



Just add water: stay safe, move better, feel well

Being by the water is an instant mood elevator. Whether it's a lake, pool, river, ocean, or even a bath, water can support both physical and mental wellbeing .

If you're spending time in or around water this summer, a little preparation can help you stay safe and comfortable.

Prepare for the sun

Being outside can be wonderful, but too much exposure to ultraviolet (UV) light can damage skin cells. For the highest level of protection, consider:



Staying in
the shade



Wearing light-weight,
long-sleeved shirts and pants



Wearing a
wide-brimmed hat



Protecting your eyes
with sunglasses

The most important way to protect yourself is to wear a broad-spectrum sunscreen every day, year-round, cloudy and cool days included. Apply it to any exposed skin and reapply every two hours, especially if you are active or in the water. Any product you use should have a sun protection factor (SPF) of at least 15, but higher numbers indicate more protection.

Dress for visibility

Bright swimsuits can help make people easier to spot in the water. Colours like bright pink, orange, yellow, and green are often easier to see than darker colours or blues.

Nothing can replace watching kids closely and always staying near them when they are in or around water. Often, there are no cries for help or splashing when a child is in distress. The faster that someone in the water can be seen, the faster they can be saved.

The colour of a swimsuit matters – the brighter, the better. Neons or brights like pink, orange, yellow or green are more visible than colours that blend with the water. If possible, look for swimsuits with built-in UV protection for added sun safety.



Exercise efficiently

Swimming and water workouts are good for your body and mental health. Water workouts are easy on your joints and offer resistance that can help build strength. They can also improve heart health, reduce stress, and improve your endurance.¹ Water's unique properties can even elevate your mood.

If swimming laps or distance is not for you, try these variations:



Water walking or jogging: Start in waist-high water and work up to chest-high depth. Walk 10-20 steps forward and then backward.

Side stepping: Take sideways steps across the pool without touching the wall. Go the same distance in each direction. Repeat two or three times.

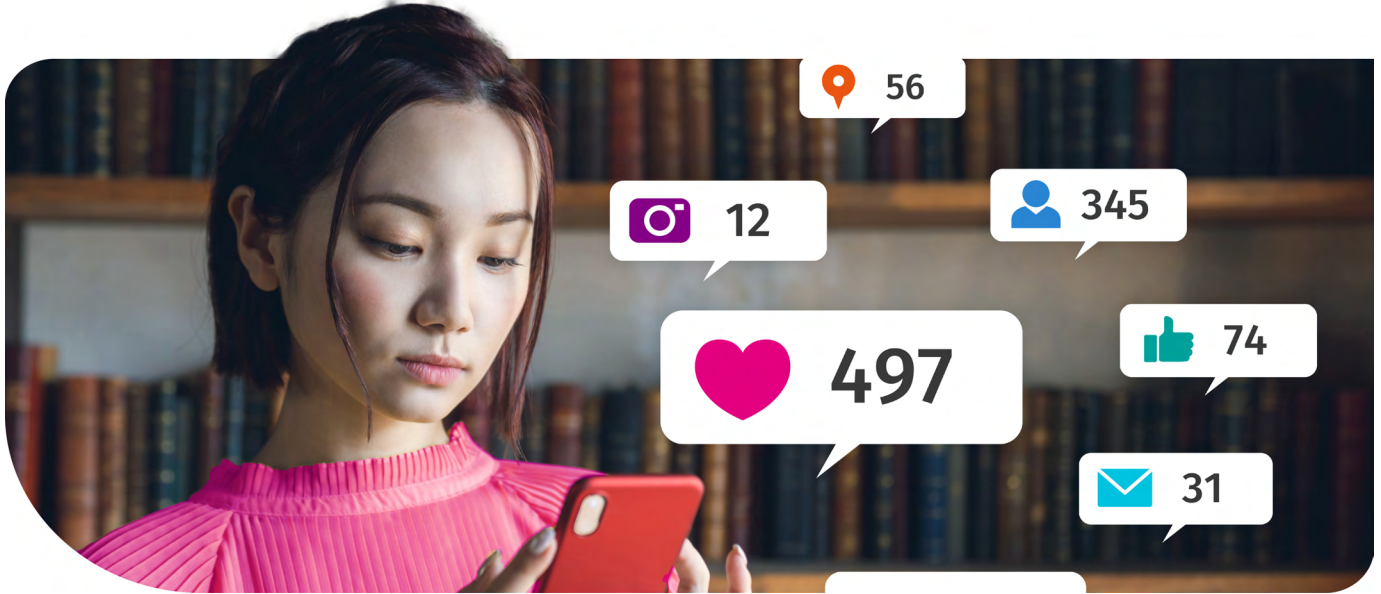
Deepwater bicycle: Loop a pool noodle around the back of your body and rest your arms on top for support. Move your legs as if you are riding a bicycle. Continue for three to five minutes.

Aqua aerobics: Many public pools and gyms offer classes where you move around using things like noodles, kickboards, foam dumbbells and more.

Now that you're protected and prepared, enjoy the water safely!

Before starting any new exercise routine, talk to your healthcare provider to make sure it's safe.

¹<https://www.canada.ca/en/public-health/services/being-active/physical-activity-your-health>



It's not as easy as it may seem: Focus on your own progress

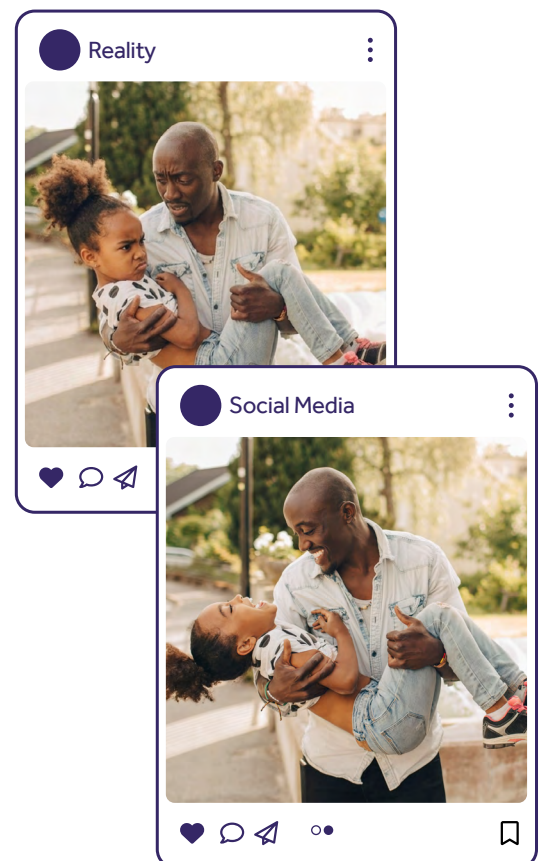
Sometimes, things look easier than they really are. It can seem like some people have it all together. Maybe it's a friend who got fit really quickly, a parent who seems to manage everything with a smile, or a coworker who keeps getting ahead at work. When we see this, it's normal to wonder if we're doing enough, or to feel a bit down about our own efforts. But remember, we're often only seeing the highlights.

Social media shows highlights, not the full story

Comparing your life to what you see on social media from friends, peers, and influencers is not always a fair measure. Everyone has ups and downs, and what you see online is just one small part of someone's life.

On social media, people usually share their best moments. Pictures of glowing skin, happy families, or dream vacations may look perfect, but they don't show the full story. There are hundreds of ways to manipulate images that create a distorted reality. Behind those photos, everyone has challenges, like clothes that don't fit, kids having emotional days, or hidden worries that filters can't cover up.

It's fun to scroll and see what others are up to, but if you start feeling bad about yourself, it might help to take a pause.



Stop comparing: Focus on yourself

Comparing ourselves to people online can sometimes make us feel less confident about ourselves.¹ Theodore Roosevelt said: **"Comparison is the thief of joy."**² Instead of comparing yourself to others, think about the things you are proud of.

Think about a time that you've learned a new skill, helped someone, finished a task you were putting off, or stayed committed to a fitness goal. Even small wins matter. If you've ever planted flowers in your yard, think about how rewarding it was to watch them blossom. Maybe you've stayed committed to a fitness goal and felt proud of the progress you've made over time. These are all things that you made happen.

Were they easy to attain? Maybe not. Many good things take time, practice, and effort. What looks easy from the outside often isn't. Try to notice your own progress and celebrate the things you've worked hard for.

Learn how to give yourself grace

No one is perfect. Everyone faces challenges and makes mistakes sometimes. Rather than feeling bad every time you perceive yourself to be less than, try to look at the situation in a kinder and more helpful way.

Ask yourself questions like:

- 💡 What could I do differently next time?
- 🔄 How could another choice lead to a better outcome?
- 🧠 What did I learn from this experience?
- 🌱 Is there something I want to change moving forward?



Taking time to reflect can help you learn, grow, and move forward with more confidence. Being kind to yourself is an important part of mental wellbeing.

The next time someone's success looks effortless, remember that hard work, time, and practice are often happening behind the scenes.

¹<https://www.canada.ca/en/public-health/services/publications/science-research-data/mental-health-problematic-social-media-use-canadian-adolescents>

²<https://www.goodreads.com/quotes/6471614-comparison-is-the-thief-of-joy>

Healthy snacks for road trips and summer adventures

When the weather gets warmer, everyone wants to be outside - whether that's having a picnic at the park, going on a road trip, playing at the lake, or going for walks with friends and family.

When spending time outside or on the go, it's important to make sure everyone is fed and hydrated. Packing snacks and drinks ahead of time can help everyone stay energized, hydrated, and ready to enjoy the day.

Relying on expensive meals or takeout on the road can add up, and the options are not always healthy. The best way to avoid relying on fast food kids' meals, salt- and fat-filled entrées, and tapping out your budget is to be creative.

Snack boxes

Snack containers with small sections can make it easier to pack a variety of snacks for travel or outdoor activities. You can fill them with different foods like fruit, vegetables, crackers, dips, cheese, or treats.



Depending on the size of your snack box, there could be one for each member of your party, customized with the treats they prefer. Pack them in a cooler with a variety of healthy drinks to keep them fresh and ready to be enjoyed.

Variety is everything

To keep everyone happy and satiated, snacks can come from various flavour profiles – salty, sweet, savoury, sour, and spicy. Think out of the box when choosing options. Soups, salads and anything super smelly might not be the best choices for on-the-go. But simple foods like wraps, leftovers, yogurt, cut fruit, crackers, or trail mix can all work well for travel days.

Consider options from the following groups to create balanced and healthy snacks:



Protein

- Cubed or string cheese
- Meat or plant-based jerky
- Roasted chickpeas
- Ham or turkey roll-ups
- Hummus cups
- Nut butter cups
- Yogurt cups or pouches



Fruit

- Apple slices
- Grapes (frozen or fresh)
- Mixed berries
- Dried bananas or mangos
- Fruit leathers or bars
- Tangerines
- Fruit sauce pouches



Veggies

- Baby carrots
- Cucumber chunks
- Broccoli florets
- Pickles
- Mini pepper halves
- Jicama sticks with chili-lime seasoning



Fun foods

- Whole-grain crackers
- Pretzels
- S'mores snack mix
- Homemade desserts
- Mini peanut butter and jelly sandwiches
- Dark chocolate squares

Anything is possible, and the snack combinations are endless.

Try the following recipes for travel-friendly treats.



S'mores snack mix

Makes: 16 servings | Prep: 5 min

Recreate the delicious fireside flavours so they can be enjoyed on the go.

Ingredients

- 250 g bag, dark chocolate chips
- 250 g bag, mini marshmallows
- 200 g package, mini graham crackers, in one or many shapes (bear, fish, or squares)

Preparation

Combine all ingredients in a large bowl. Store in an airtight container or separate into single-serve size zip-top bags. Note: The graham crackers will soften slightly with time as they take on the moisture of the marshmallows.

Nutrition

Serving size: ¼ cup



Calories: 233 | total fat: 8 g | saturated fat: 5 g | sodium: 105 mg | cholesterol: 0 mg
total carbs: 41 g | fibre: 2 g | sugars: 25 g | protein: 3 g | potassium: 102 mg



Sweet and spicy roasted chickpeas

Makes: 16 servings | Prep: 5 mins | Cook: 45 mins

Crunchy and full of flavour, this pantry staple is transformed into a super snack in a couple of simple steps.

Ingredients

- 4 Tbsp olive oil
- 4 cups cooked or canned chickpeas, drained and patted dry
- 2 Tbsp brown sugar
- 1 tsp kosher salt
- ½ tsp black pepper
- ½ tsp ground cayenne pepper

Preparation

Preheat oven to 425°F. In a large, zip-top bag, combine olive oil and chickpeas. Seal top and shake until all chickpeas are coated. Set aside. In a small bowl, combine remaining ingredients. Add spice mixture to zip-top bag, reseal and shake until all chickpeas are coated. Spread chickpeas in one layer on a large baking sheet. Roast in preheated oven for 35-45 minutes, stirring every 10 minutes, or until crunchy and browned.

Nutrition

Serving size: ¼ cup



Calories: 87 | total fat: 4 g | saturated fat: 1 g | sodium: 206 mg | cholesterol: 0 mg
total carbs: 10 g | fibre: 2 g | sugars: 3 g | protein: 3 g | potassium: 43 mg

Webinar Spotlight

Resilience Reset: Science-Backed Habits for Stress Recovery

In May, our member webinar explored how stress affects the mind and body, and shared practical, evidence-based strategies to support recovery and build resilience over time. The session focused on simple, realistic habits that can be incorporated into daily life to help restore balance, prevent burnout, and improve overall wellbeing.

Key takeaways:

- **Understand stress:** Chronic stress can impact cognitive, emotional, and physical functioning, especially without intentional recovery.
- **Recovery is essential:** Science-backed habits like rest, movement, and mindfulness, play a critical role in restoring energy and resilience.
- **Make it personal:** Building a resilience plan that fits your lifestyle helps create sustainable habits for long-term wellbeing.

Learn how to better manage stress, recover more effectively, and build resilience with practical tools you can start using right away.

[Download the Stress Recovery Summary](#)

Did you miss this webinar? You can still watch this webinar and explore more expert-led talks anytime in our on-demand archive. Revisit the strategies, insights, and resources designed to help you live healthier and feel more supported.

[on-demand archive](#)



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