



National
Defence

Défense
nationale

Health Promotion in the Canadian Forces
**STRENGTHENING
THE FORCES**
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes



Sport drinks – not for 45 minute workouts!

Sport drinks
are made for quick
absorption of carbs
and electrolytes but they
contain few other nutrients.

For weight management,
water is your best fluid replacement
for workouts less than an hour!



Set Your Sights on Healthy Eating was developed by Strengthening the Forces, Director Force Health Protection / Health Promotion in partnership with CF Food Services.