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CNIB EYE Van will be in June 13 -17!

See your health care provider for a referral ,or call Michelle at 854-0051 ext. 227 to check and see if you are on the recall list



My Couch to 5k Experience - So Far...

If you would have came up to me a year ago and said in 12 months you will be jogging at a steady pace for 20 minutes I would have told you had better chances at winning the lottery. But it's a good thing you didn't, because our bodies are pretty amazing and once you made a decision to better yourself in whatever way you need, the transformations are unbelievable.

I have always been one of those people who admired runners as I drive past them. I would hope that one day I could too have the confidence and endurance to take nightly runs down Main Street. As the weather started to warm up I decided that this summer was the summer that I would start to see this dream become a reality. First step was finding a program that was right for me. I am by no means a physically fit or extremely active person but after reading some blogs online from other plus size runners I decided to give couch to 5k (C25K) a try.

Week 1 Day 1: It was a Sunday and it was raining, but I had used weather as an excuse for too long. Finally I woke up and said today is the day, no ifs ands or buts. I threw on my headband, tied up my new running shoes, got my playlist ready and headed out the door. I like to go out either early in the morning before work, because I find my excuses are less first thing in the morning. If I go at night I usually pick a trail or a dirt road. of traffic. *[Continued on next page —]*



Photo: Nick Sutherland

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Asian Cucumber Salad

Prep Time: 10 minutes Total Time: 10 minutes Serves: 6-8

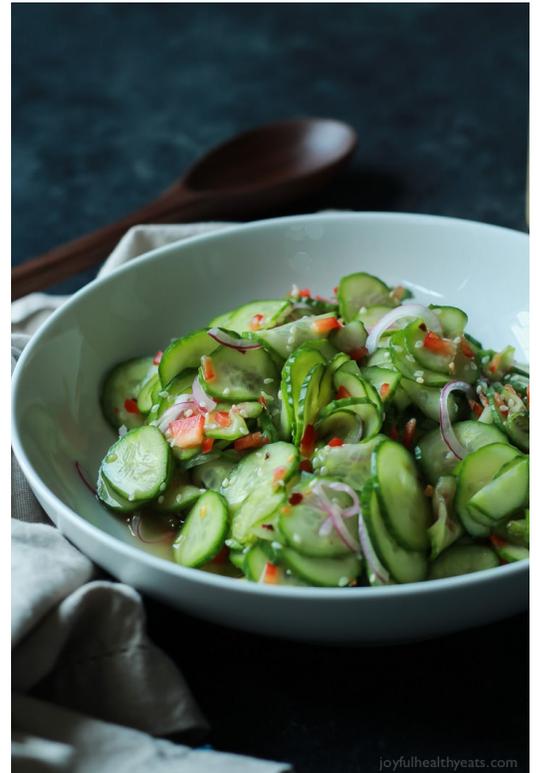
4 c Seedless cucumbers, very thinly sliced|
1/4 c Red onion, finely sliced
1/4 c Red pepper, finely diced
1/4 c Rice wine vinegar
1 tsp honey
1 tsp sesame seeds
1/2 tsp toasted sesame oil
1/4 tsp red pepper flakes
1/2 tsp sea salt

Add VERY thinly sliced cucumber, onion, red pepper and the sesame seeds to a medium sized bowl. Set aside.

In a small bowl mix together rice wine vinegar, honey, sesame oil, red pepper flakes and salt.

Serve immediately, or cover and refrigerate for one to two hours to allow flavours to meld.

From: www.joyfulhealthyeats.com/asain-cucumber-salad



My Couch to 5k Experience ... So Far (continued)



I am still working on the confidence part and jogging at times with lots of traffic.

The first week was the hardest, and it was only a minute jogging, a minute and half walking for a total of 20 minutes. But the feeling of completing something I have always wanted to do and never really thought was possible was pretty amazing. As the weeks went on and the time spent jogging got longer and longer the hardest parts to overcome was my mind. It has a sneaky way of making you think that you can just give up now. Excuses will always be there but it is important to remember that **you are better than your excuses**. Yeah it might be too cold outside, or you are tired from a long day at work but I promise you that 30 minutes you take aside to complete a jog will make you feel much better in the long run, no pun intended.

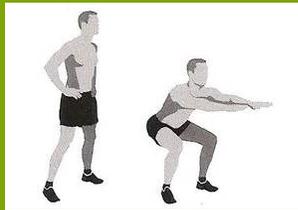
A great thing about C25K is that you can go back and redo days in order to build up more endurance, physically and mentally. Personally, I did Week 4 Days 1-3 and Week 5 Days 1-2 twice. Currently I just finished Week 5 Day 3, which was just straight up jog 20 minutes. I went from barely being able to last 60 seconds; to being able to jog for 3.5kms in just a month and a half ... anything is possible. I can't wait to finish off the last few weeks and finally be able to jog that 5k by the end of the summer.

Any questions about my journey with C25K and a healthier Allison, just email allipell@gmail.com.



No Smartphone? No problem! There are dozens of free Couch to 5k plans on the internet that you can print similar to the one on the right. Find one that suits you and get your shoes on!

With ANY activity or lifestyle change, contact your health provider to see if it is suitable for you **BEFORE** you begin.



SQUAT



CALF RAISE

Certain activities or events may not be available in your community. If this is the case, put it on the list of Things To Do on your next road trip or vacation, or try to adapt it to something you can do given the resources available.

Be creative and have fun!



8 weeks to 5K

neilarey.com

1 2min run 2min walk repeat 2 times	2 10 squats 10 calf raises	3 2min run 2min walk repeat 3 times	4 10 squats 10 calf raises	5 2min run 1min walk repeat 3 times	6 10 squats 10 calf raises	7 5min run repeat 2 times
8 3min run 2min walk repeat 2 times	9 20 squats 20 calf raises	10 3min run 1min walk repeat 3 times	11 20 squats 20 calf raises	12 3min run 1min walk repeat 3 times	13 20 squats 20 calf raises	14 7min run repeat 2 times
15 4min run 2min walk repeat 2 times	16 30 squats 30 calf raises	17 4min run 2min walk repeat 3 times	18 10 squats 10 calf raises	19 4min run 1min walk repeat 3 times	20 30 squats 30 calf raises	21 10min run repeat 2 times
22 5min run 2min walk repeat 2 times	23 20 x2 squats 20 x2 c/ raises	24 5min run 2min walk repeat 3 times	25 20 x2 squats 20 x2 c/ raises	26 5min run 1min walk repeat 3 times	27 20 x2 squats 20 x2 c/ raises	28 15min run
29 6min run 2min walk repeat 2 times	30 25 x2 squats 20 x3 c/ raises	31 6min run 2min walk repeat 3 times	32 25 x2 squats 20 x3 c/ raises	33 6min run 1min walk repeat 3 times	34 25 x2 squats 20 x3 c/ raises	35 10min run 2min walk repeat 2 times
36 7min run 2min walk repeat 2 times	37 20 x3 squats 20 x3 c/ raises	38 7min run 2min walk repeat 3 times	39 20 x3 squats 20 x3 c/ raises	40 7min run 1min walk repeat 3 times	41 20 x3 squats 20 x3 c/ raises	42 25min run
43 8min run 2min walk repeat 2 times	44 35 x2 squats 15 x4 c/ raises	45 8min run 2min walk repeat 3 times	46 35 x2 squats 15 x4 c/ raises	47 9min run 1min walk repeat 2 times	48 35 x2 squats 15 x4 c/ raises	49 15 min run 1min walk repeat 2 times
50 10min run 2min walk repeat 2 times	51 20 x4 squats 20 x4 c/ raises	52 10min run 2min walk repeat 3 times	53 20 x4 squats 20 x4 c/ raises	54 15min run 2min walk repeat 2 times	55 20 x4 squats 20 x4 c/ raises	56 30-35min run or 5K

MORE 50⁺ IDEAS FOR SUMMER FUN *with your kids*

BUBBLE BLOWING CONTEST
SIDEWALK CHALK MASTERPIECES
KING/QUEEN FOR A DAY
MOVIE THEME DAY
VISIT A PET STORE
MAKE LEMONADE
PIE EATING CONTEST
OUTDOOR GAME COMPETITION
BIKE RIDING AT THE PARK
FAMILY RELAY RACE
CAMPOUT IN THE BACKYARD
CAMP-IN (INDOOR CAMPOUT)
MAKE YOUR OWN PUPPETS
GO ON A BUG HUNT
BACKWARDS DAY (DESSERT FIRST!)
BAKING SODA "BOMBS"
MAKE S'MORES
GO ON A BIRD WALK
HAVE A SLEEPOVER
GO TO A COUNTY FAIR
FIND A DRIVE-IN THEATER
READ A BOOK TOGETHER
BUILD A LEGO CASTLE
MAKE PAPER DOLLS
VISIT A LOCAL FIRE STATION

PUT ON A PUPPET SHOW
FIND A FREE KIDS WORKSHOP
TAKE AN ART CLASS
VISIT A NATURE CENTER
SCAVENGER HUNT
FASHION SHOW
LEARN HOW TO JUGGLE
VISIT A MUSEUM
WATER BALLOON FIGHT
STORYTIME
VISIT A JUMP HOUSE
FACTORY/SHOP TOURS
RUN THROUGH THE SPRINKLERS
VOLUNTEER
MAKE TREATS FOR A NEIGHBOR
DOLLAR STORE
MAKE A BIRD FEEDER
GO BERRY PICKING
VISIT A FARM
PAINT ROCKS
HAVE A TEA PARTY
MAKE TIE-DYE T-SHIRTS
POOL NOODLE LIGHTSABERS
CELEBRATE AN UNBIRTHDAY
HAVE A PIZZA PARTY



Summer Search

D R P S U N T A N I C E C R E A M
 Z F C H U S U N B U R N F N J E N
 Y I A H G H B O A T C O U S U G B
 W R U E F F I S H I N G O I N L E
 M K G U T I B I K I N I C W E O A
 N Q U B E E W A T E R M E L O N C
 A N S W I M M I N G J L W G B B H
 Y Q T A C I P Q T O U Q N J D O H
 V R N N G X S G T W L X X G R L Y
 A L T F C M F Q D P Y S D A P C D
 C O L O A O A X G C M A I T P C E
 A T W S M S N S U N G L A S S E S
 T I O H P Q F X D F T E N T P X L
 I O V O I U I W Q K R H O T B M C
 O N J R N I M U F F H L K G L R W
 N Z R T G T X J Z K L H A T X Z T
 B K N S V O Q W J V X X R D W E B

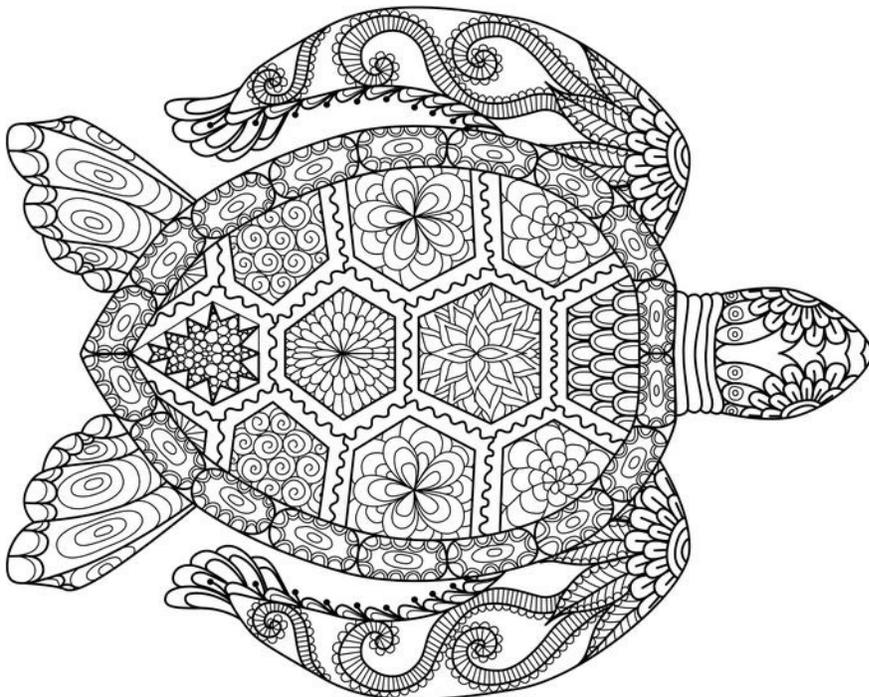
August
 beach
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 boat
 camping
 fan
 fishing



hat
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 ice cream
 July
 June
 lotion
 mosquito

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 sun tan
 swimming
 tent
 vacation



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Learn more about our services and programs!

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