

Moroccan Vegetable Curry



A rainbow of colors provides a variety of nutrients in this flavorful vegan dish.

INGREDIENTS

- **2 tablespoons** canola oil
- **1 ½ cups** chopped onions
- **4 cloves** garlic, minced
- **2 tablespoons** curry powder
- **2 teaspoons** ground cinnamon
- **1 teaspoon** ground turmeric
- **1 teaspoon** cayenne pepper
- **½ cup** vegetable broth or water
- **1 eggplant**, peeled and cut into ¾ inch cubes (6-8 cups)
- **2 cups** cubed peeled sweet potatoes
- **2 cups** chopped carrots
- **1 ½ cups** chopped yellow bell peppers
- **1 ½ cups** chopped red bell peppers
- **1 can** chickpeas, drained and rinsed
- **2 cups** diced zucchini
- **¼ cup** raisins
- **1 cup** unsweetened orange juice
- **1 package (10 oz.)** frozen chopped spinach, thawed and drained
- **2 cups** couscous
- **2 cups** boiling water
- **¼ cup** sliced almonds
- Grated zest and juice of ½ lemon

DIRECTIONS

1. In a large Dutch oven, heat oil over medium heat. Sauté onions for 3 to 4 minutes or until softened. Add garlic, curry powder, cinnamon, turmeric and cayenne; sauté for 1 minute or until spices are fragrant.
2. Add broth and deglaze the pan, scraping up any brown bits. Add eggplant, sweet potatoes, carrots, yellow peppers and red peppers; sauté for 5 minutes. If vegetables begin to stick to the pan, add more broth.
3. Stir in chickpeas, zucchini, raisins and orange juice; bring to a boil. Reduce heat to low, cover and simmer for about 20 minutes or until sweet potatoes are fork-tender. Stir in spinach, cover and simmer for 5 minutes or until heated through.
4. Meanwhile, place couscous in a large, shallow bowl. Stir in boiling water. Cover and let stand for 5 minutes or until liquid is absorbed. Fluff with a fork.
5. Spoon vegetable mixture over couscous and garnish with almonds, lemon zest and lemon juice.

NUTRIENTS PER SERVING: 299 calories; 5.3 g fat; 0.5 g saturated fat; 57 g carbohydrates; 9 g protein; 8 g fiber; 202 mg sodium; 102 mg calcium; 2.8 mg iron.

VERY HIGH IN: Magnesium, vitamin A, vitamin C, vitamin B6, and folate.

HIGH IN: Thiamine and niacin.

Source: dietitians.ca

TUMERIC

Super Spice

Turmeric, the spice that gives curry its yellow color, contains a compound called curcumin, a substance with powerful anti-inflammatory and antioxidant properties. Studies have shown that curcumin can improve brain function and could even be a beneficial herb in cancer treatment.

For centuries, brides in India have used turmeric and gram flour (garbanzo bean flour) as the base for an effective body scrub that leaves the skin smooth. To make a facial mask that will even out your skin tone, reduce puffiness, soften the appearance of wrinkles, and reduce acne, **blend**



1 teaspoon
TUMERIC POWDER



2 tablespoons
PLAIN YOGURT



2 teaspoons
RICE FLOUR
(or garbanzo bean flour, or even finely ground oats)

Apply it to a clean face, leave to dry about 15 to 20 minutes, then rinse. Twice-weekly treatments are recommended for maximum benefits.

Sources: Turmeric Health Benefits, submitted by Harpal Dadi, Magna Employee; authoritynutrition.com; crunchybetty.com



80% of heart disease and 90% of diabetes can be linked to an unhealthy diet and lifestyle habits.

Take your health into your own hands. Healthy eating and regular exercise can go a long way towards living a happy and healthy life.

Did you KNOW?

We would love to hear from you! Send your suggestions / comments to:

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Mark Lyons

From the Heart

November 22nd 2012 began like any other day for Mark Lyons, twenty year employee at Ingram Windsor Seating. He did a morning workout at the gym, ate breakfast and got ready for work. But then his life changed forever.

continue reading

It began with a sudden feeling of exhaustion. He mistakenly attributed the growing pain in chest to indigestion and tried to walk it off. When his shoulder began to ache and his arm went numb, Mark's wife suggested he was having a heart attack. Ridiculous, he thought. I'm too young, too fit.

Yvonne, a former nurse, trusted her instincts and called the paramedics. After spending five days in ICU, an angiogram revealed a tear in his artery. Miraculously, the blow-out had begun to heal itself, so surgical intervention wasn't needed.

According to the Centers for Disease Control and Prevention, approximately 1 in every 4 deaths in the United States is attributed to heart disease. Contrary to popular belief, heart disease isn't one condition but a group of conditions that can affect the structure and function of the heart. Risk factors for heart disease include high blood pressure, high cholesterol, smoking, obesity, diabetes, excessive alcohol use, and physical inactivity.

None of which Mark Lyons had.

Until that fateful day, he had been feeling great. He worked out regularly, kept to a generally healthy diet and had no family history of heart disease, no trouble with his blood pressure or cholesterol.

His friends and family were shocked. There was no way that Mark, one of the fittest people they knew, could have had a heart attack.

Mark's family, including Yvonne, their three children and five grandchildren, stood by him in the days, weeks and months to come, doing everything to make his recovery as easy as possible. He admits the process was tough. He had to be careful not to take any blows to the chest and was restricted to lifting amounts under five pounds. "I couldn't lift my own grandchildren," he says.

Both the American Heart Association and Canada's Heart and Stroke Foundation stress the importance of cardiac rehabilitation, a program of exercise, education and counselling. A cardiac rehab team is generally made up of professionals who work together to improve your physical and emotional health and may include a physician, exercise physiologist, nurse, occupational therapist, dietitian, or psychologist. This team of experts



“

I don't stress about stupid stuff anymore and when someone asks how I'm doing, I say, 'I woke up today, I feel great!'"

help patients regain their strength and independence and overcome anxieties and fears.

"The specialists were all very supportive. I could call them at any time, ask all the questions I needed to," Mark says. "But a lot of it comes down to you. I wanted to get stronger and fitter."

He continues to go to the gym, but has had to curtail heavy weights in favor of cardio, like walking or bicycling. He had always eaten fairly healthy, but now avoids packaged and processed foods, tracks his sodium intake, avoids pop and passes on fast food. "Life is short," he says. "I don't stress about stupid

stuff anymore and when someone asks how I'm doing, I say, 'I woke up today, I feel great!'"

In May 2014, Mark Lyons, along with forty-eight of his colleagues at Windsor Ingram Seating, took part in the Heart Breaker Challenge, a 5 km mud run and obstacle event that raised funds for the Cardiac Wellness & Pulmonary Rehab Centre. "They helped me out for six months," Mark says. "This is my way of paying them back."

Mark Lyons

Ingram Windsor Seating



Visit www.magnawellness.ca
for more articles, recipes and challenges!

Finding Your Target HEART RATE ZONE



To get the most out of your workout, find your target heart rate zone. This is the optimum heart rate at which you should train in order to get an effective workout.

Typically, your target heart rate is between 50% and 85% of your maximum heart rate, the highest heart rate you can achieve safely through exercise. Knowing your ideal zone will help you get the most out of your workout.

Before you use the chart to determine how fast your heart should be beating during exercise, let's learn what the numbers mean.

MAXIMUM HEART RATE

Your maximum heart rate is the highest heart rate you can safely achieve through exercise. This measure depends on your age and is most commonly calculated through the following formula:

Maximum heart rate ($MaxHR$) = $220 - age$

LOW END OF YOUR TARGET HEART RATE ZONE

The low end of your target heart rate zone is typically 50% of your maximum heart rate. If your heart beats fewer times than this per minute, you are not working hard enough. Step up the intensity!

HIGH END OF YOUR TARGET HEART RATE ZONE

The high end of your target heart rate zone is typically 85% of your maximum heart rate. If your heart is beating faster than this, you need to slow down.

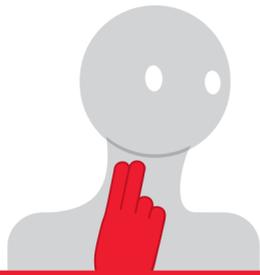
The next time you work out check to see if your heart rate is within your heart rate training zone. That is, in between the low and the high end of your target zone. If you are new to exercising, stick to the lower end of your target zone. As your level of fitness improves, you can increase the intensity until you are training in the middle and upper end of your target zone.

Find your age and see what your target heart rate zone is.

AGE	TARGET HEART RATE ZONE 50–85%	AVERAGE MAXIMUM HEART RATE 100%
20 years old	100–170 beats per minute	200 beats per minute
25 years old	98–166 beats per minute	195 beats per minute
30 years old	95–162 beats per minute	190 beats per minute
35 years old	93–157 beats per minute	185 beats per minute
40 years old	90–153 beats per minute	180 beats per minute
45 years old	88–149 beats per minute	175 beats per minute
50 years old	85–145 beats per minute	170 beats per minute
55 years old	83–140 beats per minute	165 beats per minute
60 years old	80–136 beats per minute	160 beats per minute
65 years old	78–132 beats per minute	155 beats per minute
70 years old	75–128 beats per minute	150 beats per minute

MEASURING YOUR HEART RATE

Place your index and middle fingers directly under your ear. Slide your fingers down until they are directly under your jaw bone, pressing lightly. Take your pulse, counting the number of heart beats. You may count for a full 60 seconds, or count for 6 seconds and add a zero on the end of that number, to get the number of beats per minute.



You may also take your pulse on the underside of your wrist, just at the base of your thumb. Again, count the number of beats per minute.

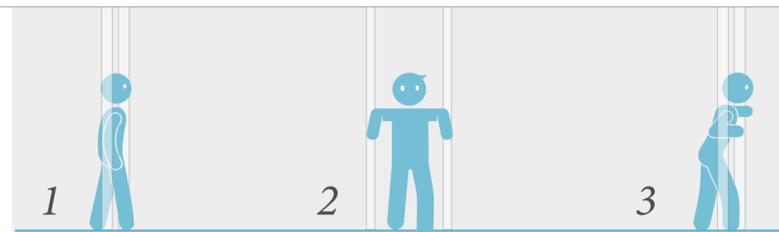


Source: www.dummies.com/how-to/content/how-to-find-your-target-heart-rate-zone.html

DON'T BE A HUNCHBACK

Poor posture can be caused by tight muscles in your chest and weak muscles in your back. Try these exercises 3–4 times a week to stand up straight and look taller.

Sources: Vizniak, Nikita A. (2011). Muscle manual. Canada: Professional Health Systems Inc.; www.payerchiropractic.com/Bruggers_coastchiropracticlove.wordpress.com



STRETCH YOUR CHEST

- Stand in the middle of a doorway with one foot in front of the other
- Bend your elbows to a 90 degree angle and place your forearms on either side of the doorway
- Shift your weight to your front leg, leaning forward, until you feel a stretch in your chest muscles
- Hold for 15 seconds
- Relax and return to starting position
- Repeat 10 times

Heart Attack WARNING SIGNS

According to the Heart & Stroke Foundation, there are an estimated 70,000 heart attacks each year in Canada. *That's one heart attack every seven minutes.*

Some heart attacks are sudden and intense, but the American Heart Association advises that most heart attacks start slowly, with mild pain or discomfort.

HERE ARE SOME SIGNS THAT COULD INDICATE A HEART ATTACK IS HAPPENING:

Chest discomfort

Uncomfortable pressure in the centre of the chest that lasts more than a few minutes, or goes away and comes back, squeezing, fullness or pain, burning or heaviness

Shortness of breath

With or without the chest discomfort

Other signs

Cold sweat, nausea or light-headedness

Upper body discomfort

Pain in one or both arms, in the neck, jaw, shoulder, or back

The following are controllable heart attack risk factors:

- Smoking
- High blood pressure
- High blood cholesterol
- Diabetes
- Obesity
- Physical inactivity

For more information visit www.heartandstroke.com or www.heart.org

It is important to realize that while chest pain or discomfort is the most common symptom of a heart attack, some people will not experience chest pain at all. Heart attack victims may experience one symptom or a combination of symptoms. When in doubt, call 9-1-1. Every second counts in a life-or-death emergency.

WHAT ELSE CAN YOU DO?

- Stop all activity and sit or lie down in a comfortable position
- If you take nitroglycerin, take your normal dosage
- If you are experiencing chest pain, chew and swallow 1 adult 325 mg tablet of aspirin. *Note: Pain medications such as Tylenol or Advil do not work the same way as aspirin and will not help in this type of emergency*
- Rest and wait for an ambulance to arrive

LAUGHTER is the best medicine

Now here is something to giggle over. Humor and laughter have been shown to have proven benefits to our health.

Boosts the Immune System

Laughter has the power to decrease stress hormones and increase immune cells and infection-fighting antibodies, therefore improving your resistance to disease.

Protects the Heart

Laughter improves the function of blood vessels and increases blood flow, which can help prevent against heart disease.

Sharpens the Mind

It is thought that the rush of laughter speeds up the heartbeat and sends more oxygen to the brain, which could boost memory skills.

Relieves Pain

Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins can promote an overall sense of well-being and even temporarily relieve pain.

Can Be Therapeutic

Many cancer patients try humor therapy as part of their treatment, and are able to better cope with cancer and cancer treatment.

Two fish are in a tank. One turns to the other and asks, "How do you drive this thing?"

When is a car like a frog? When it's being toad.

What kind of shoes do ninjas wear? Sneakers!

I used to be addicted to the hokey pokey, but I turned myself around.

CREATING OPPORTUNITIES TO LAUGH

- Watch a funny movie or TV show
- Go to a comedy club
- Read the funny pages
- Seek out funny people
- Share a good joke or a funny story
- Check out your bookstore's humor section
- Host game night with friends
- Play with a pet
- Go to a "laughter yoga" class
- Goof around with children
- Make time for fun activities (ex. bowling, miniature golf, karaoke)



STRENGTHEN YOUR BACK

- Stand against the wall with your feet shoulder width apart
- Gently press low back against the wall
- Place backs of elbows, forearms and wrists against the wall
- Bring your arms up and down slowly in a small arc of motion while keeping elbows in contact with the wall
- Repeat 10 times



IMPROVE YOUR POSTURE WITH THE BRUGGER EXERCISE

- Sit perched on the edge of a chair
- Spread your legs slightly apart, with your toes turned out and in line with your knees
- Rest your weight on your legs/feet and relax your abdominal muscles
- Tilt your pelvis forward (i.e. arch your lower back) while lifting your chest up
- Extend your arms outward while turning your palms up
- Keep your shoulders down and imagine your shoulder blades are pushing together and down into a V
- Hold for 10 - 15 seconds
- Repeat 2–3 times per hour