness Initiative – Yoga Classes ARE BACK!

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

Bring a mat, blanket, water and wear comfortable, stretchy clothes.

No experience necessary – all levels are welcome!



Hul'q'umi'num Greetings – JANUARY

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

Tth'ihwum. Please.

Huy_ch q'u. Thank you. (said to one person)

Huy tseep q'u. Thank you. (pl.)

Namut kwu. You're welcome.

- more Hul'q'umi'num words and greetings coming in the New Year!!!!



I hope this New Year brings all of you good health, joy and peace. I am always so grateful to folks who reach out with ideas and suggestions for the Newsletter! 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

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