



HEALTHY BITS

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Bike Month!



The month of June is Bike Month in Canada which promotes cycling as a healthy, sustainable mode of transportation. Cycling is a fantastic way to get active and explore the great outdoors. Grab your bike, call some friends, and get pedalling!

As an aerobic activity, cycling strengthens your heart, lowers your resting heart rate, and improves circulation. Regular riders can see a 46% lower risk of developing cardiovascular disease.

It also builds power in your lower body targeting the quads, glutes and hamstrings while engaging your core. Unlike running, cycling is non weight bearing and thus is much easier on your joints, knees and hips which makes it a low impact activity. The rhythmic nature of pedalling and being outdoors can also lower stress and anxiety while increasing blood flow to the brain.

Regular exertion from riding can also help positively regulate your sleep cycle leading to deeper and more restful sleep. Cycling is environmentally friendly and can help reduce your carbon footprint by 67%. It is a great alternative to taking the car and minimizes how long we sit in traffic or look for parking.

It is also a cost-effective way of getting around and can decrease our commute time and stress!

Remember to be mindful of your surroundings and other vehicles while cycling. Always follow traffic laws and wear a helmet and bright/reflective clothing to help make yourself visible. Regular maintenance of your bike is integral to a safe and effective ride. Make sure your tires are pumped up accordingly and test your brakes often. A trip to the local bike shop for a tune up can increase your knowledge of bike maintenance and safety.

UPCOMING HP PROGRAMMING

Respect in the Canadian Armed Forces

RitCAF

2 June

Managing Angry Moments

MAM

3 June

Stress Take Charge

STC

10 June

InterComm

2 x days over consecutive weeks
4 & 11 June

Mental Fitness Suicide Awareness

MFSA

16 & 17 June

Alcohol Other Drugs Gambling and Gaming Awareness

AODGGA

24 & 25 June

June is a busy Month!
Look out for more information on the following events/workshops:

2 June Bike to work breakfast

12 June Lunch & Learn

12 June Batawa Bike Ride

18 June Surf & Turf



Healthy Eats!



Black Bean & Veggie Smash Burgers

Ingredients

- 1 (15-ounce) can no-salt-added black beans, rinsed
- $\frac{2}{3}$ cup finely chopped fresh cremini mushrooms
- $\frac{1}{2}$ cup finely chopped yellow onion
- $\frac{1}{2}$ cup whole-wheat panko breadcrumbs
- 1 large egg, lightly beaten
- 1 tablespoon chopped chipotle pepper in adobo sauce
- 1 large clove garlic, minced
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup whole-milk plain strained (Greek-style) yogurt
- 2 teaspoons ketchup
- $\frac{1}{2}$ teaspoon yellow mustard
- 2 tablespoons extra-virgin olive oil, divided
- Cooking spray
- 4 slices Monterey Jack cheese
- 4 whole-wheat hamburger buns, split and lightly toasted
- 4 leaves green leaf lettuce
- 4 slices tomato

Directions

Place rinsed black beans in a medium bowl; mash with a fork until mostly smooth with some pieces remaining. Add $\frac{2}{3}$ cup mushrooms, $\frac{1}{2}$ cup onion, $\frac{1}{2}$ cup panko, the beaten egg, 1 tablespoon chipotle, the minced garlic and $\frac{1}{2}$ teaspoon salt; stir until well combined. Divide the mixture into 4 (about 4-ounce) portions and shape into firm balls. Cover and refrigerate for at least 30 minutes or up to 12 hours.

Combine $\frac{1}{4}$ cup yogurt, 2 teaspoons ketchup and $\frac{1}{2}$ teaspoon mustard in a small bowl.

Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add 2 bean balls to the skillet. Coat the bottom of a sturdy spatula with cooking spray and firmly press each ball into a 4-inch patty. Cook, undisturbed, until well browned and crisp around the edges, 2 to 3 minutes. Flip the patties and top each with 1 cheese slice. Cover and cook until the cheese is melted and the patties are heated through, about 2 minutes. Transfer to a plate. Repeat the process with the remaining 1 tablespoon oil, 2 bean balls and 2 cheese slices.

Spread about $1\frac{1}{2}$ teaspoons sauce on each toasted bun half. Layer the bottom halves with a bean patty, 1 lettuce leaf and 1 tomato slice. Top with the top bun half.

source eatingwell.com

Did you know?

1. Only 36% of Canadians own a bike, which sits below the global average of 42%
2. Nearly 139,000 Canadians commute to work by bicycle, with the average nationwide bike commute taking 20 minutes.
3. Montreal and Vancouver boast the most extensive high-comfort cycling networks in the country.



5 Cool Bike Facts

- 1) The first bicycle was invented in 1817 by Karl Drais.
- 2) Bicycles are the most efficient mode of transportation in terms of energy expended per distance traveled.
- 3) A cyclist can burn around 300-600 calories per hour of riding.
- 4) The fastest speed ever recorded on a bicycle is 296km/h in a slipstream
- 5) Bicycles played a significant role in women's liberation, providing them with independent mobility.

