



TRI FIT

**Leaders in Workplace
Fitness and Wellness**

Innovative Business Solutions to:

- ◆ Reduce stress, enhance mental performance
- ◆ Attract and retain top talent
- ◆ Improve productivity and effectiveness
- ◆ Lower health care costs
- ◆ Decrease injury and worker's compensation costs
- ◆ Reduce absenteeism
- ◆ Enhance employee satisfaction and morale

Programs and Services

- ◆ Feasibility studies
- ◆ Fitness facility design
- ◆ Facility management services
- ◆ Fitness programs
- ◆ Stress management
- ◆ Nutrition education
- ◆ Weight management
- ◆ Heart health
- ◆ Back care
- ◆ Injury prevention

Electronic subscription

If you would prefer to receive this communiqué electronically please send your e-mail address to marsden@trifit.com.

National Healthy Workplace Week Oct. 22-26 features 5-day Revive-and-Thrive Challenge

The National Quality Institute in collaboration with Tri Fit has developed a healthy workplace campaign entitled **The Five-Day Revive-and-Thrive Challenge** to assist organizations in getting involved in Canada's Healthy Workplace Week. It focuses on health initiatives and strategies that are fun and easy to implement and can be customized to fit any organization eager to kickstart a healthy workplace campaign.

This kit can be downloaded from the NQI website (www.nqi.ca) starting mid-September.

The kit includes:

1. An easy to implement one week healthy workplace cam-

paign called **The Five-Day Revive-and-Thrive Challenge**

2. A colourful calendar that employees can use to track their daily participation
3. Ready to print campaign promotional and educational materials
4. Catchy sayings that relate to health – ideal to insert in newsletters and post on bulletin boards
5. A resource list of useful organizations and healthy websites
6. Tips on maximizing employee participation
7. Ideas on how YOUR company can support Healthy Workplace Week

The Five-Day Revive-and-Thrive Challenge

The goal of the challenge is to encourage employees to do ONE healthy thing each day.

It can be as simple as stretching at your desk or eating a healthy snack. Anyone who practises one positive

lifestyle habit each day for five days is a winner.

To assist organizations in making the week fun and encouraging participation, we are promoting a different activity each day. This is how it looks!

Monday

Walk Your Boss Day

Tuesday

Harvest Your Health Day

Wednesday

Stair Trek Challenge

Thursday

Eating Breakfast is Smart Campaign

Friday

Stretch and Snack Day

A Dozen Things You Can Do To Promote Canada's Healthy Workplace Week

1. Talk to your cafeteria vendor about featuring healthy meal and snack options and provide discounts for employees who choose the healthy choice.
2. Provide healthy food and beverage choices for corporate business and social functions.
3. Install water coolers throughout your building to encourage people to "drink" on the job.
4. Post stretching exercises by coffee stations and copy rooms. (a stretching chart is included on the NQI website)
5. Have a contest to identify a "Lifestyle Hero(s) of the Week" for employees who make a significant positive change e.g. quit smoking for the week.
6. Start an employee walking club.
7. If you have a small group meeting, take the meeting for a walk. Use a handheld tape recorder to take notes.
8. Install bike racks and encourage employees to cycle to work.
9. Turn unused office space into a "quiet room" with relaxation tapes, dim lights, comfortable seating and an aquarium for quiet reflection.
10. Start a daily stretch break program to encourage employees to take mini active breaks throughout the day.
11. Have a stretch break before or during all meetings.
12. Organize a health fair. Invite community based health organizations like the Heart and Stroke Foundation, the Cancer Society and regional health units to participate.

Remember, the key to maximizing participation is to get as many managers and team leaders as possible to participate.

Companies Supporting Employee Health and Well-being

IBM Canada

The IBM Toronto Lab is moving their 2500 employees from the Don Mills area to Markham. As part of this exciting move they are opening an employee fitness centre. Tri Fit has been consulting with IBM to help design and build this new facility. Tri Fit staff are now on site

preparing to open the doors on September 17th.

Labatt Brewing Company Ltd.

We are pleased to announce that Tri Fit will be managing Labatt's fitness center in their new headquarters in the Queen's Quay Terminal Building. The Centre, opening in October, will include an aerobics studio

and individual workout area with state of the art cardio and strength training equipment. A Tri Fit fitness and wellness coordinator will be managing the facility and its related programs for their 200 head-office staff. Tri Fit has been working with Labatt for several months to conduct a feasibility study, design and equip the center and develop the program.

NEWS BRIEFS

Health, Wellness Conference

The 5th annual Health Work and Wellness Conference is being held in Calgary, Alberta October 21-23. The conference theme is *Building Sound Investments*. To check out the conference agenda log on to www.healthworkandwellness.com.

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More Evidence Points to Benefits of Physical Activity

Dr. Peter Katzmaryzk of York University's Faculty of Kinesiology and Health Sciences team's recent research has established that physical inactivity increases the incidence of at least 17 unhealthy conditions. Almost all of these conditions are chronic diseases or considered risk factors for chronic diseases. His research also concluded that illness due to physical inactivity is costing the Canadian health-care system at least \$2.1 billion annually in direct health-care costs.

Log on to www.activeliving.com, for more research promoting the benefits of a healthy workplace.