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Rossburn

Activist Committee Turns Attention to Preventive Health

When the rural community of Rossburn shifted services, a concerned group of citizens formed an advocacy group to air their concerns over the loss of the town's emergency room and acute care services.

When the group was approached by CDPI, some decided to join the preventative health program in an effort to improve the health of area residents. Rossburn's CDPI committee has now run a number of successful programs and plans to expand in the future.

The committee organized a Wellness Clinic with a nurse practitioner and dietitian on hand to give workshops on healthy eating, exercise, and proper weight-to-height ratios. Humorous tent cards with nutritious eating tips were laminated and distributed to all the restaurants in the area, and healthy eating habits are also being promoted at the local arena. CDPI funds have been used to send canteen coordinators for local curling and hockey tournaments to healthy eating workshops,

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and various tournaments have used \$100 instalments to supply healthy alternatives to the standard arena fare, including soups, yogurt, vegetables, and granola. The arena also hosted a very successful adult beginner skating program, which brought people to the skating arena who would have most likely never come out otherwise.

The CDPI has also run two walking programs in the community, providing pedometers along with help from Manitoba in motion. The summer Walk-Across-Canada Challenge saw twelve teams of four walk or bicycle, with results posted in the Recreation Director's window. Some teams crossed Canada twice during the program.

The winter program incorporated walking, skating, and cross-country skiing. This time there were ten teams of six. Students participating were able to record their steps while playing volleyball and basketball and farmers could record steps during chores. The top three teams were recognized and rewarded.

Life-Changing Benefits

Some of the walking program participants have experienced life-changing benefits. One high strung, nervous girl found the walking challenge calmed her down. Another girl, on being told she was diabetic, said she was just going to take her pills and not worry about diet or exercise. But once she began the program, she lost weight, stuck with it, and is now controlling her condition.

Individuals like these are now more likely to participate in other exercise activities in Rosscorn, such as the aerobics program, which has recently added stepping equipment as part of joint program with CDPI and in motion. The CDPI committee also has plans to help establish a new fitness center and financially support the training of a fitness instructor to attract young people with classes such as Pilates, hip-hop, and yoga.

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Take Note

Some tips for keeping your eating healthy if you spend a lot of time at the arena in winter:

- Eat before the game to lessen the temptation to snack during the game.
- Seek out healthy options. More arenas are offering a variety of healthy food like soup, salad, wraps or fruit.
- Skip the pop or alcohol. Water is a better option.
- Walk around the arena a few times during intermission instead of just using intermission as eating time.
- Limit yourself to one “forbidden” food per game.

http://www.ehow.com/how_2209759_eat-healthy-nhl-hockey-games.html