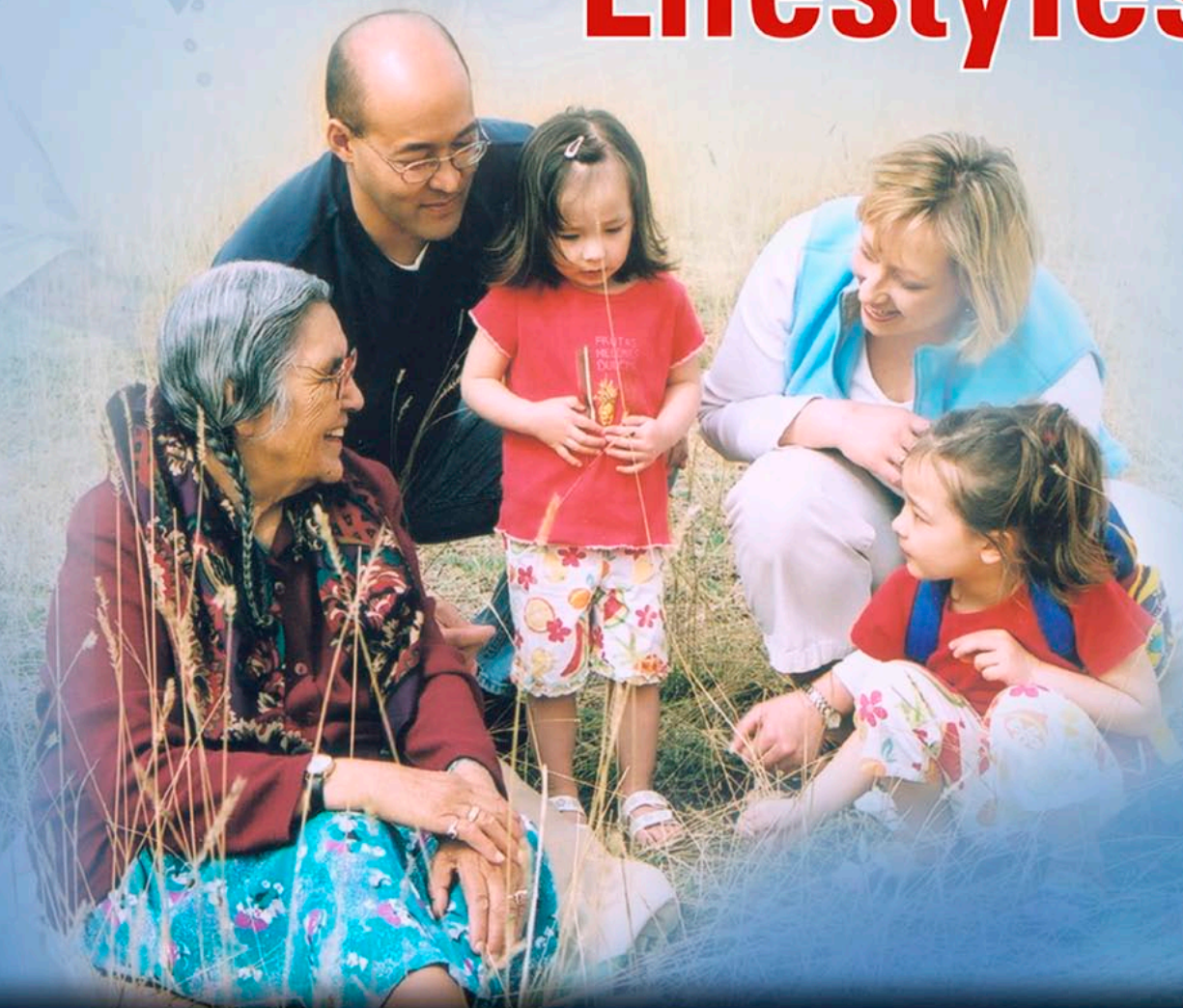




Alberta Health
Services

Building Healthy Lifestyles



Class Guide

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Welcome to Building Healthy Lifestyles

Did you know that...

- Chronic conditions such as diabetes, heart disease and stroke may be prevented and/or managed through healthy eating, active living, proper amounts of sleep, minimal stress and tobacco cessation.
- The best overall management involves many aspects of your lifestyle but most importantly you.
- You are not alone and we are here to help you.



Healthy living involves balance between your body, mind and soul. Bringing your life into balance includes careful assessment of yourself and the behaviors affecting that balance.

Now is the time to take action to begin your healthy lifestyle journey. As you go forward, remember small steps forward are better than no steps at all.

These classes will give you information and offer you support on your journey toward a healthy lifestyle.

To register for these classes, please call
Building Healthy Lifestyles at 403-388-6654 or toll free at 1-866-506-6654

How to Register for Classes

Each section describes the classes or services offered with Alberta Health Services (formerly known as Chinook Health). You are welcome to choose the classes that interest you to help with your healthy lifestyle goals. Ask your health care team to help with any questions you may have.

Register by calling/faxing the phone numbers listed below:

Building Healthy Lifestyles

424- 5th Street South

Lethbridge, Alberta T1J 2B7

Phone: 403-388-6654

Fax: 403-317-0435

Long Distance: 1-866-506-6654

Visit our website @ www.albertahealthservices.ca

Important registration tips:

- All BHL classes are free of charge.
- Enrollment is limited.
- Registration is necessary.
- If classes are not being offered in your area, please call the number above to see how we can help arrange your request.
- Section #8 of this guide features classes from other health partners and they may ask that you register through a different contact number.

Section 1: Changing for Health

- Living a Healthy Life with Chronic Conditions
- Weight Loss
- Health From Head to Toe



To register for these classes, please call
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Living a Healthy Life with Chronic Conditions

Sick and tired of being sick and tired? It's time to take control!

Living a Healthy Life with Chronic Conditions is a series of workshops offered 2.5 hours per week for 6 weeks. Participants will learn how to better manage their symptoms to get more out of life while managing chronic conditions such as diabetes, heart disease, arthritis, asthma, high blood pressure, MS or others.



The trained leaders in this program are registered volunteers from the community who have chronic conditions themselves. Workshops provide a very interactive and supportive environment that allows participants the opportunity to learn from each other.

“It motivated me to make major positive lifestyle changes. I have never felt better and more healthy.”

Weight Loss

The weight loss program is a series of four classes with the option of an exercise program! The classes cover the following topics:



- Goal Setting
- Nutrition
- Activity
- Behavior Therapy

More information on the exercise program is available in Section #3 of the guide entitled "Keeping Active".

Health From Head to Toe

Let's take a look at your health from a vascular perspective. That means a look at your blood vessels and your organs. Ask yourself how healthy eating, activity, stress, sleep, and smoking affect your health? Look at your risk factors and how to properly screen in order to find out what you can do to prevent or slow down the progression of chronic diseases. Come prepared to ask questions and find out about your health from head to toe and from the inside out.

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Section 2:

Healthy Eating

- Renovate Your Plate Series:
 - Fat Facts
 - Salt and Fibre Smarts
- Bittersweet Truth #1: A Focus on Carbohydrates
- Bittersweet Truth #2: Meal Planning
- Simple Steps to Carbohydrate Counting
- Grocery Store Tour
- Creative Home Canning
- Festive Feasts
- Natural Health Products
 - Get the Facts!
- Adjusting Recipes for Healthy Eating
- Vegetarian Eating
- Food and Body Connections
- Picky Eating



Renovate Your Plate Series

You can register for this nutrition series all at once or you may decide to take it more slowly and “bite” off one class at a time...you get to choose!



- **Fat Facts**
Are you confused about monounsaturated, polyunsaturated and trans fats? This class will help answer any questions you have on fat and cholesterol and how they may impact your health.
- **Salt and Fibre Smarts**
Are you getting enough fibre? How much salt can you have? These questions will be answered as you learn about the benefits of fibre and find out about the importance of reducing sodium in your diet.

Bittersweet Truth #1

Join the sugar search! This class will:

- Focus on the different types of carbohydrates and natural sugars.
- Discuss the hidden sugars found in foods.
- Explain how sugar in foods affects your health.
- Emphasize portion sizes and consistent carbohydrate intake.
- Offer practical tips and meal planning ideas to reduce sugar in your diet.

To register for these classes, please call
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Bittersweet Truth #2: Meal Planning

Have a question? Need an answer? This class will:

- Provide an opportunity to ask your questions regarding general nutrition and diabetes meal planning.
- Involves “hands-on” practical demonstrations that will allow you to practice and fine tune your individualized meal planning skills.

Simple Steps To Carbohydrate Counting

For people with Type 1 and Type 2 Diabetes.

Count your way to success! Do you want to gain more flexibility with food choices, yet maintain good blood sugar control? This class:

- Will discuss what carbohydrates are and provide a simple method of counting the amount of carbohydrates in your foods.
- Explains how simple carbohydrate counting is an excellent alternative to a traditional meal plan.



Grocery Store Tour

Explore the mysteries of reading food labels while in the grocery store. This class will:

- Focus on understanding nutrition claims and nutrition labels while at the grocery store.
- Practice new label reading skills by looking at several food containers.

Creative Home Canning

Take advantage of healthy canning creations. This class:

- Provides you with alternatives for lowering the sugar and salt content.
- Offers recipes for lower sugar jams and jellies.
- Supplies you with recipes for lower salt pickles.
- Provides you with helpful recipes and cookbooks.



Festive Feasts

Treat yourself to some holiday cheer! This class:

- Provides you with an opportunity to sample low fat, low sugar treats.
- Gives you healthy eating hints to get you through the holidays.

Natural Health Products – Get The Facts!

Explore the myths and mysteries of herbal supplements, vitamins and minerals. This class will:

- Give you the facts, benefits and the potential dangers of herbal supplements.
- Discuss whether vitamin/mineral supplements are needed.
- Provide you with safe guidelines for their use.

Adjusting Recipes for Healthy Eating

Are you frustrated with not being able to use your favorite recipes and meals because you are unsure of their nutritional value? This class:

- Allows you to modify your favorite recipes (please bring along a copy).
- Teaches you how to figure out the nutritional breakdown of your recipes.
- Offers the opportunity to try new recipes provided by a Registered Dietitian.
- Gives practical tips for adjusting your recipes to include low fat, low sugar, and high fibre options.

Vegetarian Eating

Vegetarian eating can reduce your risk for becoming overweight, getting heart disease, diabetes and cancer. But are you getting enough nutrients? Iron, Calcium, Vitamin D, Vitamin B 12 and protein are some nutrients that you may not be getting enough of. This class:



- Teaches you how to make healthy vegetarian meals.
- Provides ideas for getting the nutrients you need.
- Offers recipes and resources for vegetarian eating.

Food and Body Connections

Do you want to explore the connection between food and your body? This eight week class series will look at:

- The relationship between food and self concept, self esteem and body image.
- Conflicts you may have in your relationship with food.
- Your attitudes and beliefs.
- Strategies to manage the challenges that you experience regarding eating and weight.

Picky Eating

Ever had mealtime struggles? This class is created for parents and caregivers of toddler and preschool aged children. You will learn:



- The developmental stages of feeding.
- Challenges around feeding children and ways to cope.
- How to help your child eat new foods.
- How to create a positive feeding relationship with your child.

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Section 3

Keeping Active

- Therapeutic Exercise
- Fit and Functional



Therapeutic Exercise (12 Weeks)

This is a medically supervised group exercise program for people managing chronic conditions. It is offered in Lethbridge at a community site or through an “at home” option for those unable to attend the supervised program. Therapeutic Exercise requires a referral from your doctor and is:

1. Offered by a multidisciplinary team.
2. A walking program, with stretching and muscle strengthening exercises.
3. Offered at different exercise levels. You will be assigned an appropriate level as determined by your assessment.
4. Designed to improve general endurance, muscle strength, balance and flexibility.

Fit And Functional

Are you just getting started and want to know more about exercise? This class will:



- Discuss the different types of exercise, benefits of exercise and the ways to stay safe while exercising with a chronic condition.
- Look at general warning signs and things you will want to consider while getting active.
- Explain the importance of warm-up, cool downs, stretching and endurance activities.
- Review ways to get started and maintaining physical activity.
- Encourage you to set “SMART” goals.

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Section 4

Body, Mind and Soul

- Sleep, So What's the Big Deal Anyway?
- Laughter Fitness
- Laugh Your Blues Away!
- Stress Busters and Beyond
- Flow With Your Breath
- Stress No More!!
- Relaxation: Walking the Labyrinth



Sleep, So What's The Big Deal Anyway?

My wife wants to move out of the bedroom because of my snoring, but she's worried that she won't be around to wake me when I stop breathing! I guess I really haven't felt good for a long time. I'm very tired no matter how much sleep I get. I can't seem to concentrate or remember anything.

Does this describe anyone you know?

Sleep, like good nutrition and exercise, is a crucial part of a healthy lifestyle. A solid refreshing sleep can make a tremendous difference in our ability to function and enjoy life.



This class will provide information on:

- Basics of sleep and what happens when we sleep.
- Various sleep disorders (Sleep Apnea, Restless Leg Syndrome).
- When to see a Sleep Specialist.
- Tips for a good nights sleep.

Laughter Fitness

Yes, laughter is a fitness program! Get your R.D.A – Recommended Daily Allowance. Experience its benefits for healthier bodies, cardiovascular health, positive effects on insulin and emotional and spiritual perks. Research proves being too serious is harmful to your health. Learn about Laughter Clubs from a qualified laughter leader. Those who laugh - last!

To register for these classes, please call
Building Healthy Lifestyles at 403-388-6654 or toll free at 1-866-506-6654

Laugh Your Blues Away!

Time to laugh away the mid-winter blues! Experience a Laughter Club, started by Dr. M. Kataria and now spread all over the world. The benefits of laughter are well researched and include physical and mental health as well as just plain old fun. Everyone welcome!



Stress Busters And Beyond

Discover some useful strategies for resilience that you can use while you are under stress. Come to this lively session taking you beyond stress to learn tools that turn your negative stress around to experience a feeling of fulfillment (eustress) - positive benefits! Many techniques are offered to build your own recipe, reframe and nourish your life, including:

- New research to support these ideas for a healthy lifestyle.
- Breath and laughter fitness.
- Shifting perceptions with sensory awareness.
- The importance of movement.

Flow With Your Breath

Learn how stress affects your breathing, your brain and your energy. This class:

- Uses simple techniques to increase your energy and stamina.
- Brings clarity to your thoughts and soothes your nerves.

Stress No More!

Feeling a little weighed down with life, work, or personal problems? Find out how to let off some steam and cope with the stress in this series of classes. The first class provides you with information on how to introduce relaxation exercises in today's busy world. The second class is held two weeks later to evaluate how effective the exercises were and to look at other relaxation techniques.

Participants should wear comfortable, loose, exercise type of clothing for the relaxation exercises.

Relaxation: Walking The Labyrinth

Walking the labyrinth is an experience of focused concentration aiding in stress reduction. It is a time of silence and peaceful calm for gaining insight and new perspectives.

Some use the walk to facilitate a specific prayer, meditation or problem solve. Others have noticed balance and coordination improvement.



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Section 5: Build A Healthy Heart and Blood Vessels!

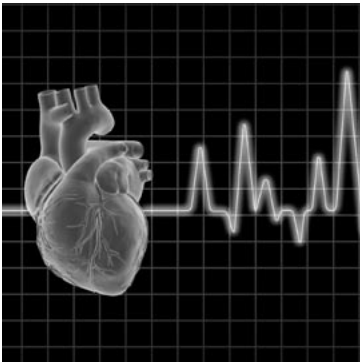
- Taking the Pressure Off
- Heart Failure
- Heart CHEC #1 and #2
- Health from Head to Toe
- Stroke



Taking The Pressure Off

Do you have high blood pressure? This class is for you! High blood pressure affects your body in many ways. This class will:

- Identify what is a healthy blood pressure.
- Review causes of high blood pressure and the harmful effects it has on your body.
- Learn about healthy eating and its effect on blood pressure.
- Discuss how positive lifestyle changes lower blood pressure.
- Discuss the effects of alcohol on blood pressure.
- Understand the role that blood pressure medications play in managing your blood pressure.



Heart Failure

Learn to live well with chronic heart failure. This class is intended to assist patients and families to:

- Understand what chronic heart failure is and what causes it.
- Recognize the signs and symptoms of chronic heart failure and how to respond to them.
- Understand and minimize risk factors related to heart disease.
- Reap the benefits of a supportive group environment and the value of sharing common experiences around living with chronic disease.
- Understand how chronic heart failure is treated and how you can help yourself to feel better.

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Heart CHEC

This two part series of Cardiac Health Education Classes (CHEC) is for participants who have experienced recent problems and treatment for heart disease. These classes discuss aspects of treatment and managing heart disease.



Heart CHEC 1: What Now?

This class will focus on:

- The cardiac rehab process
- The process of heart disease
- Managing heart disease through:
 - Taking medication.
 - Controlling risk factors.
 - Identifying warning signs and symptoms.
 - Preventing and managing symptoms.

Heart CHEC 2: What Next?

This class will focus on activity and exercise by:

- Identifying the benefits.
- Approaching exercise safely and effectively.
- Learning about the types of activities and how to approach these activities.
- Motivating you to get started and how to progress safely.
- Planning next steps: exercise testing and exercise programming.

Health From Head to Toe

Let's take a look at your health from a vascular perspective. That means a look at your blood vessels and your organs. Ask yourself how healthy eating, activity, stress, sleep, and smoking affect your health? Look at your risk factors and how to properly screen in order to find out what you can do to prevent or slow down the progression of chronic diseases. Come prepared to ask questions and find out about your health from head to toe and from the inside out.

Stroke



Have you had a TIA or stroke? This class will help you to understand:

- The anatomy and function of the brain.
- What is a stroke.
- What type of stroke you had.
- Separate fact from fiction regarding stroke.

Participants will explore how their stroke has affected them on a physical, emotional and mental level. You will learn how to prevent another stroke from occurring through positive lifestyle changes, as well as understanding the function of medication post stroke.

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Section 6:

Diabetes Management

- Basic Diabetes Management
- Bittersweet Truth #2: Meal Planning
- Simple Steps to Carbohydrate Counting



Basic Diabetes Management

What is the missing link? Find out what happens in your body when you have diabetes. This class will:



- Review how diabetes is diagnosed.
- Cover the signs and symptoms of diabetes and types of diabetes.
- Describe the tools you can use to help take charge of your diabetes.
- Explain how sugar in foods affects your health.
- Emphasize portion sizes and consistent carbohydrate intake.
- Offer practical tips and meal planning ideas to reduce the sugar in your diet.

Bittersweet Truth #2: Meal Planning

Have a question? Need an answer? This class will:

- Provide an opportunity to ask your questions regarding general nutrition and diabetes meal planning.
- Involves “hands-on” practical demonstrations that will allow you to practice and fine tune your individualized meal planning skills.

Simple Steps To Carbohydrate Counting

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- Will discuss what carbohydrates are and provide a simple method of counting the amount of carbohydrates in your foods.
- Explains how simple carbohydrate counting is an excellent alternative to a traditional meal plan.

Section 7: Breathe Easy for a Healthy You

- How Healthy Are Your Lungs?



To register for these classes, please call
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How Healthy Are Your Lungs?

This is an informative 90 minute session on the management, treatment, and a brief description of chronic respiratory diseases like emphysema and chronic bronchitis. There will be time for questions and answers about other lung diseases if necessary.



Section 8:

Other Partners in Your Health

- Stop Dieting Lose Weight
- Cooking Club



To register for these classes, please call
Building Healthy Lifestyles at 403-388-6654 or toll free at 1-866-506-6654

Stop Dieting – Lose Weight

Are you trapped by the scale? This ten-week course will help you break the diet cycle and rebuild a confident new lifestyle. Fee: \$80 includes 2 textbooks and a workbook. For more information, please call 403-388-6677.



In the ten week course, each week you will meet in a small group led by a fitness instructor and a Registered Dietitian, to discuss:

- Ridding yourself of the diet mentality.
- Changing the way you look at food and weight.
- Feeling good about yourself and your size.
- Healthy physical activity.
- Building a non-diet lifestyle for better health because you count; calories don't.

Cooking Club

Want to learn how to cook healthy meals? Join a cooking club! It is an excellent way to expand your cooking skills and save time and money. Come as a group or join one already cooking up a storm. For more information, please call 403-320-8138.

The Cooking Club:

- Helps you learn to prepare nutritious meals on budget
- Provides assistance with meal planning and cooking
- Offers an opportunity to meet new people and learn how to cook with a variety of new recipes



For more information please call
Building Healthy Lifestyles at 403-388-6654 or toll free at 1-866-506-6654

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