



**Vibrant Living**  
Fitness Centre  
Work us in... We'll work you out

**June 29<sup>th</sup> to July 3<sup>rd</sup>, 2020**

## **WEEKLY HEALTH TIPS:**

(Courtesy of Elena Davydenko/A LIV North Account Manager)

### **Eat Well**

Did you know the average Canadian gets about 11% of their daily calories from drinks? That is roughly 200 calories a day spent on beverages (from an average 2000 calories diet). Since the majority of calories in beverages come from sugar, that can equate to loads of unnecessary and unhealthy sugars. On top of the benefits of cutting out these calorie dense low-nutrient beverages, the benefits of drinking JUST pure water – and lots of it, are pretty astounding.

Consuming more water means having a sharper brain – our brains are about 75% water and a dehydrated brain is foggy, stressed, confused and might be prone to headaches! Water is critical for skin health and helps to flush out toxins revealing smoother, more hydrated skin. More water reduces joint pain and can help with weight maintenance and loss too!

When you remove sugary drinks, your heart, brain, teeth, kidney, bones, bladder, and reproductive organs will all say thank you. Drinking sugary drinks has been showed to increase risk of kidney damage, cause inflammation affecting your heart. In fact, people who drink pop regularly are said to be almost 20% more likely to have a heart attack. Long term sugar consumption has also been shown to impair memory and learning meaning the brain doesn't love the sugar either! There are countless reasons to both drink more water and cut down on sugary beverages!

REMOVE THE FOLLOWING from your day:

Sports drinks (energy drinks)

Pop

Sweetened mineral water

Vitamin Water

Juice

Alcohol

CONSUME ONLY:

Unsweetened Tea or Coffee

Water – pure water

### **Sleep Tip**

Sleeping too much can lead to many of the same side effects as sleeping too little, including depression, irritability, and cardiovascular issues

However, such effects may not always be case of sleeping too much. The excess sleep you require might instead be a sign of a related underlying health conditions like anxiety, depression, sleep apnea, Parkinson's disease, diabetes, heart disease, obesity, thyroid disorders, asthma



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## Fitness Centre

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### Stress Less

We all talk to ourselves! Sometimes we talk out loud but usually we do it in our heads. Self-talk can be positive or. The more you have negative thought/self-talk the higher is your stress level. Start thinking positively and this will help you calm down and control stress. Practice positive self-talk every day whenever your notice negative thought.

### Negative to Positive

"I can't do this." > "I'll do the best I can. I've got this."

"Everything is going wrong." > "I can handle this if I take one step at a time."

"I hate it when this happens." > "I know how to deal with this; I've done it before."

"I feel helpless and alone." > "I can reach out and get help if I need it."

"I can't believe I screwed up. > "I'm human, and we all make mistakes. I can fix it."

### Fit Tip

Drivers and cyclists have a love-hate relationship. Cyclists can use these etiquette and road safety tips to do their part in creating a safe environment on the road and avoid an unnecessary incident. Please read more at...

<https://blog.mapmyrun.com/13-cycling-tips-to-safely-share-the-road-with-drivers/>



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