



## 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.

## Work Warm-ups Part of Toyota Business

If you were to walk through the Powertrain area or the Assembly shops at 7 am or 5:45 pm you just might catch yourself snapping your fingers to the beat of a top 40's tune from artists like Sum41, Creed and Avril Lavigne.

That's when fellow team members are bending and stretching with the work warm-up program designed to prepare them for their day's work. Along with other initiatives including job rotation, and burden analysis, the work warm-ups are part of Toyota Motor Manufacturing Canada's injury prevention strategy. The program was successfully launched last fall.

The work warm-up breaks are lead by volunteer team members who are trained by the on-site Tri Fit staff. A lunch and learn session is conducted in each work area to introduce the program and recruit two team members as volunteer leaders.

Before taking on their leadership role, these volunteers participate in Tri



Fit's four hour training session. Leader feedback meetings are then held monthly where the volunteers review new exercises customized for each job task, and discuss music selection, participant feedback and motivational strategies.

To date this proactive Health and Safety initiative has been very well received. Tri Fit supervisor Lisa Lorentz states "team members start stretching even before the group session starts." Many team members have commented on how much better they feel before, during and after work.

*(Continued on page 2)*

## Regular Exercise Helps Keep Colds at Bay

A recent study in the Medicine & Science in Sports & Exercise journal (2002;34:1242-1248) US researchers report that people who exercise regularly appear to be less likely than couch potatoes to catch colds.

"Our research provides evidence that being active

may actually reduce the number of colds people get in a year." Lead author Dr. Charles E. Matthews of the University of South Carolina told Reuters Health.

Given that colds are a leading cause of visits to the doctor and missed work days, Matthews added that employers

might do well to encourage their workers to get off their duffs on a regular basis.

"While getting a cold is generally a minor nuisance for the individual, the wider public health implications are that being active may also reduce healthcare costs and increase productivity in the workplace by reducing the number of individuals getting a cold," he said.

## Staples Business Depot Wacky Olympics - a corporate play day success story!

Staples Business Depot employees recently participated in the second annual Tri Fit Wacky Olympics day at their Markham head office. The event was filled with team building, morale boosting and fun-filled activities. There was a “buzz in the air” as over 50% of employees participated.



**2002 Wacky Olympics Wellness Committee Team.**

The outdoor event kicked off with a barbecue. Then Tri Fit wellness coordinator, Andrea Forsyth, led “olympian hopefuls” and bystanders in a stretch break. Once warmed up, eleven teams of 10 to 12 employees jumped, shuffled and kicked their way through six crazy activities organized by the Wellness Committee. One event had team members filling buckets with water, using turkey basters, while another game “half in the bag” had partners racing with one foot each in a Staples shopping bag!

At the end of the noon hour event, Staples president, Steve Matyas, was on hand to distribute prizes to the winning team.

## Work Warm-ups benefit Toyota

(Continued from page 1)

At present approximately 1,000 Toyota team members participate in the voluntary program. The goal is to eventually

roll out the program company wide with all team members participating. Toyota Motor Manufacturing in Cambridge manufactures the Corolla, Solara, Matrix and will soon be producing a Lexus model.

### Tri Fit Inc.

2914 Rainbow Crescent Mississauga,  
ON, L5L 2K6

Tel: (905) 820-9641

Fax: (905) 569-8619

Website: <http://www.trifit.com>

© Tri Fit Inc. 2002

## Canada's Healthy Workplace Week October 21-27

Once again Tri Fit has partnered with the National Quality Institute to support Healthy Workplace Week. Canada's Healthy Workplace Week is a way to increase awareness about the benefits of a comprehensive approach to health and wellness in the workplace.

The theme for this year's Healthy Workplace Week is *Healthy Leadership*. Initiatives focus on the elements of a healthy workplace, including management and employees, health practices and the physical and social environment.

To find more about what's planned and how you can get on board visit [www.nqi.ca](http://www.nqi.ca) and click on *What is Canada's Healthy Workplace Week?* Download a copy of the Healthy Workplace Week poster to raise awareness.

Some companies may want to try out or even repeat last year's successful *5 Day Revive and Thrive Challenge* developed by Tri Fit, while others may want to try this year's mental, physical, emotional, spiritual and social *Healthy Leadership Quiz and Challenge*.

Here are some ideas to get a head start on your fall workplace wellness initiatives:

- ♥ **Start a walking club.** Recruit fitness enthusiasts to lead the way. Employees are always eager to get back to a healthy and active routine after the lazy hazy days of summer.
- ♥ **Organize a fall weekend hiking day** for the whole family.
- ♥ **Look at the food choices** in your company cafeteria or vending machines. Are there healthy meal and snack options? Have a meeting with your cafeteria manager to discuss ways to give employees healthy options.
- ♥ **Encourage employees to take the stairs.** Have a Stairway to Health challenge and make it fun!