

Better Living News

The Newsletter of Abbotsford Apartments

Issue 011, January 2013



Another year comes with fresh hope and confidence. I wish you a happy New Year filled with fun and happiness.

Kevin Wiebe

Seek Out Superfoods

The way to good health is to fuel our bodies with unprocessed, wholesome foods and engage in regular exercise. By keeping good food in our fridge, and avoiding foods with little nutritional value (which tempt us), we're more likely to eat better.

Take this a step further and stock your cupboards with the most powerful foods on the planet. Superfoods are considered superior sources of essential, superpower nutrients which we can't make ourselves.

Ten superfoods highly recommended in our diet, include:

- Salmon
- Legumes
- Berries
- Greens
- Sweet potato and pumpkin
- Sweet red peppers and kiwis
- Low-fat milk and fortified yogurt



Remember, you are what you eat.

Source: canadianliving.ca

Facebook Contest



Our newest apartment building under construction on George Ferguson Way needs a name. Please visit Abbotsford Apartments on Facebook and suggest a name!

CONTEST PRIZE: The person who submits the winning name will receive four tickets to an Abbotsford Heat home hockey game, including popcorn and drinks for all four!

Find our contest on Facebook at: www.facebook.com/AbbotsfordApartments

New Building Waiting Lists

Know someone wanting to move into a specific building of Abbotsford Apartments? You can now get in the queue and begin the pre-approval process for an upcoming vacancy. Please direct all inquiries by email to rentals@abbotsfordapartments.com or call 604-853-3371.

Are You A Workaholic?

There's a difference between working hard and being a workaholic. According to Statistics Canada, one third of Canadians between the ages of 25 and 44 identified themselves as workaholics in 1998.

Working hard is a good work ethic, and admirable, but a workaholic can be damaging their health and relationships by using work as an escape.



Workaholics are addicted to work. They're driven, they're often perfectionists and they're generally characterized by:

- working overtime
- refusing to take days off
- unable to delegate to others
- taking on more than one person can handle
- neglecting meals & leisure activities

Like most addictive habits, recovery is slow but possible. The goal is finding a balance between work and life while at the same time – decreasing family tension and increasing the quality of one's work.

Source: canadianliving.ca

Free Tips

Healthy Living Tips

WALKING

Walking briskly (4mph speed) for 20 minutes burns approximately 117 calories for a 150 pound person. If you did this more than once a day, and on a regular basis, you'd burn a fair number of calories. Best of all, no special equipment to purchase!

Source: fitwatch.com

FURNITURE POLISH

1/2 teaspoon oil, such as olive (or jojoba, a liquid wax)

1/4 cup vinegar
or fresh lemon juice

Mix the ingredients in a glass jar. Dab a soft rag into the solution and wipe onto wood surfaces. Cover the glass jar and store indefinitely.

Source: care2.com

Wellness

Four-Ingredient Lentil Soup

Makes 8 servings, 1 cup (250 mL) each

INGREDIENTS

- 2 large carrots, peeled, chopped
- 1 large onion, chopped
- 1-1/2 cups red lentils, uncooked
- 1.5 L (6 cups) 25%-less-sodium chicken broth

Source: Kraft



DIRECTIONS

BRING ingredients to boil in saucepan; cover. Simmer on medium-low heat 30 to 45 min. or until vegetables are tender.

BLEND soup, in small batches, in blender until smooth.

SERVE. Season with fresh lemon juice to taste and/or garnish with chopped fresh cilantro just before serving (optional).

* If you have a favourite recipe you would like to share in Abbotsford Apartments' *Better Living News*, please **post it on our Facebook page**. If you don't do Facebook, email your recipe to our Editor – Williams@telus.net

What's On In Abbotsford?

Please check dates, times and venue before travelling as each event is planned well in advance.

Enjoy Abbotsford!

BMX Racing

Jan 29 @Exhibition Park
abbotsfordBMX.ca

Fraser Valley Home Show

Feb 8 – 10 @Tradex
fvtradex.com

Harlem Globetrotters

Feb 15 @AESC
abbotsfordcentre.ca