

Boosting Your kraft-ability

Look inside for info about how your Kraft-ability will help you find the key ingredients in creating the best recipe and more...

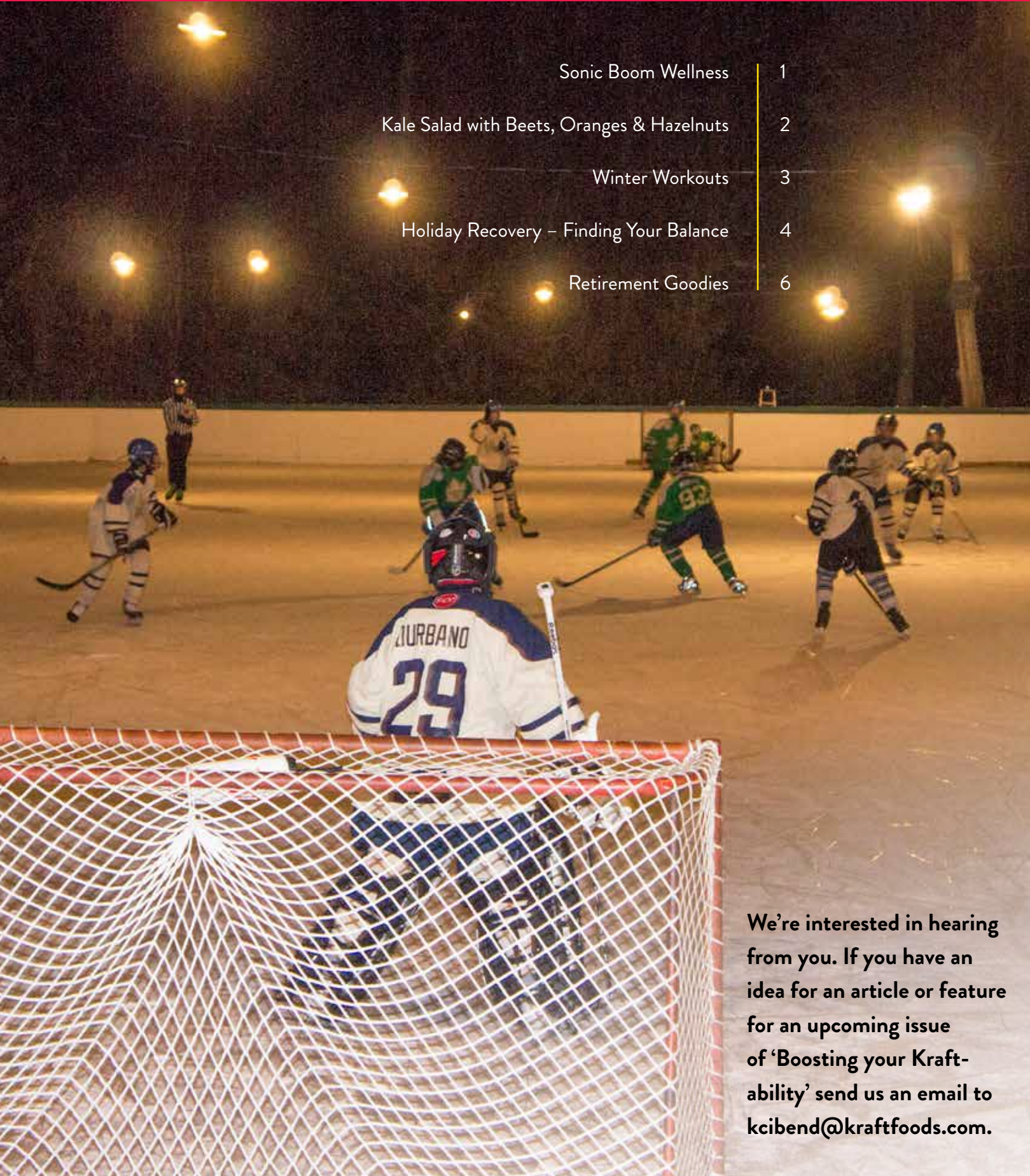


Become an even better you
through physical, financial and
personal wellbeing

Kraft

Kraft-ability: proficiency in all things Kraft. And when it comes to health and wellbeing, your Kraft-ability is your unique approach. You're a Maker! Whether you're taking advantage of your EAP or boosting your Kraft-ability by reading this newsletter, you're making the most of everything we have to offer when it comes to healthy living.

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We're interested in hearing from you. If you have an idea for an article or feature for an upcoming issue of 'Boosting your Kraft-ability' send us an email to kcibend@kraftfoods.com.

have you heard the buzz

about boomer from

sonicboomTM
W E L L N E S S

Kraft is serious about your health and we're about to have some fun getting healthy together!

Sonic Boom Wellness is a new health and fitness program set to make its Canadian debut in March, and will present a unique brand of energy to get us educated, enthused and on the move to better health. And all Canadian employees can join in the fun.

So, get ready to get moving. Better health is waiting for all of us!



sonicboomTM
W E L L N E S S





kale salad with beets, oranges & hazelnuts

what you need

- 2 navel oranges
- 1/2 cup Kraft Calorie-Wise Zesty Italian Dressing
- 2 Tbsp. honey Dijon mustard
- 245 g kale leaves, stems and ribs removed, thinly sliced (about 6 cups)
- 1 beet, peeled, cut into matchlike sticks
- 1/4 cup slivered red onions
- 1/2 cup coarsely chopped hazelnuts

make it

ZEST enough peel from 1 orange to measure 2 tsp.; mix with dressing and mustard. Remove and discard remaining peel and white pith from both oranges. Holding oranges over small bowl to catch the juice, cut the oranges into segments; chop segments.

TOSS oranges, reserved orange juice, kale, beets, onions and dressing mixture in large bowl; mix lightly. Refrigerate for 1 hour. Add nuts just before serving; toss lightly.

kraft kitchens tips

VARIATION - Prepare using Kraft Calorie-Wise Balsamic Vinaigrette Dressing and/or slivered almonds or chopped pecans.

SUBSTITUTE - 3 or 4 tangerines, mandarin oranges or clementines for the navel oranges.

MAKE AHEAD - Salad can be refrigerated overnight before tossing with nuts and serving.

winter workouts – getting motivated and sticking to it

Winter presents unique challenges for staying on top of one’s physical health. First, we navigated the holiday season, then January hit and the frigid temperatures settled in. It became even harder to get back on course. But all is not lost. With a few clever tweaks and some motivational thinking, it is possible to get back in the swing of things and start feeling healthy.

Firstly, consider the outdoors. There are two huge advantages to a winter run (or a brisk walk), besides breaking up the monotony of indoor exercise. You will burn a few extra calories while your body works to conserve heat, and the exposure to a bit of sunlight will help to generate essential vitamin D. Aim to dress for a temperature about 3-5 degrees warmer, as this will account for the body heat you’ll produce once you get going. Treat yourself to a few key wardrobe essentials, like long thick tights, or a windproof jacket. Remember not to push yourself as hard as you would in warmer temperatures; there is a greater risk of pulling a muscle. Take it easy, and let the cold air and sunshine energize you.

If you can’t bear the thought of getting outside, invest in a good workout DVD that allows for shorter workouts and make it part of your morning routine. If you keep your yoga mat under your bed, it’s easy to grab as you roll out in the morning and fit in 20 minutes of exercise. Kids are hounding you already? Get them a yoga mat as well!

There are so many benefits to making a little extra effort this winter besides weight loss. Staying active boosts your immunity, preventing winter viruses from bringing you down. Staying active also helps to keep stress, anxiety, and mental disorders such as SAD (Seasonal Affective Disorder) at bay. Start small and build each day. You’ll be ready for spring in no time.



holiday recovery

finding your balance

The holiday season is now behind us, and things are supposed to be getting back to normal. But the feeling of melancholy that it's all over continues to surface. There's even an expression for this feeling; UrbanDictionary.com describes post-holiday syndrome as *a forlorn feeling after the passing of a holiday; a regret it didn't last longer*.

But maybe it's a good thing it didn't. We look forward to the holidays for the month of December, shopping for family and friends and stretching our bank accounts. We indulge with piles of gifts and decadent food.

All of this has big effects on our daily life. Late nights mean we had a few glasses of mulled wine and got to bed too late; we're probably sleep deprived which inevitably leads to indulging in delicious but unhealthy comfort foods... Not having the normal daily schedule that we're used to also means we're less likely to keep up with regular trips to the gym.

It's important to let go and enjoy the holiday season, after all it only comes around once a year. But these winter months provide a great opportunity to get our overall health and wellbeing back on track in time for warmer weather. Here are a few ideas to make that transition from holiday mode to work mode go a little more smoothly.

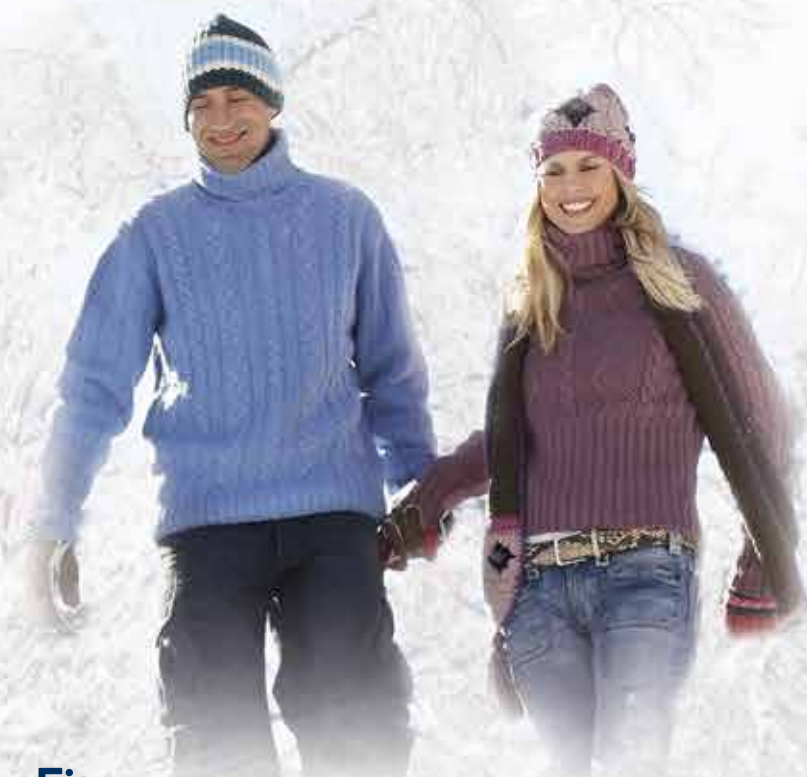
Spending: Be strong. The appeal of those "SALE" signs plastered all over the shop windows is enticing, but think of all the lovely gifts you received and take a quick inventory of what you already have. Most things in stores are for winter, and by this point winter is half over. Save your cash for when it's time to switch your closet for spring. You'll be pleased with yourself that you have spending money to buy a few spring essentials instead.

Nutrition: If your cupboards are still filled with snacks and baked goods from the holidays, it's time to clean them out. We are far more likely to eat calorie-laden treats if they're readily available. Take them to work or share them with friends or neighbours at the next gathering so they're not hanging around your house.

Once all of these aspects of our lives are stable and balanced, we become better equipped to tackle each day, both at home and at work. Living without the chaos of an unbalanced life means we are alert, more creative, and can concentrate on what is important. This is what allows us to be a better Maker!

Sleeping: Getting adequate sleep is important for every aspect of our health; mental, physical, and emotional. A consistent good night's rest can relieve stress, improve memory and brain function, and give us the energy to accomplish more every day.

We may not realize, but our phones, tablets, and laptops may be keeping us from getting much-needed rest. The blue light from these screens disrupts the production of melatonin, which is necessary for controlling our sleep and wake cycles. In order to ensure a good night's rest, try turning off the TV an hour or two before going to bed.



Fitness: Getting in shape requires momentum, and it is easy to lose that momentum when you fall out of the routine, even if only for a week or two. If you can, schedule just twenty minutes at the same time each day to do something active. At first you may only get to it twice a week. The next week, perhaps three times. Before you know it, a habit has formed and you've got that momentum back. Getting your body moving again has the added benefit of lifting your spirits by getting the endorphins flowing again, a sure way to combat that post-holiday syndrome.



RRSP vs. TFSA - which savings plan is right for you?

To help plan your retirement savings, it helps to understand what a couple of the possibilities are so that you can tailor an approach that works for you. Two options that are often discussed are a Registered Retirement Savings Plan and a Tax Free Savings Plan.

An RRSP is a savings plan that allows you to contribute a percentage of your income, with a cap at \$23,820 for 2013. This cap is there because of sizeable tax credits on your contributions. If you haven't put in the maximum amount each year, you may be eligible for additional contribution room. Check the notice of assessment the government sent you after processing last year's tax return – the amount you can contribute will appear on the form.

Once you retire, your savings will be taxed as they are withdrawn. It is possible to withdraw from your RRSP before retirement, however do so carefully because the amount is added to your yearly taxable income. Talk to a financial advisor before making RRSP withdrawals, so that you've got all the facts.

Different from an RRSP, the Tax Free Savings Account can be used to put away additional retirement savings each year without being taxed on withdrawals or interest earned. A TFSA is also a great way to save for shorter-term goals, like a down payment on a home or a vacation fund. There is a cap on a TFSA of \$5,500. These contributions are not tax-deductible.

To put it simply, it's hugely beneficial if you can contribute to both an RRSP and a TFSA. This allows you to put money away for your retirement in an account that isn't easily accessible (RRSP), while still having an emergency fund for when life throws something unexpected your way (TFSA). Talk to a financial advisor about a savings plan that works best for your short and long term goals.

