



Do we have the Time to Wait...?

ROME WASN'T BUILT IN A DAY.

# More Dollars

Productivity is a measure of how efficient we are at doing what we do best within the confines of a particular work environment or system. In the 80's a number of large corporations started doing research to see how they could increase productivity while keeping workers happy. Do you know what one of the major discoveries was? It was that regular physical activity coupled with a healthy work environment were the two largest effectors in their quest for enhanced productivity

and a bigger bottom line. Since these discoveries, major companies such as Coca-Cola, GM, Johnson and Johnson and many other multi-nationals have adopted wellness programs, healthy incentives and many have even put fitness facilities into their factories and office spaces. These companies realize the benefits of making sure that their employees are healthy. It affects your bottom line by reducing the number

of sick days that you are likely to take, boosts your energy levels, keeps you hormonally level and ensures you sleep well at night so you're ready to go the next day. Investing in health doesn't only affect your body! After all... What's stopping you? It only takes a couple of minutes a day to move towards health and prosperity!

**RISE UP!**

*If you think you (or someone you know or love) could benefit from this type of knowledge... please send this on &/or email us:*

*Bennewman@shaw.ca*



## Review: a DOSE of fat kids.

DOSE's daily newspaper July 7th front page states 'YOUNG CANADIANS ARE GETTING FAT'. In 1978, 3 percent of children were clinically obese, today that number is more than doubled at a whopping 8 percent. More than 5.5 mil-

lion Canadians are currently classified as 'overweight' and the trend is getting bigger & fatter, faster. Dieticians, nutritionists and personal trainers are rubbing their hands together in anticipation of the record number of peo-

ple requiring these specialized skill-sets due to the epidemic of increasing waistlines. Sadly it is our own fault. Making poor food choices, not getting enough exercise and not asking for help when we need it is a major problem.

**Health umbrella : (Health pro search)**

Physiotherapist	-
Massage Therapist	-
Cooking /Food Instructor	Shaya / Maxine
Water Specialist	Ken Newman
Clinical Counsellor	Michael Danyluk
Naturopathic Doctor	-
Chiropractor:	Dr. Dale Detzler

**Pillar Facts:**

- **Eating** small meals every 3 hours keeps your blood sugars level.
- To stay properly **hydrated** keep a glass besides your bed, in your bathroom and carry a hard plastic water bottle EVERYWHERE.
- **Sleep** affects your nervous system, immune system and hormones. GET SOME!
- **Breathing** deeply 8-10 times while lying in bed at night helps set brain patterns for sleep.
- **Exercise** is the best 'feel good' medicine, it releases endorphins and makes you happy.