



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.

Tri Fit Wins Prestigious Supplier Award

Tri Fit was honored as an outstanding Toyota Motor Manufacturing Canada supplier for 2001 on April 25 at Toyota's third annual indirect supplier's business meeting and awards ceremony in Kitchener. Eight companies including Tri Fit received plaques (the highest award) for meeting or exceeding Toyota's standards in the areas of quality, delivery and cost. On hand to receive the award were Tri Fit President Veronica Marsden and Pat Newson, Director of Operations.

Tri Fit was brought on board in December of 1991 to assist in the design of Corolla Park, Toyota's 30,000 square foot fitness and recreation center in Cambridge, Ontario. The Centre, which opened January 1993, was a gift to the team members for winning the J.D. Power Gold Award



Corolla Park Tri Fit team displaying supplier award.

for Quality. The indoor facility has a collegiate size gymnasium, individual workout area with state-of-the art fitness equipment, squash and racquetball courts, an aerobics studio, games room, meeting room and quiet lounge with fireplace. Outside there are facilities for slo-pitch, soccer, tennis, jogging and a children's playground.

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Economic Costs Associated with BMI in the Workplace

A study published in the *Journal of Occupational Environmental Medicine* (1998; 786-92) points to the return on investment of workplace health promotion programs.

The purpose of the study, undertaken by Burton, Chen, Shultz

and Edington, was to determine the relationship between body mass index (BMI), health care costs, and absenteeism, using health risk appraisals and personnel data. BMI is a crude mathematical measure of body fat.

People with high BMI were more likely to have

additional health risks, short-term disability and illness absence, and higher health care costs than those with lower BMI.

The study concluded that employers might benefit from helping employees achieve a healthy weight. The initial target should be those who are at the highest risk of complications from obesity.

Tri Fit involved with on-line course company *safetyontrack*

Tri Fit is pleased to announce its active involvement with *safetyontrack*, a Canadian company that specializes in the creation and delivery of online occupational health, safety and security and wellness courses. These courses are designed for employees and supervisors of commercial, industrial and institutional companies.

The program offers far more than a collection of health and safety courses. Safetyontrack is designed to address every conceivable need, enabling the employer to assign, schedule, track and document training with ease. Different trades, functions, departments and even individuals can be given their own customized syllabus.



The objective of *safetyontrack* is to build the most extensive online training program in Canada targeted at providing an effective and affordable solution, which has a measurable impact on accident and loss prevention. The initial offering of 19 courses will include titles such as Stress Management, Back Health, Electrical Safety, Fall Prevention, Lockout Procedures and Fitness, just to name a few. The current courses will be updated on an ongoing basis and the course list continually expanded. It is intended to create a course list designed to compliment your current health, safety and security initiatives.

For more information about the program including the initial offering of courses log on to www.safetyontrack.com. If you are interested in a program demo please contact Veronica Marsden at (905) 820-9641.

Tri Fit wins Toyota supplier award

Tri Fit coordinates a variety of fitness, recreation, social and wellness programs for Toyota including their 243 member ice hockey league, over 300 members in the golf club, hundreds of fitness programs and assessments each year, and their newly launched work warm up program.

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This is just a sampling of over 30 different activities Tri Fit organizes for the Toyota team members each year.

NEWS BRIEFS

Several wellness conferences are happening over the next few months that are worth noting.

Highway To Health – Driving Organizational Success with Organizational Health

Taking place June 5th at the Metro Toronto Convention Centre, this conference is presented by IWS (Integrated Workplace Solutions), in partnership with the Global Business & Economic Roundtable on Addiction & Mental Health.

The aim of this conference is to put your organization on the Highway to Health – your road to success – and show how you can drive that success with a systematic approach to preventing illness and promoting the health of your employees. For more information phone 416-585-9985 (240 or 222).

Employee Stress & Mental Health

June 19-20 at The Metropolitan Hotel in Toronto

Insight has assembled a faculty of experts in human resources, stress management and research in the area of workplace stress. This program will provide you with the knowledge and tools to implement effective wellness programs and management practices into your organization, and teach you how to optimize the effectiveness of programs already in place. Tri Fit President Veronica Marsden will be speaking on developing a corporate culture and strategy for health promotion. Please note that Tri Fit clients receive a 10% discount. For more information contact *Insight* at 1-888-777-1707.

Health Work & Wellness Conference 2002

The 6th annual conference is being held in Lake Louise, Alberta October 6-9. The focus of this year's conference is on Strategic Solutions for Stress.

For more information visit the conference website at www.healthworkandwellness.com.