



**Northwestern
Health Unit**

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A Life Plan

The Reproductive Health Team at the Northwestern Health Unit is promoting a “Life Plan” approach to health before pregnancy for both women and men.

A Life Plan uses your personal goals about your future and guides you to make health choices that are best for you. “Many people underestimate the impact their health and lifestyle choices before conception can have on their children. The Life Plan is a way to take control of your life and future. Everyone can and should have a plan” states Tekla Rundle, Public Health Nurse. The Life Plan resource provided by the Northwestern Health Unit takes a snapshot of your current lifestyle and health to identify not only what you are doing right but what changes are needed to care for your body now to have healthy children later.

Deciding whether or not you wish to have children, and when you want these children will set in motion other healthy choices. Among other things the Life Plan also recommends a balanced diet and supplements like folic acid, maintaining a healthy weight, regular physical activity. It also tells you what to look for in your family history that may affect future children.

The Reproductive Health Nurses at the Northwestern Health Unit invite anyone, male or female, in to discuss health before pregnancy - a Life Plan.

For more information contact Healthy Babies Healthy Children at 1-800-465-4377 or visit our website www.nwhu.on.ca.

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