



WIEGERS
FINANCIAL & BENEFITS

March 2019: March into Wellness

Companies that offer their staff a variety of resources to support a healthy lifestyle both in and out of the office ultimately benefit from a more appealing corporate culture and an engaged, productive and satisfied workforce. Here are a few simple tips:

Diet and Exercise to Boost Brain Health

- One of the most motivating ways to follow a healthy nutritional regime and to work out regularly is knowing the many mental and physical [benefits that healthy lifestyle choices can bring](#). Recent research has shown that diet is important throughout our lives when it comes to promoting better brain health. The study, [published in the journal Neurology](#), shows the important link between what we eat, and the size of our brain volume.
- The Mediterranean diet is often recommended by doctors and health professionals as a way to battle obesity and promote greater heart health. Comprising lean protein sources, healthy fats such as cold-pressed extra-virgin olive oil, nuts, and seasonal fruits and vegetables, it has been found in many studies to boost health by battling inflammation and helping control blood sugar.
- There are many related diets which in essence follow the same principle. Military-style diets, which are essentially low calorie versions of the Mediterranean diet, for instance, also recommend lean proteins, oils such as flaxseed or olive oil, and nuts. Mediterranean and [military style diets have substitutions as well](#), which vegans and those with specific allergies can easily incorporate into their meals.

With the new day comes new
strength and new thoughts.
Eleanor Roosevelt

Please refer to information about
International Women's Day
below!

Diet and Brain Health

- The Neurology study, mentioned above, found that older people who follow a Mediterranean diet retained more brain volume over a three-year period, than those who did not follow the diet as seriously. Lead researchers, Dr. Michelle Luciano noted, "[As we age, the brain shrinks](#) and we lose brain cells which can affect learning and memory. This study adds to the body of evidence that suggests the Mediterranean diet has a positive impact on brain health."

Exercise Also Boosts Brain Health

- Another study published recently by scientists at NICM. Western University Sydney, has found that **aerobic exercise** (running, cycling, walking, treadmill running etc.) affects our brain in positive ways, by improving memory function and reducing brain shrinkage. Overall, the results showed that exercise did not affect the total hippocampal volume, but it did significantly increase the size of the left region of the hippocampus in human beings. [The hippocampus is critical for memory](#) and other important brain functions.
- Lead author. Dr. Joseph Firth, said, “Our data showed that, rather than actually increasing the size of the hippocampus per se, the main ‘brain benefits’ are due to aerobic exercise slowing down the deterioration in brain size. In other words, exercise can be seen as a maintenance program for the brain.”
- **To boost your brain health**, ensure you follow a healthy diet that is rich in antioxidant fruits and vegetables, choose the right protein sources and snacks, and don’t skimp on healthy fats. Staying active is equally important, so make sure to tackle health from an integrated perspective.

To your health, wellness and overall wealth! Article written and contributed by Jane Sandwood



Take a hike: <https://www.todocanada.ca/25-awesome-places-hike-saskatchewan/>

Join a gym: <https://www.wiegers.ca/benefits/wellness-partners/>

“Happiness is an inside job.”-William Arthur Ward

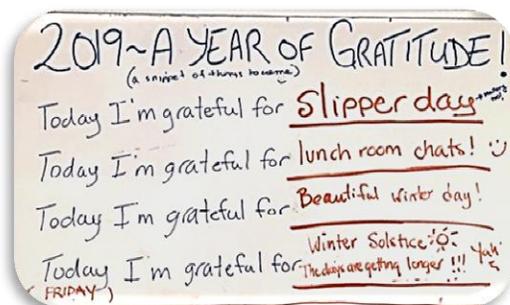
Habits to Boost Positivity

1. Become a selective listener and focus on the positive
2. Watch where you’re directing your energy
3. Focus on “Get to” vs. “Have to”
4. Talk to yourself instead of listening to yourself— change the conversation in your head
5. Get more sleep—when you are well rested, your brain, body, attitude and relationships all operate at higher levels
6. Focus on your purpose every day
7. **Take a moment each day to list things you are grateful for....**



Please [visit us online](#) to learn more about what Wiegers Financial & Benefits does to promote a daily gratitude practice!

Support your employees’ mental health with counselling through an Employee Assistance Program. Please [contact us](#) for more information.



MARCH 8TH IS INTERNATIONAL WOMEN'S DAY!

The Theme for 2019 is #InnovateForChange

It is a time for Canadians to celebrate the progress that has been made towards gender equality and an opportunity to take action to overcome the barriers that remain.



Here are some ideas for how you can celebrate International Women's Day:

1. Take part in an International Women's Day event in your community.
2. Recognize the achievements of an exceptional woman in your community by profiling her in a local paper or online platform, making a donation to a charity in her name, or nominating her for an award (such as the Governor General's Award in Commemoration of the Persons Case).
3. Encourage youth to get involved through classroom discussions and activities, using the Learning Toolkit.
4. Learn more about the challenges facing women around the world from international organizations like UN Women.
5. Donate your time to a local, national or international organization that supports women and gender equality.
6. Talk with men and boys about their role as advocates and allies for gender equality.
7. Plan a fundraising event at your workplace or school for a charity that works with women or works to advance gender equality.



For more ideas, please visit <https://cfc-swc.gc.ca/index-en.html>.