



## Social sports are good for you

Activity, especially exercise, is necessary for those who want to stay in their best health.



But for many, exercise is a way to get an additional reward along with better health: the thrill of competition. Participating in either organized tournaments and races or informally within groups or clubs comes with its own rewards. And usually a shiny medal or two.

### A competitive streak

Participating in sports provides more than fitness. It's a good way to improve mental wellbeing and build social ties. Whether it's a holiday fun run or a local pickleball tournament, training and competing offer additional benefits, like:

- ☆ Increased general wellbeing
- ☆ Greater endurance
- ☆ Heightened motivation
- ☆ Increased confidence

### Great activities to try:

-  **Walking/running**
-  **Bicycling**
-  **Bowling**
-  **Swimming**
-  **Dancing**
-  **Pickleball**

**And many more!**



## Build your team

When you choose to compete, it's important to have people to share in your success. They also support you in times of loss. Friendly competition can help you reach your goals and keep you motivated. Participating in competitive sports at any age lets you model sportsmanship and a team approach for others, particularly those who are younger.

**When it comes to finding teammates and training partners, friendships will grow through the shared experiences.**

## Ready, set, go!

Perhaps you were a tennis player in college and now feel pickleball is more your speed. Marathons may seem simply too far, but 5Ks, 10Ks or even half-marathons are attainable. There will always be something that fits your situation, your age, your health status and your personal preferences. Check out your local recreation center, senior center and even town website to see what's available in your area.

**The benefits of competitive activity are there for the taking.  
Consider yourself a winner for making fitness part of your life.**

Before starting any activity, check with your healthcare professional to make sure it's right for your level of fitness.



## Reflecting on Remembrance Day

On November 11th, Canadians from coast to coast come together to remember and honour the brave individuals who have served in our armed forces during times of war, conflict, and peacekeeping. This day is not only a time of remembrance but also a moment of gratitude for the freedoms we enjoy today.

The national ceremony in Ottawa, attended by dignitaries and the public, features a march of veterans, and is presided over by the Governor General. In light of ongoing global tensions, this year's Remembrance Day serves as an especially poignant reminder of the complexities of war and the essential pursuit of peace.

As we wear our poppies and honour our veterans, let us take a moment to reflect on the sacrifices made by those who have served and continue to serve our country.

**Lest we forget.**

# Healthy air fryer recipes

## FOR THE HOLIDAYS



Air fryers are having a moment. And why not? They “fry” foods quickly, giving them a crispy exterior with minimal or no oil. Air fryers are known for their ability to cook food faster than conventional ovens by using a high-speed fan that circulates hot air around the food. This method reduces cooking time, making it a convenient and efficient cooking option.

Holiday meal season is when the side dishes shine. While some air fryers have a “bake” setting, it is probably not the place to cook a turkey, ham or roast. But it can be perfect for side dishes. Read on to discover delicious air fryer recipes for the holidays.



### Crispy brussels sprouts

These will become your favourite brussels sprouts in a snap.

**Makes 4 servings | Prep: 10 min | Cook: 25 min**

#### Ingredients

- 1 lb brussels sprouts, trimmed and halved
- 1 Tbsp olive oil
- ¼ tsp salt
- ¼ tsp ground pepper
- ½ tsp onion powder

#### Preparation

Toss brussels sprouts with olive oil, salt, pepper and onion powder. Arrange in a single layer in air fryer basket. Cook at 350°F until sprouts are crisp, 20 to 25 minutes, shaking halfway through.

#### Nutrition information | Serving size: ¼ recipe



Calories: 80 | Total fat: 4 g | Saturated fat: 1 g | Sodium: 176 mg | Cholesterol: 0 mg  
Total carbs: 11 g | Fibre: 4 g | Sugars: 3 g | Protein: 4 g | Potassium: 445 mg





## Air fryer sweet potato fries

Replace your marshmallow-topped casserole with these crispy, caramelized wedges.

**Makes 4 servings | Prep: 10 min | Cook: 25 min**

### Ingredients

- 4 medium sweet potatoes (about 1 lb), cut lengthwise into wedges
- 1 Tbsp olive oil
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ¼ tsp salt
- ¼ tsp black pepper

### Preparation

Toss sweet potato wedges with oil and spices. Spread wedges in a single layer in the fry basket (you may need to do two batches). Cook at 350°F for 20 to 25 minutes, until crispy, tossing halfway through.

### Nutrition information | Serving size: ¼ recipe



Calories: 165 | Total fat: 4 g | Saturated fat: 1 g | Sodium: 158 mg | Cholesterol: 0 mg  
Total carbs: 32 g | Fibre: 5 g | Sugars: 1 g | Protein: 2 g | Potassium: 930 mg



## Spicy green beans

These are a low-carb substitute for green bean casserole. Can't break with tradition? These crunchy beans make a great appetizer, snack or side dish.

**Makes 4 servings | Prep: 10 min | Cook: 10 min**

### Ingredients

- 12 oz fresh green beans, trimmed
- 1 Tbsp olive oil
- 1 tsp Thai-style chili garlic paste
- 1 Tbsp whole-wheat panko breadcrumbs
- ¼ tsp salt

### Preparation

Place the green beans in a medium bowl and toss with the olive oil, chili garlic paste, panko bread-crumbs and salt. Place the green beans in the air fryer basket. Set the temperature to 400° F and air fry for 4 minutes. Shake the air fryer basket. Air fry for an additional 5 to 7 minutes. Serve warm.

### Nutrition information | Serving size: ½ cup



Calories: 60 | Total fat: 4 g | Saturated fat: 1 g | Sodium: 160 mg | Cholesterol: 0 mg  
Total carbs: 7 g | Fibre: 2 g | Sugars: 1 g | Protein: 2 g | Potassium: 115 mg



## Crispy egg cups

For a quick and easy breakfast on a holiday (or the day after), the air fryer crisps these cups up in minutes. Replace the ham with leftover veggies to make it vegetarian.

**Makes 4 servings | Prep: 5 min | Cook: 13 min**

### Ingredients

- Nonstick cooking spray
- 4 slices whole wheat bread (toasted, crusts removed)
- 1 ½ Tbsp butter substitute
- 2 oz deli-style ham
- 4 large eggs
- Salt and pepper to taste

### Preparation

Preheat the air fryer, with the air fryer basket in place, to 375°F. Spray 4 (8-ounce) oven-proof custard cups or ramekins with nonstick cooking spray. Spread one side of the bread with the butter substitute. Place the bread, spread-side-down, into a ramekin and press gently to shape the bread into the cup. Repeat three more times. Slice the ham into strips about ½-inch wide. Place the strips in a single layer in the cups. Crack one egg into each cup. Sprinkle with salt and pepper. Place the filled, uncovered custard cups in the air fryer basket. Air fry for 10–13 minutes or until the eggs are softly set or done as desired.\* Carefully remove each ramekin from the air fryer basket. Using a hot pad, hold each cup carefully and run a knife around its sides to transfer to a plate.

### Nutrition information | Serving size: ½ cup



Calories: 150 | Total fat: 8 g | Saturated fat: 3 g | Sodium: 410 mg | Cholesterol: 195 mg  
Total carbs: 6 g | Fibre: 1 g | Sugars: 1 g | Protein: 12 g | Potassium: 135 mg

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

# Contact Us Today

If you're dealing with medical uncertainty of any kind,  
Teladoc Health can help.

Visit [Teladoc.ca/medical-experts](https://www.teladoc.ca/medical-experts)  
or call 1-877-419-2378



This newsletter is not meant to provide medical advice or service and should not be construed as the professional advice of Teladoc Health. As such, Teladoc Health does not guarantee or assume responsibility for the correctness of the information or its applicability regarding any specific factual situation. Personal health problems should be brought to the attention of physicians and appropriate health care professionals.

©Teladoc Health, Inc. All rights reserved.