

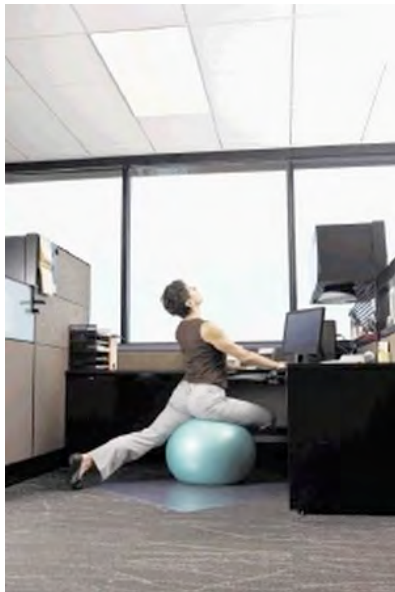


DUPUIS LANGEN  
FINANCIAL MANAGEMENT

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# The Wellness Report

A FOCUS ON HEALTH



## How to Keep Fit at Work

In an office culture, it can be hard to get motivated to stay fit. Exercise is often the last thing on your mind when you spend your day staring at a computer screen and answering phones.

And even if you want to get fit, it can seem almost impossible with the long hours you spend at work each day. How can you possibly wake up even earlier to get to the gym? How can you find the time after work, when you're tired and drained and have to worry about dinner, errands and taking care of the kids?

Lunchtime is out, too; how can you fit in exercise, a shower and eating in less than an hour?

It may seem daunting, but keeping fit has numerous benefits in and out of the workplace.

For starters, you're less likely to get sick and miss time at the office. You'll also have more energy. You'll be more productive and get more work done. You'll also be less stressed, because regular exercise releases the emotional tensions of life. This translates to even more productivity.

So how do you get there? The hardest part is getting started. If you don't have time at lunch and you're too tired at the end of the day, give morning workouts a chance.

It may seem impossible to get up so early but it will become easier and easier every time, until it becomes a habit. Plus, you'll be rewarded with a huge boost in energy throughout the rest of the day.

There are ways to sneak fitness in and burn some extra calories while you're at the office, too. If you can, keep your printer on the other side of the room, or even in a different room. That way, you have to frequently stand and walk throughout the day. You can also go for a walk on your lunch break, and keep a set of dumbbells at your desk to work in some exercises whenever you get a chance.

If you have the option, try sitting in a ball chair. This great chair takes the benefits of the stability ball you use in the

gym, and puts them into a chair you can use at work. The ball chair takes the pressure off your spine while you sit, which in turn corrects your posture, releases muscle tension, improves your balance and strengthens your torso. You strengthen your core and burn extra calories while you spend the day sitting staring at your computer screen.

To increase the benefits, there are some simple exercises you can do. One of the easiest is to contract your abs while sitting. Or, you can try doing calf raises.

Pull those dumbbells out from under your desk and hold them against your thighs, just above your knees. Sit with your back straight and your feet flat on the floor. Raise your heels slowly so you are on your tip-toes, and hold for approximately two seconds. Then, slowly lower your heels, and repeat.

Just because you work long hours in an office, doesn't mean your health has to suffer.

If you make getting fit a priority, you'll not only look and feel better, you'll likely become more productive at work.

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210-13900 Maycrest Way  
Richmond BC V6V 3E2  
Phone: 604.270.1142  
Toll Free: 1.888.766.6390  
Fax: 604.270.3662  
Toll Free Fax: 1.888.636.1430  
Website: [www.dupuislangen.com](http://www.dupuislangen.com)  
Email: [info@dupuislangen.com](mailto:info@dupuislangen.com)

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"The greatest wealth is health."

~ Virgil

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## RECIPE CORNER

### Grilled Pork Tenderloin



Makes 4 servings

#### Ingredients:

##### **Marinade**

- 3 tbsp reduced-sodium soy sauce
- 3 tbsp balsamic vinegar
- 2 tbsp toasted sesame oil
- 2 tbsp minced fresh basil leaves
- 1 tbsp liquid honey
- 1 tbsp grated gingerroot
- 2 tsp grated orange zest
- 1 tsp minced garlic
- 1/4 tsp each salt and freshly ground black pepper
- 1 lb (454 g) pork tenderloin
- 1 medium zucchini
- 3 large bell peppers (red, yellow, orange)
- 1 medium mango, peeled and sliced into wedges
- Baby spinach leaves (optional)

#### Directions:

1. Whisk together all marinade ingredients in a small bowl. Reserve 1/3 cup marinade for basting and as a dressing. Place pork in a large, heavy-duty, resealable plastic bag. Add marinade and seal bag. Turn bag several times to coat pork with marinade. Marinate in refrigerator for at least four hours.
2. Preheat grill to medium-high setting. Slice unpeeled zucchini lengthwise into four long strips. Seed peppers and cut each one in half. Place pork on a grill rack that has been coated with cooking spray or lightly brushed with oil. Grill meat until it's nicely browned on the outside and just slightly pink in the centre, about 16 minutes. Be careful not to overcook pork. Add peppers and zucchini for the last eight minutes of cooking time. Turn vegetables once to grill both sides, and baste with some of the reserved marinade.
3. Remove pork and vegetables from grill and let pork rest for five minutes before slicing. Meanwhile, slice peppers into thick strips and cut zucchini strips in half crosswise. Place vegetables in a large bowl and add mango, thinly sliced pork, and a bit of reserved marinade. Toss well. Serve on a bed of baby spinach leaves, if desired. Top with freshly ground black pepper.

Nutritional information Per serving: Calories 275; Total fat 9 g; Saturated fat 2.1 g; Protein 27 g; Carbohydrate 23 g; Fibre 4.1 g; Cholesterol 74 mg; Sodium 449 mg.

Excerpt from Eat, Shrink and be Merry Janet & Greta Podleski



## Do you have Travel Insurance?

By Giovanna Lau

You most likely have Out of Province, Emergency Health Care Travel Insurance if you are enrolled in your group health care plan. Each employee benefit plan is unique so make sure to check your employee booklet for your plan's coverage level. It is also important to note that group insurance travel insurance contracts only cover medical emergencies and do not provide coverage for trip cancellation, interruption, or lost baggage coverage. Again, make sure to check your booklet or call the group insurance provider before traveling to be sure you have the coverage you require prior to your trip.

There are some other items that are important to note:

There are limitations in every plan (both group and individual coverage) and everyone traveling needs to be aware of them. The most important item is the definition of what emergency travel coverage is in the first place. Typically, it is defined as "an accident or injury or an unforeseen illness that begins while the insured person is traveling". The insurer often further clarifies the key words highlighted above, as "any illness previously diagnosed or treated in Canada may not be covered".

Some typical exemptions to the coverage may be:

1. IF you have a high-risk pregnancy or are beyond your 32nd -35th week of pregnancy.

2. IF you have recently had, or are scheduled to have, surgery or treatment for a medical condition.
3. IF it has been suggested that you have a medical test, have been scheduled for one, or recently had one and are awaiting test results.
4. IF your physician would say or has said that you are not medically stable or safe to travel.
5. IF you have had recent changes to your medication such as the introduction of a new drug or dosage changes to existing drugs.

It is important to note that out of country coverage may still be in effect for other illnesses and injuries that are *not* related to any pre-existing condition(s).

In the event of a claim, it is very important to contact your travel insurance carrier immediately and before you accept treatment (if possible) since many contracts state that they will only cover expenses that have been pre-approved.

Since many people in British Columbia live close to the border and do a spontaneous shopping or one day trips into the United States, it is a good idea to remind everyone who has Travel Insurance coverage to carry their certificates (cards) in their wallets or purses to avoid unpleasant surprises.

If you need additional information on your travel insurance coverage, individual Travel Insurance, Trip cancellation, or Lost Baggage coverage please contact our office.