

Week 2 – May 18-24 Heart Smart Wellness Connected Challenge



Nutrition Week



This week is all about engaging in healthy nutritional habits to add to our Heart Smart Wellness Connected Challenge. Eating healthy will also help you stay healthy and boost your immunity during the COVID pandemic. Some examples include:

- Organize a healthy virtual Potluck lunch with your team
- Have an active lunch - eat outside, use half your lunch break to go for a walk or workout
- Check out [Eat Healthy While Working from Home](#) Infographic from International SOS
- **In case you missed it from last week: Check out [HornsRec Fitness info sessions on Instagram](#) – Week 1 – Dynamic Stretching**
- Other – what is your go-to nutrition healthy habit? Make sure you check out the [Winners tab on the Heart Smart](#) site to stay connected and be inspired by our fellow participants!

50,000 points will get you the Week 2 badge –enter your physical activity points on a regular basis. **Check out the [Active Lethbridge website](#) for more info on local activities to do, parks and open spaces, and consuming healthy food choices.**

Extra points/badges this week:

1. Take a photo of your healthy virtual potluck lunch – post on [UofLWellness](#) (Instagram) or [U of L Wellness](#) (Facebook). Email wellness@uleth.ca to confirm for **an extra 2000 points**. Make sure you tag #WellnessConnected, #HornsRec.
2. Get your **Week 2 Team Badge!** If your team or co-workers join you (virtually of course)
3. **Healthy Snack badge** - Choose 4 healthy snacks this week for this badge and tag us on [UofLWellness](#) (Instagram) or [U of L Wellness](#) (Facebook) to keep us in the loop!
4. **Attend Jillian Hallworth (UofL Kinesiology) Zoom Meeting on Nutrition.** This will be held Thursday May 21 at 11:00 AM. Email wellness@uleth.ca for zoom address.
5. **Attend Week 2 HornsRec Fitness Info session – [Week 2 Spine Health and Posture](#)**
6. **Week 2 Support Local badge** – order food from a [local restaurant](#), or [shop local](#)

Tips: Healthy eating does not have to result in dieting or making yourself miserable when limiting your options. You can choose many simple alternatives. These include:

- *Start by slowly decreasing foods/products you wish reduce. E.g. have one sugar in your coffee instead of two.*
- *Replace cravings for certain foods with something else that is similar. E.g. craving for sweets replace with a sweet fruit like pineapple or strawberries.*
- *Try not to think of certain foods or drinks as being 'off-limits'.*



- *Modify portion sizes either as a meal or food group sizes in your average meal. E.g. increasing the fruits in veggies portion of your meal.*
- *Keep track of water consumption as it is used for waste elimination, metabolism, body temperature and more.*
- *Eat in moderation and variation to stay in engaged in your nutritional choices.*
- *Check out [Canada's Food Guide](#) for suggestions and recommendations!*