



**SCHOOL OF HEALTH AND PUBLIC SAFETY**

# **SUPERSIZE THE VEGGIES**

**A MESSAGE FROM SAIT POLYTECHNIC'S  
NUTRITION FOR HEALTHY LIFESTYLES PROGRAM**

Vegetables are rich with vitamins, fiber and minerals and provide many health benefits. Adding a variety of colourful vegetables to your diet can help lower your risk of cancer and heart disease, increase your energy and regulate digestion.

SAIT Polytechnic's School of Health and Public Safety is offering specialized training for wellness professionals. As a nutritionist, you'll work with community health and wellness programs, fitness centres and weight management clinics to help people make informed decisions about their health and lifestyle.

**START YOUR CAREER AS A NUTRITIONIST TODAY!**  
APPLY NOW AT [SAIT.CA](http://SAIT.CA)  
PHONE: 403.284.8500  
EMAIL: [HPS.INFO@SAIT.CA](mailto:HPS.INFO@SAIT.CA)

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