



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.

First Healthy Workplace Week A Huge Success

Organizations across Canada walked and stretched their way to health fuelled with nutritious snacks and breakfast shakes to celebrate Canada's first Healthy Workplace Week!

To assist organizations in kick-starting this healthy initiative, The National Quality Institute in collaboration with Tri Fit developed a healthy workplace campaign entitled **The Five-Day Revive-and-Thrive Challenge**. It focused on health initiatives and strategies that were fun and easy to implement.

Based on the post campaign survey, the event was very successful. Two of the most popular activities were *Walk Your Boss Day* and the *Eating Breakfast is Smart* campaign. Managers and executives served yoghurt and fruit shakes as their employees arrived at work.

Many companies customized the campaign to fit their environment. Here are some of the creative ideas that were implemented:

1. One organization put the Stair Trek Challenge flyer on everyone's desk. An apple was used as a paperweight.
2. A Wellness Window was created in the lunchroom. "Catch phrases" relating to health were posted on colourful paper. Extra paper was provided to encourage employees to add their own words of wisdom.
3. Free chair massages were offered.
4. A *Warm Fuzzy Day* was included. Employees were encouraged to smile, hug, or compliment a co-worker.
5. Water bottles labelled "Thank you for participating in Healthy Workplace Week" were given to all staff.

Plans are already underway for next year's event. Watch for an update in

Tri Fit Owner Receives Prestigious Pioneer Award

Tri Fit's owner Sue Pridham received the prestigious Pioneer Award at the annual Health Work and Wellness conference in Calgary in October. Since 1997 the Canadian Workplace Wellness Pioneer Awards have recognized professionals who throughout their careers have made an outstanding contribution to the advances in the field of organizational health and wellness in Canada.

The whole Tri Fit team is proud of Sue's accomplishments and appreciate the support she provides her staff team and clients.



Integrated Healthy Lifestyle Magazine *WellnessOptions* Launched

WellnessOptions is an editorial forum that explores, promotes, and integrates health perspectives and options from western conventional medicine, complementary/natural medicine and oriental/traditional medicine.

Published bi-monthly, WellnessOptions supports and promotes health resources and services in local communities.

Each issue focuses on a different theme such as heart health, health and the environment, childcare, sleep disorders, diabetes, fatigue management and anti-ageing. The current issue on pain management features an article entitled *Workercise*, authored by Tri Fit owner Sue Pridham, that focuses on preventing and managing physical pain and discomfort in the workplace.

Many organizations are purchasing individual subscriptions for their employees as part of their overall well-

The Cost of Physical Inactivity

Recent studies in Canada and the US show that two-thirds of North

Americans are inactive to the extent that they are threatening their health and wellbeing. A study published in November 2000 in the Canadian Medical Association Journal 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 and contributing to approximately 21,000 premature deaths every year.

In October 2000, 24 of the world's leading scientists from six countries gathered in Ontario to critically review the research on the relationship between physical activity and health benefits and develop consensus on the amount of physical activity required to achieve positive health outcomes. The following is a brief summary of their findings:

Regular physical activity is associated with a reduction in:

- ♦ Fatal and non-fatal cardiovascular disease
- ♦ The incidence of obesity
- ♦ Type 2 diabetes
- ♦ Colon and pre/post menopausal cancer
- ♦ Osteoporosis
- ♦ The incidence and severity of depression

Regular physical activity postpones disability and promotes independent living in the elderly.

Clear evidence also shows that the greater the volume of physical activity, the lower the rate of all-cause mortality,

NEWS BRIEFS

Tri Fit is pleased to announce that it has been awarded the contract to manage **GWL Realty Advisor Inc.'s** tenant fitness centre at Sussex Centre in Mississauga. Opening January 2, 2002, the 4,000 square foot facility is for the exclusive use of GWL Realty Advisor Inc.'s 2,700 tenants.

In our previous issue of Tri Lines we provided the incorrect web address for **Active Living At Work**. It should have read www.activelivingatwork.com.

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Workplace Health and Well-Being Conference in Toronto March 5-6

For the second year The Conference Board of Canada is sponsoring a Workplace Health and Well-Being Conference at the Sheraton Centre Toronto Hotel March 5th and 6th.

Delegates will look at comprehensive strategies to achieve organizational well-being. Finding out how you can encourage a healthier, happier workplace and workforce will be at the centre of the conference. For more information log on to www.conferenceboard.ca.