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# Summer guide 2021

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# Path with purpose

The invitation to change sounds very inviting: live simpler, smaller, slower. And we are intrigued by what might be possible if only we had the chance, maybe with more time or more money or more skills.

Sure, we've tried to sign up for this new fad: bought the slow food coffee table book, taken a course in decluttering, or bought a pair of British gardening boots. But somehow life just seems to keep getting in the way.

But now a window of opportunity has opened and perhaps it's the only good thing to shine through these dark past months. It may now be time to rethink old habits, recycle some old values, and do a bit of a reset.

For many, the global health crisis – coinciding with the environmental one – was kind of a wake-up call. And a lot has already happened.

Long the next big thing, teleworking has taken hold. Videoconferencing finally works. Staycations are now a “thing.” Community and solidarity have taken on new meaning. And some of this might actually stick around.

But how can we build on this rare moment and make that big personal shift from watching slow and small and simple on social media and integrate it into our daily lives?

Not surprisingly, by starting slowly, and by taking small, simple steps!

In the pages that follow, we are going to explore some of them, but, just to get started, give these a try:

- Grow a garden from seeds
- Go phone-free for a day (okay, start with one hour...)
- Buy a gadget that NEVER needs replacing
- Watch at least one sunrise this week
- Run slowly for a change, tracking heart rate and time, not speed and distance
- Relearn your high school instrument (unless it's the tuba, of course...)
- Top your daily To Do list with the word “breathe.”

Will you become a spiritual leader? Not likely. Will you begin to move down life's path with more purpose and will that journey be more balanced and healthier? Well, you won't know until you start.

And, at TELUS Health, we can help with a full range of personalized Wellness Services, including nutrition and fitness (coaching, online portal, fitness training, and more) and injury prevention (ergonomic assessments, prevention plans, workshops, and the list goes on!).

**“You cannot follow the path until you have become the path itself” - Buddha**





# Local picnics

It's like Canada was designed for picnics. Perhaps more than anywhere else on the planet, we have just the right spots in the north, south, east and west to have a meal in nature. But how to make the best of it? Here are some of the essentials.

## First, the setup.

- A soft, flat spot
- The right blanket (and make sure it's washable)
- A vase for wildflowers
- Upcycled vintage dishware
- The right basket: packsack version if hiking or traditional wicker if close to home

## What about the menu?

- A big cutting board full of charcuterie (3-4 ounces per person is a good rule of thumb)
- A variety of soft and hard cheeses, some familiar favourites, for sure, but maybe something more exotic as well
- Time for pâté, too
- And fresh bread; again, it's an opportunity to try something new
- Nice garnishes such as Dijon mustard, olives, nuts, and fresh fruit. Yum!
- And, for refreshments, home-made iced tea is a classic, especially paired with slices of seasonal fruit. Well-chilled organic wine is growing in favour too

## And the *pièce de résistance*...

Imagine if everything in your picnic was sourced locally? Think about it. You're celebrating your local environment, so why not take that next step?

- Seek out a local blanket weaver and cutting board artisan
- Find a local thrift shop for dishes
- If you're on the West Coast, smoked salmon is an obvious choice
- If you're on the East Coast, wild berries come to mind
- In the farmlands of Ontario, what about a spread of locally raised cold cuts?
- In Quebec, more cheese, please!
- And for everywhere else from sea to sea to sea, there is a local source for everything you need for a perfect picnic

At TELUS Health, we are dedicated to empowering every person to live their healthiest life!

[Explore our services](#)



# Zen fishing



On one level, fishing is just a way to catch some fish (while catching some rays). For some, it is about catching trophy fish in big rivers in exotic locales and coming back with bragging rights and great stories. For others (especially fly fishers), the goal is to connect with nature and even achieve some sort of Zen state.

Instead of the more familiar 18<sup>th</sup>-century Scottish angling traditions, let's look east and 400 years into the past, to Japan to find something "new." With its small mountain streams, even smaller trout, and a completely different ethos, this is Tenkara fishing.

## What is Tenkara fishing?

Using a tiny rod that can be stuffed into a small backpack but that telescopes out to up to 12', no reel or guides (yes, you heard that right!) and a fly line and tippet – the skinniest bit at the end – the Tenkara fisher casts a big hackle fly downstream into promising pockets of water.

While simple in principle and equipment, it demands a very discreet approach (if a fish sees you, it's time to move on...) and a keen eye to spot that flash of colour. Usually (but not always) done in small, complex mountain waters, it forces one to truly concentrate on the moment and nothing else.

## If this sounds like meditation, it is.

Not surprisingly in the present context, prolonged stress and worry have become commonplace for many Canadians. If this sounds like you, you're not alone. With small changes to your daily routine, you can see big changes to your mindset and well-being.

**Register now for our 4 Weeks to Better Mental Wellness challenge**

# Road trip

## “Are we there yet?”

If you have ever packed your car and your kids and set off on what promises to be a wonderful family adventure, you’ve likely heard this refrain. Depending on the age of the “little ones,” there are other popular phrases, like “she hit me” or “I feel sick” or, “I’m hungry” or, from you, “unplug that thing and join the rest of us!”

Well, there is some good news: a few hacks have been developed to bring the reality in closer alignment with your hopes!

## Snacks to go

It seems obvious, but it’s not just the car that needs fuel. For the little ones, keep it familiar (like the snacks of dried fruit, string cheese and yogurt drink they enjoy at daycare or school); for the teens, maybe a funky retro lunchbox with something fun “but” healthy (salmon jerky, guacamole and organic corn chips, dark chocolate). And opt for thirst-quenching but non-excitabile drinks like coconut water or naturally sweetened sodas.

## Be prepared!

Be sure to be prepared with a road trip first aid kit including the usual pain killers and wipes, and also anti-nausea meds, a sick bag (one from the seat back of your last airline flight works best), and maybe something sweet to chew on after... And keep in mind that this stuff needs to be accessible.

## Analog games

There is nothing easier than allowing the use of screens to pass the time but it comes at a cranky price. Instead, why not try old-school games like “I Spy” or car-spotting Bingo, or perhaps transform a lunch box into a portable Lego set. Make sure to bring along age-appropriate art supplies as well (there are some for adults, too). And if you must go digital, think audiobooks.

## Stop to go

If it’s going to be a long way, be sure to plan a series of breaks. Ignore your impatience to arrive, and stop for a frisbee toss or hula hoop twist and get some air. Everyone will benefit, especially the driver.

## Secret learning

Before leaving home, scope out sights of historical or cultural interest and, instead of giving well-intentioned lectures (read: boring), lay the groundwork by playing a podcast on the subject, or even hold a post-stop exam with a prize!

## Just in case

Did you know that members of TELUS Health’s Year-round Care program can book and receive medical care on demand? With a dedicated team, plus access to 24/7 virtual care from anywhere in the world, we help ensure members can always get the medical advice and treatment they deserve.

[Find out more](#)



**Bingo on the go**

Here’s a neat idea for that next road trip. Just print the image below on card stock. Cover in clear plastic (a plastic resealable bag works well). Get some fun stickers and, each time contestants see one of the objects, stick one on. Five in a row in any direction: Bingo!



# Are you a mosquito magnet?



## By Dr. Rhonda Low, Family Physician, TELUS Health Care Centres

Aaah, the great outdoors in the summer sun and warmth, more so after a year of pandemic restrictions. For all the summer pleasures there is also one pesky little annoyance – mosquitoes – especially if you seem to be a magnet for the little critters.

Some folks are just more susceptible to getting bitten. Genetics account for about 85% of our susceptibility to mosquito bites. Fortunately, unlike those of bees, mosquito bites are rarely life threatening.

And there are easy steps you can take to help make the insects buzz off.

The first layer of protection is using a repellent. Some natural products on the market include one with 10-30% lemon eucalyptus oil. Its duration of protection is about 2-5 hours and it is safe for children 3 years of age and older. Another product contains 2% soybean oil that may protect for up to 4 hours. Finally, a product with 5-15% concentration of citronella oil can provide about 30 minutes of relief.

But if you plan on being in a particularly pesky area, the experts recommend using DEET. The insects are more prevalent around water, so take extra precautions near lakes, creeks and even pools to avoid getting bitten. DEET is also effective against ticks, which cause Lyme disease, so you'll want to use it as well when in wooded or grassy areas.

DEET has a good safety record. But it's important to follow the directions for its use. Stick with a product that contains less than 30% DEET.

A 10% concentration may ward off insects for about

two hours. Use judiciously on children, and the product cannot be used on babies under 6 months of age. Insect repellents should never be applied to cuts or on irritated skin.

Avoid products that combine DEET with sunscreen, because if you swim or sweat, you may inadvertently be reapplying the DEET too often. DEET also decreases the efficacy of your sunscreen. The Canadian Dermatology Association recommends applying sunscreen first, and waiting 20 minutes for the product to soak into your skin before applying DEET.

Once you've come inside, it's important to wash the DEET off your skin to be sure that it's not left on for prolonged periods of time.

Another layer of protection is commercially available insecticide (permethrin) treated clothing. The U.S. Environmental Protection Agency (EPA) notes that the amount of permethrin allowed in clothing is too low to pose a health risk to humans. Wilderness medicine experts also advise that insecticide-treated clothing provides contact-level insecticidal effects and better, longer-lasting protection against mosquitoes and ticks than topical DEET or picaridin alone.

While it still hasn't been determined what mosquitoes consider an ideal meal, there are three things that attract them to you: carbon dioxide, your body chemistry and heat.

Adults will often be bitten more than children because larger bodies exhale more carbon dioxide. Pregnant women and people who are exercising are generally warmer and also give off more carbon dioxide to attract the pests.

There are some non-chemical things you can do to help you avoid becoming a mosquito magnet, including changing your diet.

Eating a lot of yogurt or other dairy products causes your body to release lactic acid or other acidic chemicals – and this attracts mosquitoes.

So it may be beneficial to avoid dairy in large quantities. There are some food items that are known to repel mosquitoes (perhaps people too!) – particularly garlic.

Cholesterol or other fatty substances on the skin, such as lotions, will also attract the pests.

Fortunately, a mosquito bite cannot transmit the SARS-CoV-2 virus that causes COVID-19, but there are infections, such as the West Nile virus, that you can guard against by taking simple mosquito repellent precautions.



# Indigenous voices



Indigenous peoples have been raising their voices in song from coast to coast to coast since time immemorial. If only more could hear them.

Musique Nomade has created a new media platform that does just that. The team travels the land meeting Indigenous artists and provides them with an opportunity to record their music right on site, and then to benefit from sophisticated online and live concert promotion.

Created to generate better cultural representation in the music industry, Musique Nomade also values intercultural collaborations both inside and outside Indigenous communities. With its Spotify-like platform ([nikamowin.com](http://nikamowin.com); 'nikamowin' meaning "song" in Cree), the initiative contributes to the digital memory of traditional Indigenous languages and music, all while allowing listeners to hear completely new musical orientations.

To hear some of these voices, check out this summer nights playlist.

[Listen now](#)

We acknowledge that our work spans many Territories and Treaty areas and that our head office is located on the unceded territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and Sel̓ilwitulh (Tsleil-Waututh) Nations. We are grateful for the traditional Knowledge Keepers and Elders who are with us today, those who have gone before us and the youth that inspire us. We recognize the land as an act of Reconciliation, as recommended by the Truth and Reconciliation Commission's (TRC) 94 Calls to Action, and gratitude to those whose territory we reside on, work on or are visiting.

[Learn more about TELUS' commitments to Reconciliation](#)



# Trail running

“Leave the road, take the trails”  
- Pythagoras



Given that most big races were cancelled or postponed due to the pandemic and many new restrictions were placed on urban activities, many road runners joined the already fast-growing ranks of trail runners. While trail running offers a great way to rediscover the wilderness around you, a few adjustments are needed to enjoy it fully.

- It's not going to be all flat, so pacing is crucial to conserve energy for the hilly bits. And, while running downhill sounds easy, it also demands extra care and flexibility.
- Be sure to tell someone where you're going and, better yet, keep your phone/GPS device with you. Routes can go out and back or go around a loop. Ideally, choose a well-marked trail, because you want to make it back home in one piece!
- If you are just starting out, try for flatter trails close to home, as this kind of running demands the use of different muscle groups, and it can definitely test your cardio.
- While equipment is minimal, trail running shoes use deeper sole lugs for grip, so don't skimp here. Many runners use a light running vest and carry trekking poles for stability on technical terrain.

Best of all, by the time the road races come back, you may have become a true convert!

Are you thinking about starting a running program or fine-tuning your current one?

Join TELUS Health Care Centres kinesiologist and exercise physiologist Melanie Portal for a one-hour webinar dedicated to debunking common running myths and sharing practical considerations for running smarter, not harder. Topics include injury prevention, gear selection, program-building ideas and more.

[Register now](#)

# Hydration



It seems so obvious, but good hydration is essential to good performance. Here are some top tips from Melanie Portal, Certified Kinesiologist, Certified Exercise Physiologist and Certified Strength and Conditioning Specialist practicing at TELUS Health Care Centres.

Being overhydrated is unnecessary and can have detrimental effects on your running. Hydration IS important, but too much can cause:

- Decrease in performance
- Muscle weakness, cramps and spasms
- Disruption to running due to frequent bathroom breaks
- Feeling full or nauseous while running
- Low levels of sodium and electrolytes

## Tips on how to find the right hydration balance:

### Pre-activity:

- Proper hydration throughout the week
- Check weather forecast
- Avoid super-salty foods
- Monitor urine colour – clear to pale yellow (lemonade colour) indicates optimal hydration
- Adequate fruit and vegetable intake – they are made mostly of water and have lots of vitamins and minerals!
- Hydrate with at least 250-500 ml of fluid 30 minutes before activity

### During:

- Depending on intensity, duration, sweat rate and other factors, a couple of gulps of water every 15-20 minutes could be enough.

### After:

- Drink 150-200 ml of fluid every 15 minutes of exercise, on top of your daily requirements



# Around the campfire

There is something primordial about campfires. A place to gather, to eat, to tell stories, to connect. With staycations in mind, here are some activities that can breathe new life into this old tradition.

## Game time

- “Don’t laugh.” Simple but deadly! Competitors face one another, the closer the better. They take turns trying to make the other ones laugh. You laugh, you lose. (Really bad Dad jokes work best!)
- “Truth or not?” Imagine a TV game show in which three people each share a news headline (or other fun fact) and the others around the fire must guess which was true. Fun and maybe even informative!
- “Secret circle.” Remember back in school? You tell the person next to you a secret; they tell the person next to them and so on, until it comes back to you. Is it the same secret? (Please don’t try if there are only two of you...)
- “Never-ending story.” You start the story with “Once upon a time.” The next person adds a sentence. And the rest do the same until you are all laughing, or, if they’re terrible storytellers, you are all asleep...
- “20 questions.” A campfire classic. One person thinks of an object or person and the rest have 20 questions to ask in order to identify it. Twenty is not a lot.

There are so many campfires to enjoy, so consider the power of early detection, prevention, and timely intervention. Our annual Personalized Health Assessment is a physician-led, head-to-toe assessment that helps you understand the status of your health so you can help mitigate any risks you may have. Any age is the right age to get your health on track.

**Stay on track**



# Stargazing

Some people remember, with nostalgia, those summer nights watching movie stars at the drive-in theatre. Big screen through the windshield. Hang-on speakers with bad sound. With new tech and a bit of work, backyard movies can now become a highlight of your summer and create new memories.

In recent years, portable projectors have gone way up in power and resolution while coming way down in price. For around \$100, you can procure a high-res (1080p) mini projector with Wi-Fi connectivity to your smart phone or home network. Partnered with outdoor wireless speakers and a pop-up screen (while an old bed sheet will do, you want your customers to come back, after all!). Keep in mind that most projectors work best between 5-10 feet from the screen, so factor this into your theatre design.

To complete the experience, just add some comfy chairs, a couple of blankets and, of course, popcorn.

**If you want to see the real thing, just look up. Way up.**

If you're in the country or the 'burbs, you're in luck. And, even if you're in the city, you're still in luck, thanks to powerful personal planetarium software.

As they say: there's an app for that. All you need to do is take your tablet or phone outside after dark and point your screen up to the heavens. Lo and behold, the constellations are revealed, the stars named and planets pinpointed, and even the whereabouts of the International Space Station can be found – all geo-mapped to your location.

Imagine being able to “see” over a billion stars, zoom in to particular satellites, plan upcoming aurora viewing and even learn about the makeup of our home planets?

**What better way to connect with the universe around you?**

At TELUS Health, we recognize the strong correlation between a child's health and their achievements later in life – whether as an actor or an astronomer!

That's why we offer a comprehensive program to help children reach their full physical, mental, behavioural, and academic potential. Through preventive health screenings, proactive family education, and a team-based approach, we'll track and monitor their health and development every step of the way. And because nothing is more important than your child, we won't keep you waiting—we offer same day visits whenever you need it, plus 24/7 virtual care.

**Explore our kids health program**





## Geocaching

Geocaching is a true modern-day treasure hunt. Spanning the globe and right in your neighbourhood, participants (and the company behind this) have hidden millions of “caches” of all kinds in the most unlikely – and sometimes very hard to find – places.

The “treasures” are placed in waterproof containers (a film tube or Tupperware), and come in all shapes and types and sizes. Inside the traditional caches are simple objects, such as a coin, key fob, or ring, and can be taken by the “discoverer” so long as they are replaced by something of equal or greater value. Inside each treasure box is a log; one simply signs one's name, with the date, adding an optional comment, then returns the cache back to the hiding spot.

There are also mystery caches, for which you need to solve a riddle; challenge caches, for which you need to overcome a series of tests; virtual caches to find locations, not actual containers; and many more.

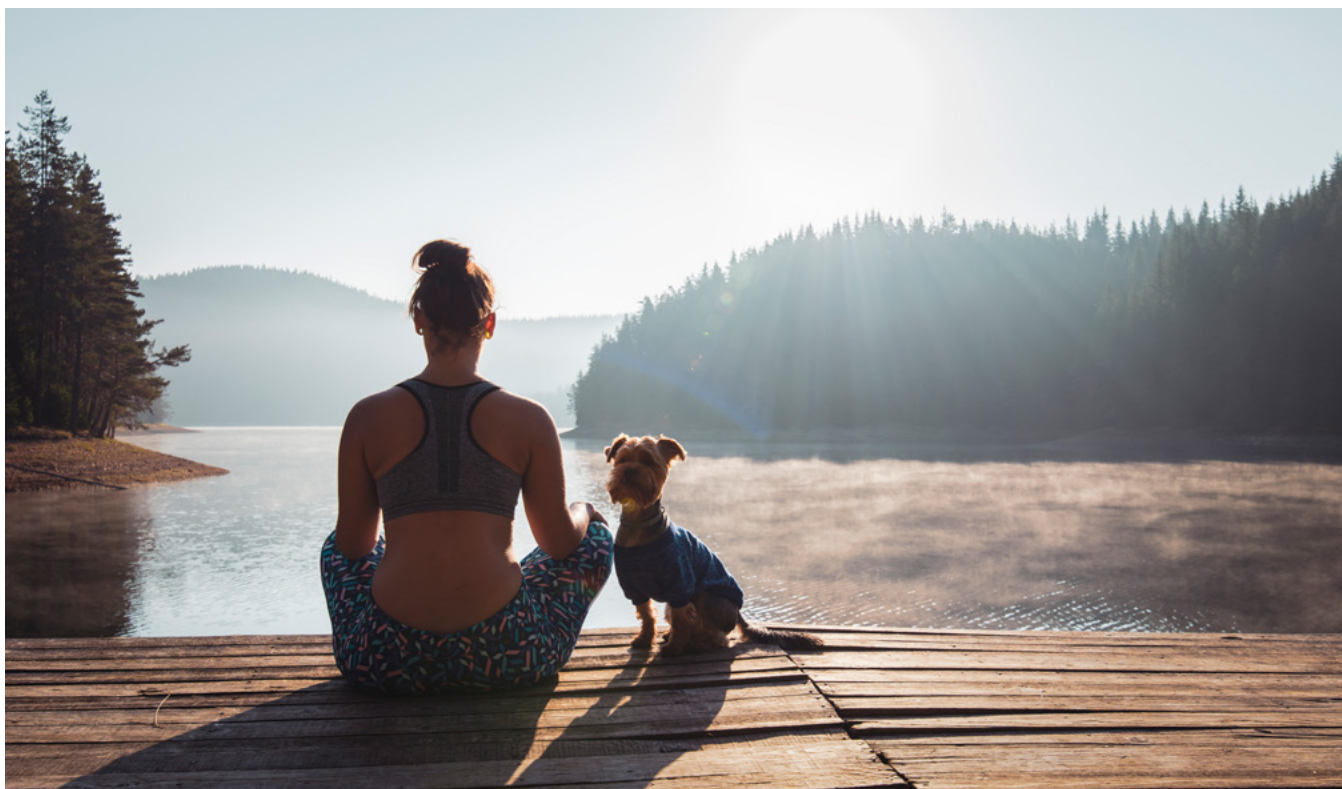
All this is done via the Geocache app downloaded to your smartphone. With the free version, you sign in, locate yourself on the map, and spot the general location of the cache. Using GPS, once you're within 5 metres, you will hear a signal. It's not always so easy and the Premium version is even harder... Once found, the app registers your discovery.

And, just like the treasure hunting of old, it's a great way to discover hidden cultural, historic and artistic gems in places near you.

And, attention treasure hunters: even if you're young and healthy, you need the right care to help you stay on track. At TELUS Health, we provide young adults with the support and guidance they need to adopt healthier lifestyle choices, starting with a greater understanding of their family history, genetics, and sexual health. Our highly qualified, empathetic team will help ensure that young adults always feel safe and comfortable asking tough questions and discussing sensitive information.

**Find out about our young adult  
prevention program**





# A skin safe summer.

## Summer skin protection

**By Dr. Rhonda Low, Family Physician, TELUS Health Care Centres**

As we finally start to experience better weather, it's hard to resist staying outside for hours. But that also means we need to be sun savvy — especially when it comes to our kids.

Research shows that 80% of our lifetime sun exposure occurs during childhood,<sup>1</sup> and those who are sunburned early in life have a greater risk of developing skin cancer, the most commonly diagnosed cancer among Canadians.<sup>2</sup> The most deadly type of skin cancer, melanoma, is on the rise, too.<sup>3</sup>

### **That's why using sunscreen daily is key.**

Sunscreens use mineral and chemical blockers to prevent harmful UVA and UVB rays from penetrating the skin. But there have been concerns about some of the ingredients found in common sunscreens.

The Environmental Working Group (EWG) cites recent reports from the US Food and Drug Administration that determined that common chemical sunscreen ingredients such as avobenzone, oxybenzone, octocrylene and others are systemically absorbed into the body after a single application — and that traces of these chemicals can be detected in the skin and blood weeks after their use.<sup>4</sup>

To that end, the FDA has classified two chemical-based sunscreen ingredients — PABA and tolamine salicylate — as NOT generally safe and effective.<sup>4</sup> On the other hand, mineral sunscreen ingredients titanium dioxide and zinc oxide, are considered generally safe and effective.<sup>4</sup> The latter ingredients do tend to have a bit of a chalky appearance after application.





## So which are the better sunscreens to use?

Look for a mineral sunscreen containing titanium dioxide and/or zinc oxide, but check the SPF number. Many cosmetics and moisturizers include SPF factors of 15, which may be sufficient on a regular workday when you're outside for a few minutes, but it's not enough if you're planning outdoor activities or a day at the beach.

If you're planning to spend time outside, use sunscreen with an SPF of 30 or higher, but not more than 60. Sunscreens with an SPF higher than 60 may not provide any extra protection, but they can encourage people to stay outside longer, or reapply their sunscreen less, because they feel more protected. Look for a broad-spectrum sunscreen that blocks both UVA and UVB rays.

For a list of sunscreens recognized by the Canadian Dermatology Association, see their website at [www.dermatology.ca](http://www.dermatology.ca). The EWG also has a list of sun-safe sunscreens available at [www.EWG.org/sunscreen](http://www.EWG.org/sunscreen).

## Sunscreen only works if you wear it properly.

Sunscreen should be applied 15 to 30 minutes before heading outside and then reapplied every two hours, or immediately after swimming — even if it's waterproof.

It's also critical that you use enough. Insufficient amounts of sunscreen result in less SPF protection, and most folks only use about 25% of the recommended amount.<sup>5</sup> For the best protection for the average size person, you need to use about a quarter of a regular-sized bottle. This is equal to about a golf ball-sized amount or a shot glass full. So a regular-sized bottle should only last you four applications.

## But sunscreen is only a start.

In addition to sunscreen, it's important to adopt other sun-safe behaviours, such as wearing a wide-brimmed hat (at least 3 inches wide) and sun-protective clothing.

When it comes to clothing, the degree of protection depends on the weave and on the chemical additives in the fabric. Darker colours block more UV rays. For the best protection, the tag on the fabric should be listed with a UPF 50 rating.

And don't forget: you can even sunburn your eyes, so use a good pair of sunglasses. Babies should wear them too.

With the right sun protection in place, you'll be ready to get outside and safely enjoy this long-awaited Canadian summer with the ones you love.

### Resources:

1. WHO. 2009. "Protecting children from ultraviolet radiation."
2. Government of Canada. 2018. "Sun safety and skin cancer."
3. Joshua, AM. "Melanoma prevention: are we doing enough? A Canadian perspective." *Curr Oncol*. 2012;19(6):e462-e467. doi:10.3747/co.19.1222
4. Environmental Working Group. 2021. "The trouble with ingredients in sunscreens."
5. AADA. 2021. "Sunscreen FAQs"

# Healthy menu Q & A.



**Meghan Wilton**

Registered Dietitian,  
TELUS Health Care Centres

TELUS Health's Registered Dietitian Meghan Wilton loves to empower her patients to have fun with food – without sacrificing nutrition. With a great Canadian summer upon us, and many reasons to celebrate safely outdoors, we asked her about enjoying summer to the fullest, while keeping nutrition in check.

## **Q) Are there specific foods we should eat more or less of during the summer?**

**A)** The exciting thing about summer is all the fresh local produce that becomes accessible, so it's not a matter of whether we should eat more of it, but rather an opportunity to enjoy all the wonderful fruits and vegetables that become available! Eat things that you enjoy, not because you think you should. Learning to cook with the food you enjoy in a nourishing way helps with sustaining the changes you're making for your health.

## **Q) Is there room for summer favourites like cheese-burgers and ice cream in a healthy diet?**

**A)** Absolutely! Forming a healthy relationship with food means giving yourself permission to have these foods without the guilt and shame. When we restrict ourselves and do not give in to our cravings, we are more likely to overconsume these foods once they are reintroduced. Moderation is key when it comes to these foods.

## **Q) Should drinks like lemonade and frozen cocktails be avoided altogether due to their high sugar content?**

**A)** Sweetened beverages in general are something that we do want to be mindful of and limit as much as possible. Added sugar is hidden in a lot of things, beverages being one of the most common. However, that's not to say you can't enjoy these drinks from time to time. It's more about looking at your diet as a whole instead of demonizing one thing. If cutting back on added sugar is a goal of yours, sweetened beverages are a great place to start. Try cutting these drinks with tap water or sparkling water, or if you are following a recipe, cut the sweetener in half.



**Q) What are some tips for navigating a summer gathering, where the menu consists of typical BBQ foods?**

**A)** Try using the balanced plate as a guide – this is a great visual to help build or rethink your plate to create a nourishing meal. Start by filling  $\frac{1}{2}$  of your plate with colourful vegetables,  $\frac{1}{4}$  with starch (whole grains, starchy vegetables such as potato and corn), and  $\frac{1}{4}$  of your plate with protein. Most importantly, enjoy your food! Incorporate mindfulness by chewing your food well, eating slowly, taking breaks between bites to enjoy the company, while savouring the delicious meal that's in front of you! Eating slowly can also help you tune in to when you are feeling satisfied, versus eating until you're overfull (which is okay too, sometimes!).

**Q) How much water should we be drinking daily during warmer months?**

**A)** This may vary for each individual depending on their age, activity level, how much they sweat, health status, etc. A good rule of thumb is 2-3 litres per day; however, another great strategy is to look at the colour of your urine. Your urine should be clear/pale yellow. If it's on the darker side, that's your cue to hydrate!

**Q) Why do you think that empowerment is important when it comes to good nutrition?**

**A)** Oftentimes people are looking for the “quick fix,” for example a diet, meal plan, etc. Instead of simply giving someone a set plan that only lasts for a certain amount of time, empowering people to have the confidence and skills to do this on their own is far more rewarding and sustainable. Working with a dietitian, you can build your nutrition education and food skills and work towards building awareness around what works for you. There is no one-size-fits-all solution; we are all so unique and come with different barriers and challenges.

**Find out more about our  
nutrition service**

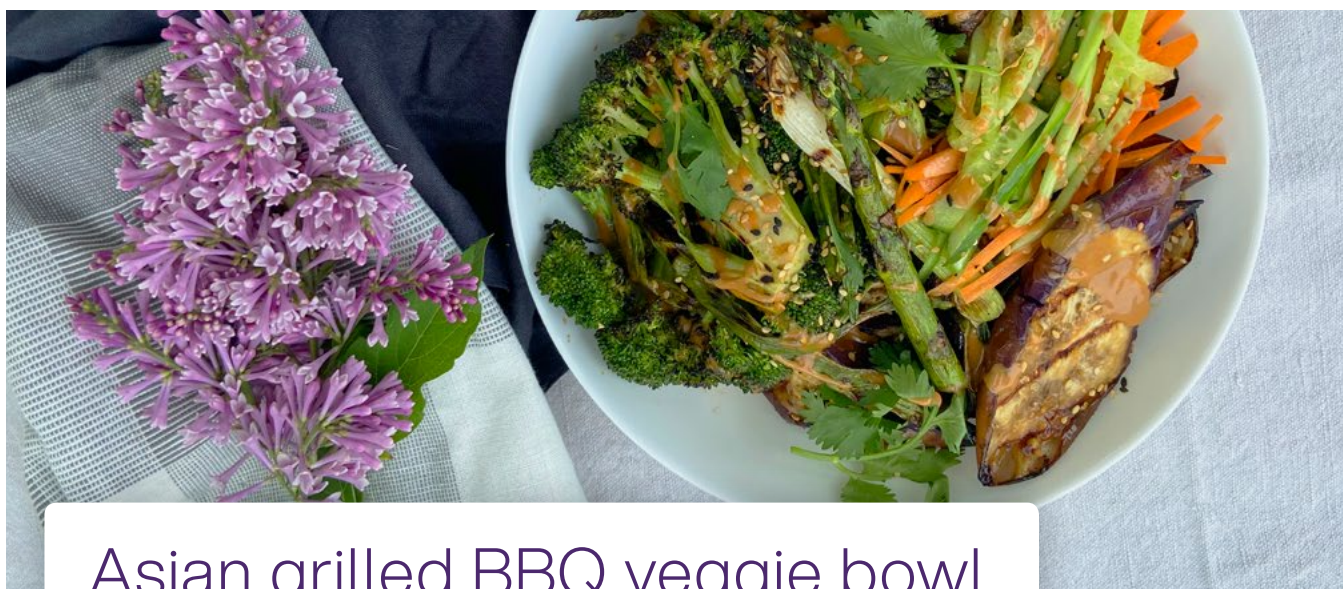


# Summer cooking

Enjoying summer is about taking the time to savour the season, rest, recuperate and re-energize, and – why not – even take your BBQ food fest to the next level. Here are some simple and healthy new recipes to try this summer.

**Watch our new virtual summer BBQ class**





## Asian grilled BBQ veggie bowl.

Serves 4-6 / prep time: 10 min / cooking time: 20 min

### Ingredients

#### Marinade:

3 tbsp olive oil  
3 tbsp hoisin sauce

#### Sauce:

2 tbsp low-sodium soy sauce  
2 tbsp sesame oil  
2 tbsp tahini  
1 tsp sambal oelek or sriracha (to taste)  
2 tbsp water

#### Vegetables:

2 small Japanese eggplants sliced ½ inch thick  
1 package (125 g) mini king oyster mushrooms  
sliced in half  
1 crown of broccoli cut into chunks  
8 asparagus spears cut in half  
4 green onions cut in half  
2 cups cooked quinoa  
Salt and pepper

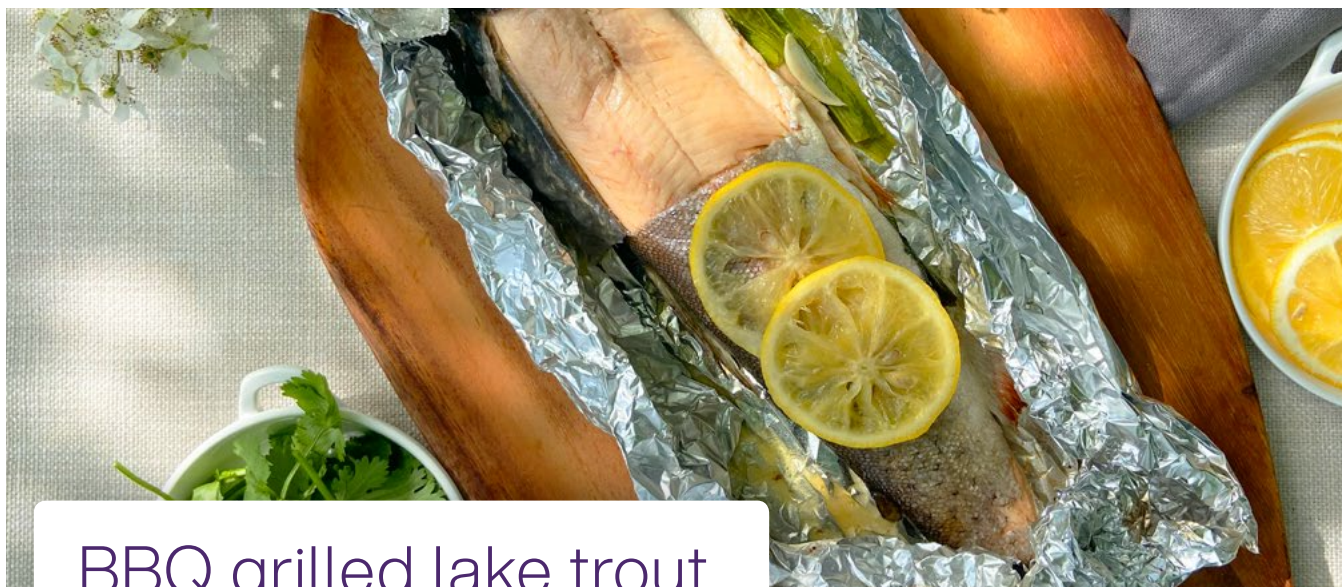
#### For service:

Drizzle sauce, sesame seeds and thinly sliced cucumbers or carrots for freshness.

### Directions

1. Mix olive oil and hoisin in a large bowl. Gently toss all of the vegetables in the bowl and set aside to let the flavours absorb.
2. Mix all the ingredients of the sauce in a small jar and shake until well blended.
3. Preheat the grill to high and grill your vegetables in 2 batches, starting with the mushrooms and the eggplant. Set aside and drizzle with a bit of the reserved marinade. Then grill all of the other vegetables, paying attention to not let any of them burn. We want more brown colour than black, but some char is good.
4. Place your choice of vegetables in a bowl of quinoa (or rice if you prefer) topped with sliced cucumbers and/or carrots, sesame seeds and the prepared sauce.





## BBQ grilled lake trout.

Serves 4 / prep time: 10 min / cooking time: 15 min

### Ingredients

- |                                     |   |
|-------------------------------------|---|
| 4 ¾-1lb trout                       | 1 tbsp seasoning salt or salt and pepper                                      |
| 8 green onions cut in half          | 1 lemon thinly sliced   |
| 8 stalks of fresh coriander         | 4 large sheets of heavy duty foil 4 inches longer than the fish on either end |
| 2 cloves of garlic thinly sliced    |   |
| 4 tbsp butter cut into small chunks |   |

### Directions

1. Preheat BBQ on high.
2. Rinse the fish under cold water and pat dry with a paper towel.
3. Place aluminum foil paper on a flat surface and spread a small amount of butter across the centre to cover the length of the fish.
4. Place fish on buttered part of foil and season well both the inside cavity and the outside using either salt and pepper or seasoning salt.
5. Fill the cavity with 2 green onions, 2 stalks of coriander, a few slices of garlic and the butter. Keep one little piece for the top of the fish and place a couple of slices of lemon.
6. Fold the foil over the fish to form a parcel, making sure not to create any holes where the flavour might escape.
7. Repeat with the 3 other fish.
8. When the grill is ready, place the parcels on the BBQ and grill for approximately 7-8 minutes per side, turning them half way. You can always open them up and make sure they're done. If the skin comes up easily and the flesh is flaky, the fish is done.
9. Remove from heat and let sit for a few minutes to cool off a bit.
10. Enjoy with your favourite healthy side dish.



## Grilled Caesar salad.

Serves 4 / prep time: 15 min / cooking time: 5 min

### Ingredients

3 cloves of roasted garlic\*  
 3 anchovy fillets  
 ½ cup grated Parmigiano Reggiano  
 2 tbsp fresh lemon juice  
 1 tsp Dijon mustard  
 1 tbsp light mayo  
 ⅓ cup low-fat or non-fat natural yogurt

4 slices of bacon, cooked and broken up  
 2 tbsp olive oil  
 3 romaine hearts with stem on, cut into 4 wedges each  
 2 slices of whole grain bread  
 Salt and pepper

### Directions

1. Using a mortar and pestle, crush the roasted garlic, anchovies and ½ of the parmesan until a paste is formed.
2. In a bowl, mix the yogurt with the lemon juice, Dijon mustard and 1 tablespoon of olive oil. Season with salt and pepper and add the garlic and anchovy mixture.
3. You can add 1 tablespoon of water if the mixture is too thick. Set aside in the refrigerator until you are ready to grill.
4. Preheat barbecue to medium-high heat.
5. Brush bread with olive oil and place on the grill. Cook until well toasted and crispy on both sides. Set aside to cool and cut into small pieces.
6. Cut romaine hearts lengthwise into quarters.
7. Drizzle olive oil over the romaine hearts and season with salt and pepper. Place the romaine on the grill and cook for 2-3 minutes until well marked. Place the wedges in a large mixing bowl and spread some of the dressing over the rim of the bowl. Using kitchen tongs, roll the romaine around the side of the bowl and rotate the pieces until they are well coated.
8. Place the wedges on four plates and top each with the remaining parmesan, croutons and bacon bits. Serve with a few lemon wedges.

\*To roast the garlic, cut off the top of a head of garlic and pour a little olive oil on top. Wrap it in foil and place it on a hot grill for 15 to 20 minutes until the cloves are soft and caramelized.





## BBQ grilled peaches with basil.

Makes 4-6 brochettes / prep time: 15 min. / cooking time: 8-10 min

### Ingredients

4 peaches, halved and pitted

¼ cup basil leaves

1 tbsp olive oil

Salt and pepper

### Directions

1. Preheat the BBQ to medium heat and clean and oil the grill.
2. Season the peaches with a bit of salt and pepper and drizzle with olive oil.
3. Grill cut side down for 4-5 minutes without moving them to create the best grill marks.
4. Flip the peaches and grill another 4-5 minutes, until tender.
5. Serve the peaches by placing each half on a small brochette with a couple of basil leaves.



## Plant-based popsicles: Raspberry peach and banana chocolate.

Makes 10 popsicles of each flavour / prep time: 10 min / freezing time: 4-6hrs

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### Ingredients

- 2 cups of vanilla pea milk (or any other plant-based milk, e.g., soy milk)
- 2 peaches, pitted and chopped
- 1 tbsp maple syrup
- ½ cup of raspberries broken into pieces
- 2 cups chocolate pea milk (or any other plant-based milk, e.g., soy milk)
- 1 banana

### Directions

#### **Peach and raspberry popsicles**

1. Mix the vanilla pea milk, the pitted peaches and the maple syrup in a blender until smooth.
2. Pour into 10 popsicle molds and drop 2-4 raspberries in each.
3. Let freeze for 1 hour before inserting the popsicle sticks.
4. Ready in 3-4 hours.

#### **Choco-banana popsicles**

1. Pour chocolate pea milk into a blender and add the banana. Mix until smooth.
2. Pour into 10 popsicle molds and freeze for 1 hour before inserting the popsicle sticks.
3. Ready in 3-4 hours.



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