



Be Active

- Take part in at least 150 minutes (2.5 hours) of aerobic physical activity every week.
- Minutes count — be active in blocks of 10 minutes at a time.
- Do strength and balance activities like lifting weights and Tai chi at least twice a week.



Fruity Flax Smoothies for Two

Serves: 2

2 tbsp	flax seeds, ground	30 mL
1 cup	fresh or frozen fruit	250 mL
1	fresh or frozen banana	1
1/2 cup	pineapple with juices, optional	125 mL
1 cup	milk or fortified soy or rice milk	250 mL
3/4 cup	low-fat yogurt	175 mL
	ice cubes, optional	

Instructions:

- Add all the ingredients into a blender and blend until smooth.
- Pour and enjoy!

Nutrition Information:

Per serving: 300 calories, 5 g fat, 1.5 g saturated fat, 0 g trans fat, 56 mg cholesterol, 110 mg sodium, 56 g carbohydrate, 6 g fibre, 40 g sugars, 10 g protein, 15% DV vitamin A, 70% DV vitamin C, **30% DV calcium, 50% DV vitamin D.**

