

# We want to feature you in the 2025 TBRHSC Health and Wellness Calendar!

## What do you need to do?

Participate in one of three ways:

**1** Send in your favourite healthy recipe.



OR

**2** Tell us how you stay healthy and well. This could be any form of physical, emotional, social, spiritual, occupational, financial or environmental wellness activity.



OR

**3** Share a health and wellness fact or life hack.



Please submit before September 23, 2024

Questions? Contact Kelly-Jo.Gillis@tbh.net



Thunder Bay Regional Health Sciences Centre



Wellness Committee

THUNDER BAY REGIONAL HEALTH SCIENCES CENTRE

**Ojibway**  
Word of the Month  
Movement  
Wakawewin  
(Wa Iaa ne wi)

## Five Surprising Facts About Exercise

We all know that exercise has many benefits but here are five fun facts about exercise that you may not know.

1. You use 200 muscles to take a single step forward. This is why walking is considered a full-body exercise.
2. Starting after age 30, people can lose three to five percent of their muscle mass per decade. Strength training can help to maintain both muscle mass and strength.
3. Exercise does not need to hurt to bring results. As your muscles get used to an activity, they will adapt and will be less likely to feel sore. If you are sore, listen to your body.
4. Fat and muscle are different types of tissues. One does not turn into the other.
5. People who cross-train are less prone to injury. Doing different types of exercise allows you to use muscles all over your body rather than using the same muscles in the same way, every time.

### Thai Vegetable Summer Rolls

**Ingredients**

**Summer Rolls**

- 8 rice paper wrappers
- A few torn leafy greens
- 1 medium cucumber, peeled and cut into thin strips
- 1 medium bell pepper, cut into strips
- 2 medium carrots, cut into strips
- A handful of fresh mint leaves
- 1 avocado, sliced
- Crushed peanuts for topping

**Peanut Sauce**

- 3 tbsp canola oil
- 2 cloves garlic, peeled
- 2 tbsp low sodium soy sauce
- 1/2 tsp natural peanut butter
- 1 tbsp water
- 1 tsp white vinegar
- 1 tsp honey or maple syrup
- Squeeze of lime juice
- A dash of fish sauce

**Instructions**

1. Blend the peanut sauce ingredients in a food processor or blender.
2. Soak one rice paper wrapper at a time into a bowl of warm water for about 30 seconds, remove from water and set it on a damp towel. Carefully add your fillings to the wrapper.
3. Arrange a few of the vegetables and herbs in the center of the wrapper horizontally, starting with the leafy greens and ending with the avocado. Fold the left and right sides towards the middle. Fold the top into the middle. Roll the roll over the vegetables, tuck everything in, and tightly roll it all up. The wrapper will be very sticky and delicate so work carefully.
4. Cut the rolls in half. Drizzle with the sauce or dip in the sauce or both. Serve as a vegetable side dish or add protein of choice (cooked shrimp, tofu) to roll to make this a more balanced meal.

Recipe from [Deborah Simon](#)

## AUGUST

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3
4	5	6	7	8
9	10	11	12	13
14	15	16	17	18
19	20	21	22	23
24	25	26	27	28
29	30	31		

**Shannon Match** (Shannon) stars twice by pursuing a strength sport called **Shannon**. In 2023, Shannon Match became the number one ranked woman in her weight class in the world. **Shannon** is a dog and her name is **Shannon**.

**Hillary Shepard** (Hillary) enjoys running and training for 5 km to 100 mile races. "It has been a complete journey to find what I am capable of. If you don't try, you won't know how far you could go!"