

## CVR Voice June 2016

### Nurse's Corner



Healthy living means making positive choices that enhance your personal physical, mental and spiritual health. You make these choices when you:

- ✓ Eat nutritiously, choosing a variety of foods from all of the food groups as suggested by [Canada's Food Guide](#);
- ✓ Build a circle of social contacts to create a supportive environment of people who care for you and respect you;
- ✓ Stay physically active to keep your body strong, reduce stress, and improve your energy.
- ✓ Choose not to smoke; and
- ✓ Put an end to other negative lifestyle practices.

Healthy living choices are affected by where you live, work, learn and play. Keeping yourself informed about positive health practices within your environment is an important way to improve your overall health and sense of well-being.

Information from Sante Canada

Heidi Pallett, School Nurse CVR