

WE WANT TO PUMP (*CLAP*) YOU UP!

You woke up on January 1st vowing to make a change. We know you did. You swore off alcohol, parted ways with your favourite take-out spot (through teary eyes, no doubt) and pillaged every health food store within a five kilometre radius to stock up on quinoa, flax seeds, Manuka honey and all the steamed kale in the province – even going so far as to bring those dry, tasteless leftovers to work the next day. Which you'll get to eating of course, but only after you finish that piece of homemade chocolate cake left in the lunchroom after Janie's baby shower.

We get it. No matter how hard you want to make changes, adopting a healthy lifestyle is no easy feat – especially if you're trying to do so cold-turkey. Often it's our lack of planning that leads to our ultimate downfall. Other times we are just so overwhelmed by all the health resources out there, we have a hard time figuring out where to begin. Or perhaps you don't have time to whip up a veggie scramble for breakfast, especially when a pre-packaged granola bar is readily available.

(And what the heck *is* Manuka honey anyway???)

Whatever the excuse may be, the good news is that achieving a healthy lifestyle isn't totally impossible. In fact, with spring (and bathing suit season) right around the corner, now is the perfect time to act. Don't worry though, your pals at GSC have got you covered...see that, we just made a pun! Which rhymes with bun. Which is best when stuffed with pulled pork and gobs of bbq sauce..... Oh no, see, how hard this is????!!!

What?

The Change4Life™ Online Health Portal

A free (FREE) web portal exclusive to GSC plan members in which users earn points for completing a number of health-related tasks. Plan members can then redeem their points for a chance to win actual rewards.

When?

Launching at the **end of April.**

Where?

The Change4Life web portal will be made accessible through Plan Member Online Services only (that's just how exclusive it is!).

Why?

Well for starters, at GSC we actually care about your health and well-being and want to encourage you to take care of it. Which is why the portal is designed to inspire all of us to get started on a journey towards better health (with some cool tips and rewards to help motivate you along the way).

But that's not all...

WE'VE GOT A CHALLENGE FOR YOU RIGHT OFF THE BAT

For the first month after the launch of the Change4Life™ portal, GSC is going to be holding the Change4Life Rewards Program! Here's how it works: instead of drawing prize winners at the end of the month (which is how the prize draws will normally work) we're going to draw for the same number of prizes every week!

Because who doesn't love getting rewarded for the things you should be doing anyways?

Change4Life™

HACKS*4 A healthier WORK WEEK

We're going to be blunt here – people can be lazy. (Full disclosure – this newsletter is often written while lying on a couch, in sweat pants, with House Hunters on in the background).

Now you may have the best intentions, sure, but when faced with the decision to either head to hot yoga, or watch the final episode of your new favourite show on Netflix, it can be tough to convince yourself to get up and be productive. So, whether it's new ways to simplify your morning routine, or ways to make the most of your time at the gym, we want to help. With these five ways to squeeze healthier choices into that jam-packed schedule of yours, we're certain that a few tips will help to keep you on track:

1 Prep your weekday meals over the weekend

In theory, salads are about the easiest thing to prepare. Cut up some veggies, sprinkle in a little protein such as chicken breast or tuna, toss in some dressing and there you have it. In reality however, all that chopping, sautéing and cooking can be pretty time consuming. Spare yourself the agony of last minute salad preparation by washing and chopping any veggies, or pre-cooking your protein over the weekend.

2 A secret stash is never a bad thing

Work weeks are totally unpredictable. You never really know when you'll have to work overtime, or how long you'll be stuck in a meeting. And while grabbing a slice of 'za seems like a viable option in those busy moments, having an emergency healthy snack stash ensures you always have something good on hand.

3 Deskercise! Deskercise! Deskercise!

On certain days, there just isn't enough time to squeeze in a workout. But that doesn't mean you can't exercise at all. If you sit at a desk, doing exercises is possible and a great way to sneak in a mini-workout (as long as it doesn't distract you from your job, of course). Our choice move? Shoulder shrugs.

4 Skip the bar food (not necessarily the bar)

After a long day of work, a burger and a beer might seem like a match made in taste bud heaven. If you are going to head to the bar post work shift for a little indulgence (we certainly don't condemn it), may we suggest a different approach? If you're aware of your plans in advance, fill up on a soup or a salad beforehand...and then pick your drink of choice.

5 Cooking Oils 101

Switching up your cooking oil can actually do wonders. Try sticking to oils that are plant based – such as olive, canola, peanut, sesame or grape seed.

TOTALLY RANDOM, SOMEWHAT USEFUL STATISTIC

According to a 2012 study from Visa Canada, 61% of Canadians are spending between \$7 and \$13 A DAY just to eat lunch at work. That's between \$35 and \$65 a week folks! Definitely makes you want to BYOL (bring your own lunch).

DID YOU KNOW?

Contrary to what current trends might suggest, there is no scientific evidence to support that gluten is a particularly fattening ingredient. So, rather than renouncing gluten all together, try focusing instead on getting healthy whole grains.... in moderate portions.

BE SOCIAL WITH US



BE OUR FRIEND?



TWEET US



JOIN OUR NETWORK



DARN GOOD HEALTH ADVICE:

Wearing your running shoes everywhere this spring may increase your odds of actually running.

Disclaimer: *There is no scientific evidence to actually support this. Though we encourage you to certainly be more active.*