
GSI Newsletter - August 2015

An informational bulletin for members of the ELCIC Group Benefits Plan



August 2015

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Take the time to LifeSpeak this month...Anytime, Anywhere!

Access LifeSpeak On Demand 24 hours a day, 7 days a week: [Login](#)
User name: elcic

Wellness Calendar

August - Exercise with your Child



The Value of Exercise

Password: wellness

LifeSpeak on Demand



How to Transform your Body by Losing Fat

Dr. Bruce Krahn, Personal Trainer and Author

- The Mindset for Body Transformation
- The Science of Fat Loss
- Exercise Facts and Fiction

LifeSpeak is now accessible through workhealthlife.com in addition to accessing your LifeSpeak library through the LifeSpeak website. The LifeSpeak videos will appear under the WHL categories and topical search results.

Ask the Expert Web Chat:

Natural Solutions for Staying Healthy and Looking Young

When? August 12th at Noon EST

Who? Dr. James Meschino, DC, MS, ND

What? Natural Solutions for Staying Healthy and Looking Young

[Sign up Now](#)

Members Appreciative of Wellness Fair

The Benefit

Studies have consistently shown that there are many and various benefits of exercise, from reducing risk of diabetes to improving brain health to extending your lifespan. Most of these studies also cite that the exercise does not have to be intense. About 30 minutes a day seems to be most quoted as reducing risk of chronic diseases and maintaining good health.

Maintaining or Making a Change?

While that 30 minutes is great for maintaining your health, if you're looking to make a change to health or weight it may take more than that.

"The more activity you do, and specifically the more vigorous activity you do, the greater the impact on every system in your body, including the heart, pancreas, brain and your mental health," say Jonathon Fowles, professor of kinesiology at Acadia University in Wolfville, NS. "Three hundred minutes of exercise per week is better than 150, and there's no upper end."

The Caveat

"This research doesn't surprise me at all," Fowles says, adding that it underscores the importance of exercise overall. "But you don't want to go from nothing to vigorous exercise all at once" he says. "The extreme tactics you see on shows like



The GSI Wellness Fair was held on July 9th and 10th at ELCIC National Convention in Edmonton. Here's some member feedback from this event:

"Excellent idea to check people at gathering like this"

This was awesome!! Very informative, very professional & delightful "crew"/group. Thank you!"

"This was a quick, easy way to get a snapshot of how I'm doing. It was (relatively) painless and a lot of fun. I appreciated the one-on-one explanations and encouragement from the health professionals,"

"Very helpful info and will encourage me to make some good changes around! THANK YOU!"

"Very, very good idea to have this Wellness Fair"

"Please do this next time!"

"Thank You" to all those who participated and made this event such a success! **"Congratulations"** to our participation prize winners:

The Biggest Loser don't work in real life. You'll be more likely to stick with exercise, and reduce your chance of injury if you build up gradually over two months."

Also, be cautious not to fall into the trap of rewarding yourself with treats high in fat or sugar as a reward for exercising. It takes a lot more than half an hour of walking to justify the calories in a chocolate bar.



Canadian Physical Activity Guideline for Adults

GET MOVING TODAY!

Super-Food of the Month
from "Zoomer Magazine" - June 2014

Rev Paul McCormick, Central Lutheran Church - Provost, AB, won the Grand Prize of a Pebble Smartwatch. Second and third prize of Delta Brainwavz headphones, were awarded to **Rev Charlotte Strecker-Baseler**, Amena Lutheran Parish - Amena, AB and **Rev Bart Coleman**, Zion Lutheran Church - Beausejour, MB.



Nuts

Nuts such as walnuts, almonds and pecans are known to improve your cholesterol levels and may help to protect against blood clots and heart attack. Research shows they can also control your blood sugar, curb your appetite and help you manage your weight. In a study of more than 100,000 men and women, the results showed that those who regularly ate nuts lived longer and healthier lives.

GO NATURAL It's a whole lot healthier to eat nuts without those sugary or salty coatings.



Manning the GSI exhibitor booth at ELCIC National Convention - Jackie Dojack, GSI Board President, **Lisa Thiessen**, GSI Executive Director, and **Barb Fortier**, GSI Pension & Benefits Administrator.



GSI administers pension and benefits plans that enhance the well-being of employees who serve in the ELCIC and its affiliates.

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