

### It's a Family Affair!

We want the best for our families. When it comes to their health there's



nothing we won't do; from preparing healthy meals to spending active time together, and ensuring they get a good night sleep. Good nutrition, exercise and sleep are integral components to your family's health and wellbeing. An often overlooked aspect of wellbeing is mental health. What can you do as a family to build happiness and positive

relationships? Try volunteering!

"Volunteering teaches even toddlers and preschoolers about compassion, empathy, tolerance, gratitude, and community responsibility. And children who volunteer are more likely to continue doing so as adults" (*Parents.com*)

Volunteering builds social connections, boosts happiness and wards off loneliness and depression. Happy people spend more time helping others, have stronger relationships with their families and friends, and have healthier lifestyle habits. Modeling positive behaviours is the best way to instill family values, so get your family together and volunteer for a cause that is important to you. There are many different ways to get involved including making visits to a seniors centre, participating in a neighbourhood clean-up day, organizing a food drive, helping an elderly neighbour rake leaves or shovel snow, contributing to the [Shoebbox Project](#), or helping out at a community garden. Visit the following sites for more family friendly volunteer ideas:



- <http://getvolunteering.ca/>
- <http://volunteer.ca/>
- <http://www.projects-abroad.ca/projects/volunteering-abroad-for-families/>
- <http://www.metowe.com/volunteer-travel/family-volunteer-adventure/>

**Share your tips for family wellness on social media #TriFitFamily**

Sources: <http://www.goodhousekeeping.com/health/wellness/advice/a18831/health-benefits-of-volunteering/>, <http://www.health.harvard.edu/blog/volunteering-may-be-good-for-body-and-mind-201306266428>, <http://www.nald.ca/library/research/heritage/compartne/pdfdocs/family.pdf>; <http://www.parents.com/parenting/better-parenting/style/volunteer-with-your-kids/>

### Tri Fit Green Tips

#### Bee-Friendly Gardens

Does your garden attract bees? If not, it should! Bees are an important part of any garden. Whether we are growing flowers or plants we need bees to help them reproduce. Ninety percent of the world's plants rely on bees including ¾ of the food we eat such as nuts, fruits, vegetables and herbs. Without bees, we would not be able to survive.

Short flight paths and a variety of plants make urban settings the ideal habitat for bees. By creating a bee friendly space you will help a species that is on the decline and increase the yield of your garden.

Planting a variety of species that flower at different times will provide nutritious food for bees. They are attracted to blue, purple, violet, white and yellow. Planting in four foot clumps will make it easier for bees to find your garden.

Try some of these plant species which bloom throughout the season.

Early	Mid-Season	Late
Primrose	Chives	Pumpkin
Blueberry	Lavender	Cornflower
Willow	Sunflower	Squash

For more information on building a bee friendly gardens visit: <http://www.davidsuzuki.org/what-you-can-do/food-and-our-planet/create-a-bee-friendly-garden/>

**Attract bees to your garden by using the instructions on the following page to build a bee house.**

## Campbell Canada takes on Tough Mudder

“Tough Mudder” is not a race, it’s a challenge. It’s about overcoming fears, putting teamwork before time, and helping others finish. At 18-20km in length, it’s a grueling test of physical and mental strength. Obstacles are spaced every couple of kilometers with ominous names like “Kiss of Mud,” “Everest,” and “Arctic Enema.” Barbed wire, mud, and ice water all add to the challenge. Since 2010, Tough Mudder has hosted over 100 such events around the world and has welcomed more than 1.3 million people into the “Mudder Nation,” while raising \$6.5 million for Wounded Warriors Canada.

For employees at Campbell Canada, a weekly “Warrior” class in 2013 opened the door to a lifestyle of physical fitness. A fun and challenging workout, it kindled their desire to reach for the impossible. Soon a group of 13 formed “The Soup Army” team and signed up to take on “Tough Mudder.” Ranging in age from 27 to 56, they came from all areas of the business: leadership, corporate, plant, and contractors. Training included Wednesday morning hill runs at a local park, rain or shine, with improvised body weight exercises. Their common goal; to finish together, as a team.



The “Soup Army” took over six hours to finish their first “Mudder,” but their spirits stayed strong. They faced fears of heights with “Berlin Walls,” confined spaces with “Cage Crawl,” and deep water with “Walk the Plank.” At the end, they ran through the live wires of “Electroshock Therapy,” overcoming exhaustion and injury to cross the finish line together. The first thing they did was register for the following year!

The Campbell team continues to grow in size and heart each year, and they are training hard for the new obstacles that await them at their third “Mudder” next month. It’s as much about the journey to get there as the event itself. It is a set of values lived out on the course and in everyday life. That is what the orange headband is all about.

To join the Mudder Nation, visit <https://toughmudder.com/>. For more information about Wounded Warriors Canada, visit <http://woundedwarriors.ca/home/>.

## Upcoming Events

### Obstacle Course & Mud Run Races

Challenge yourself, friends, family, and co-workers to a Mud Run in your area.

<http://www.mudrunguide.com/directory/ca/>

Mudderella <http://mudderella.com/>

Spartan Race <http://spartanrace.ca/>

Mud Hero <http://mudhero.com/en/>

Met Con Blue <http://metconrace.com/>

Warrior Dash <https://www.warriordash.com/>

Prison Break <http://prisonbreakrace.ca/en>

### Pan Am Games Opening Ceremony – July 10

Tune in and watch as Canada welcomes the nations of the Americas to the Pan Am Games. The Pan Am Cauldron will be lit to officially kick off the 2015 Games in this exciting celebration at the Rogers Centre in downtown Toronto featuring Cirque de Soleil. <http://www.toronto2015.org/>

### Build Your Own Bee House

Bee species in Canada are declining due to habitat loss. You can make a big difference by creating a bee-friendly space in your garden.

#### Nest Tubes:

Roll 6” brown paper around pencil

Pinch end and seal with tape

#### House:

Cut spout off milk carton

Paint with bright exterior low-VOC paint

Fill carton with layered stacks of nest tubes

Hang house out of rain, facing south or east at eye level once temperature warms to 12-14°C.

Keep bowl of moist clay near house for bees to use as construction material

<http://www.davidsuzuki.org/what-you-can-do/food-and-our-planet/create-a-bee-friendly-garden/>