

## Lifestyles of the healthy and active

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**Strathmore Standard** — The results unveiled by Statistics Canada came as no surprise to the groups involved in The Lifestyle Journey Program.

Calgary Health Region, Ideas for People, KidSport Alberta and EnCana Corporation all participated in the program that educated kids on lifestyle choices, and allowed them to make decisions on healthy living.

After a year of hard work and dedication, the participants at Crowther Memorial junior high were rewarded for their efforts with a luncheon and gift pack from the program partners and sponsors.



The program, which stresses the importance of making healthy choices, was well received by the participants as it gave them the information they needed to make their own choice, without telling them what to do.

The students were given a package at the beginning of the program that included copies of, The Lifestyle Journey story, Back-to-Basics Healthy Eating Guide, The Healthy Eating Learning Poster, and the 20-Day Healthy Habit System. The teacher was also provided with a guide on how to teach the program.

One female student said that she, “liked it because I was thinking of going on a diet but when we read this book, I stopped and thought to myself, why should I go on a diet? It wouldn’t help matters. I would just get sick, so I didn’t go on a diet.”

Mary Ann Steen, Manager of Community Investment for EnCana said that, “EnCana is committed to helping families and individuals learn about how important it is to make well-informed choices about things that can impact their life and the lives of their family and friends.”

The luncheon seemed to be a success for the students, who filled up on sandwiches made by and fruits, veggies and dip.

After lunch the kids examined their gift packs that included an EnCana water bottle, EnCana power bar and EnCana tattoo.