

# MHIM in a few words



## August 2011

- Summer time / Healthy time
- Gardening good for your heart
- Not to be missed

## Summer time / Healthy time

It was the turn of Grenville-sur-la-Rouge residents to learn about "My Health in Mind" last spring. Residents answered the call, and a Citizens' Committee has been in place since the month of May. Who are the healthy lifestyle habits ambassadors in this municipality?

Included are Georges Brisson, Francine Gauthier, Brigitte Légal and Michèle St-Amour. With support from Councilor Teresa Foreman, committee members are currently at work drafting a "My Health in Mind" action plan for the municipality which will feature activities to promote a smoke-free environment, healthy eating habits as well as regular physical activity.

Note that committee members are so proactive that they have staged a first activity even before the final draft of their plan! During festivities organized for Saint-Jean-Baptiste Day in Pointe-au-Chêne, members staffed an information booth where they provided fruit and cheese brochettes as well as distributing organic seed packets and "My Health in Mind" colored balloons to children. Bravo for this great initiative!

### The Mini-Jeux d'Argenteuil in images



More than 360 children aged 6 to 12 enjoyed good weather while discovering new sports on July 14<sup>th</sup>.

## Gardening good for your heart\*



It is no surprise that gardening is so popular: it's a great way for people of all ages to take advantage of the beautiful weather. Gardening is a combination of the 5 goal (by growing fruits, vegetables, and herbs) and the 30 goal (by improving muscular and cardiovascular endurance and strength) and the 0 goal if you don't smoke!

Depending on which tasks await you in the garden, there is every kind of exercise we need:

- Trimming the hedges, raking, and picking up leaves improve muscular endurance especially in the upper body;
- Bring on the heavy jobs! Turn the compost, dig holes, shovel dirt and gravel, haul rocks and wood... You'll increase your muscle strength, work your abs, and burn calories;
- Get a cardio workout and strengthen your legs, shoulders, and pecs by trading your electric lawnmower in for a manual one;
- Planting and weeding increase flexibility, as long as your movements are fluid. Just be sure to keep your back straight and knees bent as you crouch down!

\*Extract from [www.defisante530.ca](http://www.defisante530.ca)

## Not to be missed

### Coureur des bois Challenge

Everyone in Argenteuil is invited to a thrilling experience: the Coureur des bois Challenge in Gore on August 20:

\*2 km race for children

\*10 km race with a 0.5 km swim at the mid-point for adults

\*2 km walk for those aged 60+

Fee: \$20 (includes sweatshirt, and a meal).

Registration (solo or team): 450 562-2025, Ext. 21.

### Pédalons à «fonds»

Come out to pedal for the benefit of the Argenteuil Hospital Foundation on Saturday, September 17. Circuits of 15, 30, 60, 90, 120 or 150 km. Departures at 8 a.m. and 9 a.m., from the Saint-André elementary school, 1, rue Legault, in Saint-André d'Argenteuil.

For information or registration: 450 562-3761, Ext. 7224 or 7232.

### Le poids de ma diète conference

More and more of us are concerned about our weight, whatever our body shape. Are you part of that group? An Argenteuil Health and Social Services Centre nutritionist invites you to participate in an evening discussing slimming diets, on September 6, 7 p.m.

Location: salle Miller, 145, avenue de la Providence, Lachute.  
Registration at 450 562-0271.

### Line Dancing Course in Gore

A Line Dancing session (country and regular) will be offered this fall, in the magnificent chemin Cambria Community Centre. There will be 12 lessons, on Tuesdays, 6:30 p.m. – 8:30 p.m., beginning September 13, 2011. \$5 per lesson.

Information at 450 562-2218.