

THE BEST START ISSUE

medisys

PREVENTIVE HEALTH

Health. Lifestyle. Business.



HOW TO LOVE YOUR
BODY IN 2020

3 EXERCISE RESOLUTIONS THAT CAN
LEAD TO SUCCESS

CONSIDERING A JUICE CLEANSE?
HERE'S WHY YOU SHOULD
RECONSIDER.

VAPING: WHAT YOU NEED TO KNOW

HOW TO LOVE YOUR BODY IN 2020

We're only days into January but odds are your social media feeds are already flooded with messages about changing your body this year. Of course, making healthy shifts is a good thing, but what if instead of resolving to follow a rigid diet or fitness routine, you planned to make 2020 the year you fall in love with your body?



Whether or not you tend to set New Year's resolutions, aiming for more body positivity is a no- or low-cost investment that pays dividends in health and happiness. Below, our experts share five ways to love your body this year:

1. TWEAK YOUR OBJECTIVES

If your goals include changing your clothing size or the number on the scale, it's time to tweak them. Try shifting towards resolutions that focus on your health and overall wellbeing. That might be replacing processed foods with more fresh ones, challenging yourself to complete a 5K run in the summer, or putting your cookbook collection to good use twice a week when you would normally order takeout.

If you have friends or colleagues who love to talk about weight loss or gain, feel free to let them know that you're trying to stay in a diet-free zone this year. Moreover, studies show that weight changes as a result of strict dieting almost never last anyway!

2. PURGE YOUR SOCIAL MEDIA FEEDS

You know the tidying up practice that promotes letting go of clothing and other items that no longer "spark joy"? Try applying the same rule to the people and brands that you follow on social media. Take a look at each feed and be honest about how reading those posts makes you feel. Sure, there is lots of great knowledge to be shared and motivation to be found online, but the social media world is also a hotbed for glamorized realities, airbrushing and the commodification of inadequacy.

New research² from the Department of Psychology at York University in Toronto found that social media engagement with attractive peers increases negative body image, and the Canadian Mental Health Association also confirms that there are increasing concerns³ about the links to social media use and mental health and addictions-related issues. The verdict? It's best to curate your accounts carefully.

If you're looking for some body positive inspiration on Instagram, these accounts are packed with healthy recipes and research-based advice: @jessicatong.rd @shannon_dietitian and @medisysclinic.



3. LOVE WHAT YOU EAT

A healthy diet includes a wide variety of whole foods like fruits, vegetables, legumes and whole grains, but forcing yourself to drink a kale smoothie or eat chia seed pudding if you don't enjoy them is counterproductive. Studies show that negative emotions and stress associated with eating can slow down digestion⁴ and even interfere with nutrient absorption⁵. What's more, it becomes easier to overeat when you're not satisfied with what you're eating because your body can misinterpret lack of enjoyment for hunger.

Make a list of nutritious foods that you really enjoy so that you can refer to it when you're stumped at mealtime, and try to practice mindful or intuitive eating; by listening to your body, you'll likely find that it tells you what it's in need of.

Still, navigating the grocery store – and even your own fridge – can feel daunting. Book a consultation with an experienced registered dietitian who can help you take the guesswork out of delicious healthy eating.

4. DISCOVER (OR REDISCOVER) THE JOY IN MOVEMENT

Just like eating foods you dislike, resolving to follow a fitness plan you don't enjoy will not yield lasting results. For disease prevention and optimal health, adults ages 18 and older should engage in 150 minutes of moderate to vigorous physical activity each week, in bouts of 10 minutes or more, according to the Canadian Physical Activity Guidelines⁶. But those minutes don't need to be accumulated on a treadmill! Whether it's brisk walking with your dog, a dance class, playing in a sports league or running around in the park with your kids – the best exercise is the kind that you love to do.

By viewing fitness as stewardship – the job taking care of something (in this case, your body) – our perspective of fitness becomes more loving and positive. "If stewardship and body love are your primary motivations for fitness, you're less likely to do unhealthy things to your body in order to achieve your goals," according to Women's Running Magazine.

Remember that part of loving your body is practicing patience and forgiveness too. You will have days where your diet isn't optimal, and when you really just want to lay on the couch – and that's OK. If you can achieve a baseline of eating a well-balanced diet and being active most days, you will be setting yourself up for a lifetime of good health, both mentally and physically.

Our clinicians are available anytime to provide nutrition advice and on-demand mental health support. [Click here](#) to learn more.

¹ <https://www.cbc.ca/news/health/obesity-research-confirms-long-term-weight-loss-almost-impossible-1.2663585>

² <https://www.sciencedirect.com/science/article/pii/S174014451730517X>

³ <https://ontario.cmha.ca/document-category/social-media-and-mental-health/>

⁴ <https://www.everydayhealth.com/wellness/united-states-of-stress/how-stress-affects-digestion/>

⁵ <https://health.usnews.com/health-news/blogs/eat-run/articles/2018-09-04/enjoy-your-food-its-good-for-your-health>

⁶ https://csepguidelines.ca/wp-content/uploads/2018/03/CSEP_PAGuidelines_older-adults_en.pdf



EXERCISE
RESOLUTIONS
THAT CAN LEAD
TO SUCCESS

By Laura Anifowose, kinesiologist,
Medisys Health Group

Looking to get more active?

1. IMPROVE YOUR SLEEPING HABITS FIRST.

When people think of ways to reach a healthy weight, the first two things that come to mind are usually new exercise routines and fad diets. But what if it didn't have to be so complicated?

To help manage your weight, first resolve to fix your sleeping habits. Improving sleep routines and getting enough restful sleep each night are critical to making healthy food choices, staying active and keeping off excess weight.

Sleep medicine researchers at Harvard have identified a variety of habits known as "sleep hygiene" that can improve a person's ability to fall and stay asleep. These include developing a series of healthy sleep practices like: maintaining a consistent sleep schedule, avoiding screen time for at least 30 minutes before going to bed, establishing a relaxing bedtime routine and avoiding chemicals that can interfere with sleep, such as caffeine, nicotine and alcohol, too close to bedtime. [Click here](#) to download our ultimate sleep guide and discover easy tips to improve sleep health.

2. COMMIT TO MOVING MORE BY DOING ACTIVITIES YOU ENJOY

Besides refining your sleep hygiene, nothing will have a more transformative effect on your life than exercise. Regular exercise offers an endless list of physical and mental benefits. Exercise is medicine and is integral in the prevention and treatment of many medical conditions.

It's well known that increased physical activity provides greater health benefits, but the key is figuring out what you enjoy doing so you can stick with it.

Purchasing a gym membership does not immediately lead to improved fitness or health, particularly if it feels like a chore. Investing in personal training sessions, joining a ball hockey team or learning a new activity like rock climbing can result in better long-term exercise consistency and compliance.

3. TAKE MORE BREAKS!

Making sure to manage your workload by taking the appropriate time to relax will ensure you're more productive and happier this coming year.

Our bodies send us signals to rest and renew, but we often try to override these with coffee, energy drinks, sugar or willpower. However, there is a limit to human capabilities, and working longer hours doesn't necessarily mean greater productivity. Without downtime to refresh and recharge, we're less efficient and our overall happiness is impacted.

While there are varying recommendations for how much downtime a person should have, there's a consensus that it's beneficial to purposely take short breaks throughout the day to engage in healthy behaviors such as drinking water, walking or eating a healthy snack.

Committing to regularly engage in healthy and enjoyable behaviors with family and friends will help you stick with your resolutions and make 2020 your happiest and healthiest year yet!

If you're looking for additional support, speak with your Medisys kinesiologist during your preventive health assessment. To learn more or book an appointment, [click here](#).





CONSIDERING A JUICE CLEANSE?

HERE'S WHY YOU
SHOULD RECONSIDER.

By Heather Feldmann, Registered Dietitian, Medisys Health Group

Do you feel like your healthy habits were de-railed this holiday season? Perhaps you enjoyed more sweets and cocktails than veggies and workouts over the past few weeks? Don't worry - it happens to the best of us.

As a dietitian, I commonly see clients who are looking to get back on track and may be considering a juice cleanse. And I get it! Who wouldn't want to feel better and hit the "reset" button? But in reality, a juice cleanse isn't the way to do it.

Cleanses typically don't live up to their hype, and our bodies come equipped with multiple organs that work hard daily to help us detoxify, naturally

THE DOWNSIDE OF JUICE CLEANSSES

While a cleanse may sound promising - i.e. give your digestive system a break, cleanse impurities from your body, enjoy increased levels of energy - juice cleanses usually don't deliver the right, or healthful, results.

Any restriction of caloric intake can result in weight loss, but from a nutritional point of view cleanses are problematic. Juice cleanses as a whole do not meet recommended nutrient requirements and tend to be low in two major dietary categories: protein and fibre.

First, juice cleanses are low in protein, as they are made up primarily of fruits and vegetables. Protein is needed for many reasons, such as fighting infections and building or repairing muscle tissue. Additionally, amino acids, commonly referred to as "the building blocks of protein" are actually needed by your liver in order for it to do its detox job and work effectively!

The second problem is a lack of fibre. Juicing removes the fibre found in fruits and vegetables. This is what helps to slow the absorption of the natural sugars found in these foods, thus making juice cleanses a blood-sugar nightmare. A lack of fibre can also cause other issues, such as constantly feeling hungry and changes in bathroom habits.

As the adage says, if it sounds too good to be true, it probably is!

WHAT TO DO INSTEAD

As noted, our bodies already have systems and organs in place - primarily the lungs, kidneys, digestive tract and liver - that help us to detoxify naturally. By supporting these systems through nutrition-related strategies, we can help them function optimally.

LEND YOUR LIVER A HAND

The liver performs many functions; one of its main tasks is processing alcohol, hormones, environmental toxins and medications. Your liver uses certain nutrients to help drive detoxification through a two-phase process. Many of the nutrients found in cruciferous vegetables (such as broccoli and cauliflower) have been shown to help in both phases of liver detox. Other key nutrients in the second phase include those from citrus foods (e.g., orange, lemon) and foods from the allium family (e.g., garlic, onion, leek).

Adding more of these fruits and vegetables to your diet can help your liver do the job it was intended to do! Aim to include produce in its whole form in order to take advantage of all its other benefits.

Of course, the other way to give your liver a hand is to reduce or eliminate alcohol. Less toxins going in means less for your body to have to process.

KEEP YOUR KIDNEYS CONTENT

Among the many jobs of the kidneys, one key part is removing waste products from the body via the formation of urine. Kidneys require water in order to create urine and excrete toxins. Daily fluid intake recommendations vary between individuals and within individuals in different circumstances.

Watching urine colour can be a good indicator of hydration. Pale to light yellow urine is typically a sign of good hydration, but keep in mind some supplements and foods can change your urine colour regardless of hydration status. When selecting a beverage to support your kidneys, think water first!

CHECK IN WITH YOUR GUT

The intestinal tract is designed to absorb nutrients from the foods that we eat as well as remove waste products. The end portion of the digestive tract, known as the colon or large intestine, is responsible for the reabsorption of some nutrients along with water. However, if stool stays in the colon for too long, there is the potential for your body to reabsorb some of the toxins that were intended to be eliminated. For this reason, increasing your fibre and water consumption to promote one to three bowel movements per day is a good idea.

Looking for advice on a healthful dietary approach, and/or other beneficial lifestyle factors to start the New Year off on the right foot? Reach out to your Medisys registered dietitian for more tips on how to detoxify the right way. [**Click here**](#) to learn more about our nutrition services and book a consultation.



VAPING: WHAT YOU NEED TO KNOW

By Amra Dizdarevic, Nurse Practitioner, Medisys Health Group

“Vaping isn’t harmful like smoking.”

“I vape because there aren’t any side effects.”

These are common refrains I hear when asking my patients – both adults and adolescents – about their use of vapour products or electronic cigarettes. Unfortunately, they aren’t correct: the use of vaping devices and e-cigarettes has been on the rise in recent years, but it’s an industry fraught with misinformation, dangerous marketing and confusion. It pays to know the truth: what exactly are “vape” products, how common have they become and how can they affect your health?

WHAT EXACTLY ARE VAPOUR PRODUCTS OR E-CIGARETTES?

Vapour products, also known as e-cigarettes or vapes, are battery-powered devices that heat liquid (known as e-liquid or e-juice) to a high enough temperature that it converts to an aerosol vapour. The aerosol is inhaled through the mouth and lungs where it is then absorbed into the bloodstream.

E-liquid is made up of a carrier solvent (usually propylene glycol and/or glycerol) and flavourings (that consist of chemicals) and may also contain varying amounts of nicotine. The variety of flavour options is something that youth find appealing and is noted as one of the reasons why they start vaping. Some e-liquids are odourless, and vapour devices can mimic the look of common objects, such as USB flash drives, pens and flashlights, making it difficult for parents to know whether their children are vaping.

HOW COMMON IS VAPING?

A 2017 Canadian Tobacco, Alcohol and Drugs Survey shows that 23 percent of adolescents (15 to 19 years) and 29 percent of young adults (20 to 24 years) have tried an e-cigarette, compared to only 15 percent among those 25 years and older. While 43 percent of adolescents who vape are not smokers, recent research shows that vaping increases the likelihood of smoking cigarettes. A study from the University of Waterloo and the Wake Forest School of Medicine found that students in grades 7 to 12 who had tried an e-cigarette were more than twice as likely to be susceptible to cigarette smoking.

Some of the reasons young people start vaping include the novelty, flavours, branding and belief that vaping poses less risk than cigarettes. Almost one in four students in grade 7 to 12 think there is “no risk” of harm using an e-cigarette occasionally.

ARE VAPOUR PRODUCTS AND E-CIGARETTES HARMFUL?

It is true that vaping is less harmful than smoking, but that does not mean that it is harmless. There are many unknowns about vaping, including what chemicals make up the vapour and how they affect physical health over the long term. For example, propylene glycol is considered “generally” safe when used in small amounts in cosmetics or food additives. However, there’s a lack of information about whether it is safe to be inhaled. Environment Canada’s Domestic Substance List classifies it as “expected to be toxic or harmful” in terms of organ system toxicity.

Research has also found that when e-liquid is heated to produce the aerosol vapours, new chemicals such as formaldehyde can be created by the high temperatures and those are then inhaled. Flavourings are not harmless either. For example, diacetyl is linked to serious lung disease known as “popcorn lung.” The aerosols created by e-cigarettes can contain other harmful compounds such as benzene (found in car exhaust) and heavy metals including nickel, tin and lead.

One of the most concerning aspects with vapour products is the nicotine – a highly addictive chemical. Adolescents and young adults are especially susceptible to its negative effects, as the brain continues to develop until about age 25. Thus, nicotine can affect brain development, especially memory and concentration, and can even increase impulsive behaviour. It can also lead to addiction and physical dependence.

Not all vaping products contain nicotine, but the level of nicotine can vary widely for those that do. Some mixtures have very low levels of nicotine, while others can contain more than that found in a typical cigarette.

People who use vapour products may be reassured by “nicotine-free” labels on the liquids. However, tests performed by Health Canada found that about half of e-juices that were labelled nicotine-free actually contained nicotine. An Ontario study assessing vaping products at retail outlets determined that of those labelled “with nicotine,” 27 percent of products had concentrations above what was labelled.

Another area of concern is that newer generations of vapour devices can be altered for use with cannabis or its components (THC, hash oil) or other substances.

LUNG INJURY CASES

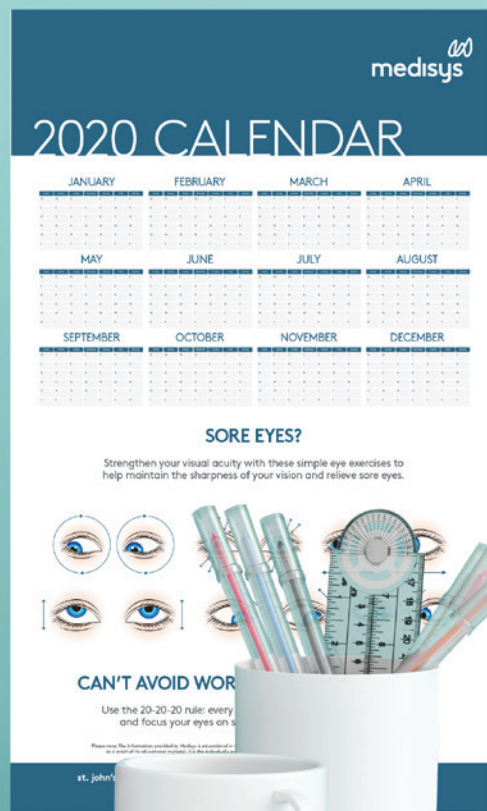
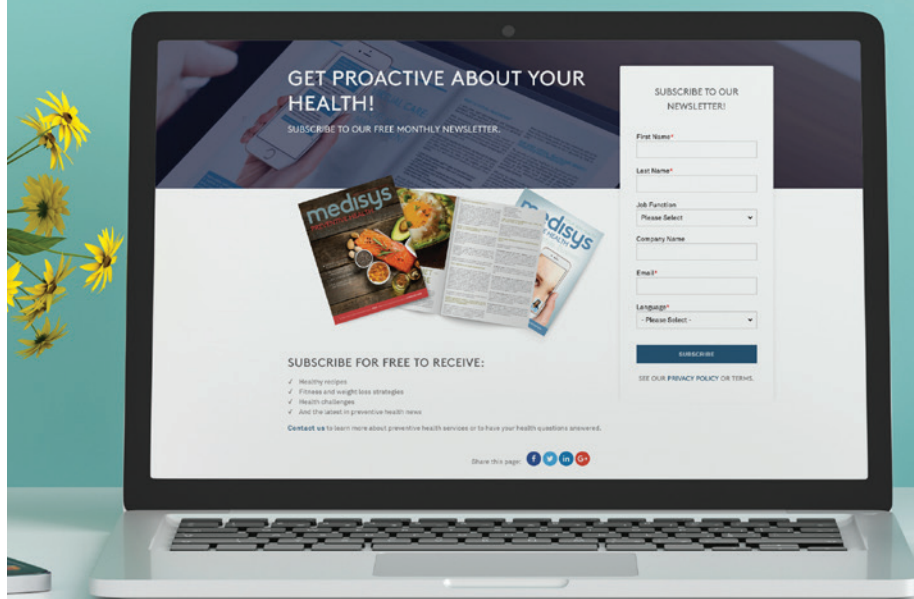
As of October 1, 2019, there have been 1,080 lung injury cases associated with vaping reported to the Centre for Disease Control in the US, and 18 deaths have been confirmed. In those cases, all patients reported a history of using e-cigarette or vaping products and most reported a history of using THC-containing products. These injuries are believed to be related to toxic substances (chemical irritants) entering the lungs. Anyone who has used an e-cigarette or vaping products and experiences symptoms such as shortness of breath, cough, chest pain with or without vomiting, diarrhea, abdominal pain or fever is advised to consult a healthcare professional.

SO, WHAT CAN WE DO ABOUT THIS?

Are you having trouble quitting smoking? Medisys On-Demand provides instant smoking cessation support 24/7 – when you need it most. [Click here](#) to learn more.

Whether you’re vaping while you quit or have picked up the habit on its own, stay informed on the subject and speak openly with your family members – especially adolescent children – about it. Health Canada website is a good resource, and your physicians, nurse practitioners and nurses at Medisys can also provide further support and guidance.

THIS YEAR, SKIP THE CATS CALENDAR!



Canadians spend an average of 11 hours per day looking at screens. Thus, up to 90% of them suffer from Computer Vision Syndrome and experience symptoms such as eye strain, headaches, blurred vision and dry eyes.

Download our 2020 eye exercises calendar and protect your eyes throughout the workday.



st. john's québec montréal ottawa toronto calgary vancouver medisys.ca