

# Canada Protection Plan

## Quarterly Update

ISSUE 01 FALL 2011

The information you need  
from Canada's largest  
provider of non-medical  
life insurance



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#### Have questions about Canada Protection Plan?

Please call us at  
**1.877.909.6060**

## Welcome to the first edition of *Quarterly Update*

Welcome to the first edition of *Quarterly Update*, a newsletter from Canada Protection Plan, Canada's leading supplier of non-medical life insurance.

We are excited to share some valuable tips with you. We hope that they will help you feel better... *and* live better too. This edition includes fun and easy exercises to stay fit, lessons we learned in kindergarten that are still important today, and insurance options that can protect you and your family.

Keeping a healthy body and mind may be the most important actions you can take

for you and your loved ones as well. To help you along your way, you can expect more ideas about fun family activities and living a healthy lifestyle in future editions of *Quarterly Update*.

Canada Protection Plan's goal is to continue to be your insurance supplier of choice. If you have any feedback regarding this newsletter, please call us at **1.877.909.6060**.

Sincerely,  
**David Slabodkin**  
President, Canada Protection Plan

## Three top trends: Making exercise fun and easy

Exercising often feels like a chore, but the following exercise regimens have been around for ages and are low stress (and fun too!).

Take a class, watch an instructional video, or join a local group - one of these practices might be just what you need to feel your best.

### Pilates

Pilates encourages controlled movements to build strong lower back and stomach muscles. Breathing, concentration, and stability (so important to maintain as we age) are all central to the Pilates way of thinking.

### Yoga

Yoga is trendy now, but did you know it has actually been practiced for thousands of years? Today's yoga can be modified to help gently stretch and strengthen back muscles, knees, and shoulders. Yoga improves fitness while relaxing the mind with slow, gentle movements.



### Tai Chi

Several studies have shown the ancient Chinese practice of Tai Chi can help older people with balance, mobility, and even depression. Tai Chi is easy to learn, and you can try out the soft, slow poses of Tai Chi anywhere - no special equipment required.

### Give it a try!

You never know - one of these old ideas might be just what you need to give your routine a shot of something new.

*Check with your doctor before starting any new exercise plan, and make sure your Pilates, Yoga, or Tai Chi instructor is accredited.*

## Kindergarteners rules for life

Physical well-being is just half the story. The other half involves taking care of your mind. These “Kindergartners Rules” are lessons we teach our children, but often forget to follow ourselves.

### **A** Clean up your mess

Clean up your mess as soon as you finish the job. This will help you avoid a cluttered house and office, and avoid the stress that accompanies messes.

### **B** Smile

This just in: there’s nothing more contagious than a smile. Show some teeth and start spreading the good news.

### **C** Try new things

There’s no shortage of adventures and activities to do in Canada. Try something new every day (or week), and you’ll get a boost of energy and have some fun stories to share too.

### *Did you know?*

Following these tips can actually help reduce your blood pressure!

### **D** Say you’re sorry

To admit you have made a mistake is liberating, and it gives you the chance to start over. Who doesn’t want a fresh start?

### **E** Get lots of rest

Quite simply, you can’t be at the top of your game unless you are well rested. So try to get as much sleep as you can at night.

**Do just one of these and your day will be brighter. Do all of them and you will change your life forever!**

## Community corner

On August 17, 2011, Canada Protection Plan sponsored the Dianne Baboth Memorial Golf Tournament, which was held at the Knollwood Golf Club to raise money for the McMaster Children’s Hospital in Hamilton, Ontario.

It was a beautiful day and everyone played well, including legendary Toronto Maple Leaf Darryl Sittler. By the 18th hole, Canada Protection Plan had donated over \$8,500 in support of pediatric healthcare at McMaster Children’s Hospital. To find out more about how Canada Protection Plan gives back to communities across Canada, call 1.877.796.9090.

## Spotlight: Thinking about more insurance coverage?



Are you comfortable with the amount of insurance coverage you currently have? Do you need more?

Many people are concerned that they just don’t have enough coverage to ensure their loved ones can cover the rising costs of a funeral and then carry on comfortably. Canada Protection Plan can help.

We offer up to \$225,000 in combined coverage – the highest amount of any non-medical life insurance coverage available in Canada. This means you can leave your loved ones with more tax-free money to cover their expenses.

Give us a call at 1.877.909.6060 and let’s discuss your options. You will never be pressured to buy, and it is worth knowing just how much coverage you can get with Canada Protection Plan.

*“Knowledge is knowing a tomato is a fruit; wisdom is not putting it in a fruit salad.”*

– Peter Kay

**If you would like more information regarding any of the topics discussed in this newsletter or if you have any questions about Canada Protection Plan, please call us at 1.877.909.6060.**

The information provided in this newsletter is for general purposes only and is not professional advice. Please consult one of Canada Protection Plan’s licensed insurance agents to obtain advice about your specific needs.