

# Health & Wellness

## by OHG



## Nutrition for Longevity

### Fueling a Longer, Healthier Life.

What we eat plays a powerful role in how we age; not just in years, but in quality of life.

Nutrition stands as a key pillar in promoting not only your **lifespan**, but your **healthspan**. Small, sustainable changes in your diet can have a big impact on energy levels, reducing inflammation, recovery, preventing chronic disease, and overall well-being.



## Macronutrients: Back to the Basics



### PROTEIN

#### Non-Negotiable

- Composed of amino acids, the building blocks for tissue building & repair
- Foundation for enzymes & hormones
- Transports & stores nutrients
- Preserves muscle mass, improves bone density & supports metabolic health



### FATS

#### Essential

- Important long-term energy storage
- Hormone balance & synthesis
- Cell membrane integrity
- Supports brain & nervous system function
- Essential for fat-soluble vitamin absorption (A,D,E,K)



### CARBOHYDRATES

#### Not All Created Equal

- Primary energy source
- Choose complex carbs (veggies, fruits, whole grains, legumes) over simple sugars
- Support gut health & steady energy
- Excess refined carbs drive inflammation & insulin resistance

## Easy Meal Prep: Build a Balanced Plate Without Overthinking It

- Keep pre-chopped veggies, canned beans, and pre-cooked proteins on hand for quick meals
- Batch cook grains (quinoa, rice) and proteins (chicken, tofu, ground beef) to mix and match throughout the week
- Try overnight oats, chia pudding, smoothie packs, or egg muffins for an easy grab-and-go breakfast

### Upgrade your faves! Don't restrict.

Love pasta? Swap half for zucchini noodles or add protein for balance. Craving something sweet? Try dark chocolate with nuts/fruit instead of sugary snacks. Make small ingredient swaps: Greek yogurt instead of sour cream, whole grains instead of white flour.

***It's about consistency, not perfection.***

### 80/20 Rule for Long-Term Success

Focus on nutrient-dense foods 80% of the time, and enjoy your favourite indulgences without guilt the other 20%.

## Spinach & Feta Egg Whites Wrap

Makes 1 serving

356 kcal

Protein 36g

Fats 12g

Carbs 26g

### Directions

1. Heat skillet on medium heat. Add oil then spinach and sauté until wilted. Stir in sundried tomatoes and seasonings.
2. Pour egg whites over spinach mixture. Stir a few times to mix evenly then cover and let sit to form egg patty.
3. Place egg patty in center of burrito wrap and sprinkle both cheeses evenly on top. Fold up like a burrito and place back on hot skillet, seam-side down to seal. Flip for even crispiness and serve.



## FEATURED SUPPLEMENTS

### Vitamin D

Vitamin D plays a key role in immune health, bone strength, and mood regulation — yet most people are deficient, especially living in Canada. Supplementing with a high-quality form ensures better absorption and supports your body's ability to function at its best, year-round.



### OmegaGenics EPA-DHA 1000

Support your heart, brain, and mood with this powerhouse omega-3 duo. EPA and DHA help reduce inflammation, promote cardiovascular health, and keep your mind sharp. An easy daily boost for long-term wellness!



Available for purchase directly in our offices or conveniently delivered to your door through our online storefront.







# Grocery Shopping Guide

Grocery shopping can be overwhelming but it's an essential part of healthier living. Here are some strategies for navigating the grocery store to help you make informed choices & prioritize health-promoting foods.

## Start with a Plan

Plan 3-4 dinners you'll actually cook. Think about breakfasts, lunches & snacks. Choose meals with overlapping ingredients to minimize waste.

## Make a Smart Shopping List

Break your list into sections: Produce, Protein, Grains, Pantry, Dairy, Snacks. Use your meal plan to guide what goes on the list – no guessing at the store! Include backup healthy options like frozen veggies or canned beans.

**Bonus Tip:** use your notes app or a list app with checkboxes!

## Don't Forget Frozen & Bulk Sections

Frozen fruits & veggies are just as nutritious and last way longer. The bulk bins are great for nuts, grains, and legumes at lower prices.

## Build in Some Flexibility

Allow room for one or two treat items – just aim to keep them on the healthier side. Keep a few "emergency" meals in your pantry for busy nights (think canned fish, beans, whole grain pasta, tomato sauce, etc.).

## Shop the Perimeter First

This is where the fresh stuff lives: fruits, vegetables, lean meats, dairy, eggs. Hit the center aisles last for pantry staples and skip the junk food aisles entirely if you can

**Bonus Tip:** Don't shop hungry!! You'll thank yourself later.

## Stick to Whole, Minimal-Ingredient Foods

Look for foods with short ingredient lists containing recognizable, whole food ingredients. Avoid items with added sugars, artificial flavours, colours, or preservatives (especially snacks & sauces).

## HYDRATION



Water fuels more than thirst, it boosts energy, brain clarity, digestion, and long-term health. Think of that first glass in the morning as your **daily internal shower**, waking up your cells from the inside out before even having your coffee!

## Underrated Superstars

**Sardines:** packed with omega-3s, calcium, selenium & vitamin D.

**Seaweed:** mineral-rich & loaded with iodine for thyroid health. High in antioxidants & prebiotic fiber.

**Brazil Nuts:** packed with selenium, critical for thyroid, immune function & antioxidant defense

**Tahini:** rich in calcium, magnesium, zinc & healthy fats.



## EXERCISE OF THE MONTH

## YTWL Scapular Depression



Stand tall with arms straight overhead in a "Y" shape. Squeeze your shoulder blades down and together throughout. Move into a "T" (arms out to sides), then a "W" (bend elbows, fingers point up), and finally an "L" (elbows at sides, bent 90°). Hold each position for 1-2 seconds.

**Do 3 sets of 10 reps, twice daily or as directed.**

