

THINK act be healthy

Winter 2016



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MHCSI ♦

Ready to quit Smoking?

On a scale of 1 to 10 how **MOTIVATED** are you to quit smoking in the next 30 days?

1 – 5 Not Ready to Quit

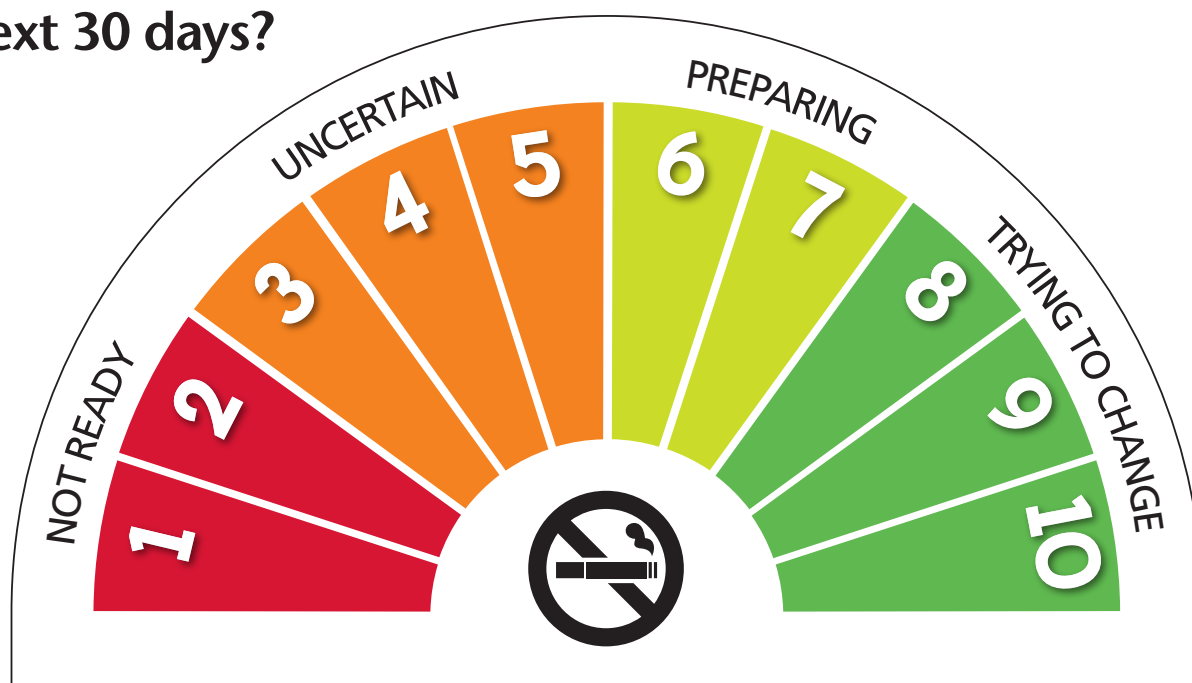
Here is what you can do:

- Research the benefits
- Identify barrier
- Talk to your pharmacist and doctor about the next steps

6 – 10 Ready to Quit

Take Action:

- Set a quit date for yourself
- Discuss smoking cessation medications/products with your pharmacist or doctor
- Schedule a follow-up appointment with your pharmacist within your first week of quitting to discuss any challenges you may be facing



Where ever you are on the scale, your PPN* Pharmacist is always available to talk with you about Smoking Cessation and help you along your path to a healthier lifestyle.

Food for Thought...

Sobeys Better food for all.

Watch the Extras this New Year!

Foods that are not part of Canada's Food Guide are called "extras". They are often high in calories and low in nutrients. Look how easy it is for these foods to add an EXTRA 100 calories.

DID YOU KNOW?



Each of these items

- | | |
|------------------------------|-----------------------|
| | |
| 1 tbsp. (15 ml) butter | 2 tbsp. (30 ml) jam |
| 10 potato chips | 2 tbsp. (30 ml) sugar |
| 2 tbsp. (30 ml) cream cheese | 1 small cinnamon bun |

**= 100
Calories**

Body & Mind

Tips for making New Year's Resolutions...

1. Be specific and realistic
2. Tell more people for encouragement
3. Do it for yourself
4. Reward Yourself!

*MHCSI Preferred Provider Network (PPN) Pharmacies include:



Do you know what each of your Medications are used for?
If you have questions – Your PPN Pharmacist* has solutions!▶

**Book Your
Medication Review
Today!**