

Tri Lines

TRI FIT CORPORATE NEWSLETTER

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Consultants in Workplace Fitness and Wellness

Tri Fit Wins Prestigious Supplier Award For the Second Consecutive Year

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Tri Fit was recently honoured as an outstanding Toyota Motor Manufacturing Canada supplier for 2002 at Toyota's fourth annual indirect supplier's business meeting and awards ceremony in Kitchener. Ten 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 owners Veronica Marsden and Sue Pridham.

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 centre in Cambridge, Ontario. The centre, which opened January 1993, was a gift to the team members for winning the J.D. Power Gold 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, a group exercise studio, games room, meeting room and quiet lounge with fireplace. Outside there are facilities for horseshoes, slo-pitch, soccer, tennis, jogging and a children's playground.

TOYOTA TEAM MEMBERS GET OFF TO A HEALTHY START!

Toyota Motor Manufacturing Canada (TMMC) is in the process of hiring 700 new team members to launch the new Lexus RX330. Each week 48 new hires go through a full week of orientation. Part of the orientation process includes a half-day at the Corolla Park fitness and recreation centre. During this period Tri Fit staff deliver a series of presentations on nutrition, injury and disease prevention, heart health, shift work and fitness. New team members also get to experience first hand what the fitness and recreation centre has to offer during their 40 minute active break.

Back at the plant, a Tri Fit kinesiologist is on hand to lead daily four minute work warm-up routines. As well, new team members take part each day in 20-minute work conditioning sessions designed to teach proper stretching and strengthening exercises for the muscles most used on the line.

Once again, TMMC is leading the way by showing new recruits the importance of leading a fit and healthy lifestyle both on and off the job.



Healthy Workplaces and Productivity:

A DISCUSSION PAPER PREPARED BY GRAHAM S. LOWE, PHD.

Abstract

This recently published paper examines two health issues of crucial importance to practitioners and policy makers: the work environment and organizational factors that positively influence workers' health and well-being, and the relationship between healthy workplaces and productivity. Research in diverse disciplines agrees on the importance of supporting employees to be effective in their jobs and ways that promote, not compromise, their health. The ingredients include leadership that values employees as

key assets, supportive supervision at all levels, employee participation, job control, communication, opportunities to learn, and a culture that gives priority to work-life balance and individual wellness. There is also evidence of casual links between working conditions, interventions designed to create healthier workplaces, employee health and firm-level productivity. Studies suggest that successful healthy workplace initiatives are comprehensive in scope, integrated with other human resources programs, and have well designed implementation strategies based on strong leadership, good communication and extensive participation. While significant knowledge gaps remain, these should not deter employers, employees and policy makers from taking action now to create healthy organizations.

To download the full report go to:
<http://www.cprn.org/en/doc.cfm?doc=300>



Autoliv Electronics General Manager Attributes Fitness Program to Improved Well-Being

Steve Brohm is just celebrating his first anniversary with Autoliv, the new plant in Markham that manufactures safety devices for the automotive industry. Looking back over the first year as General Manager in a start-up operation, Steve is relieved that he is starting to get his life back. He attributes a lot of his improved sense of well-being to his new fitness program.



After being in middle management positions with Visteon (the former plant on the same premises) for several years, moving into the top position in the new plant was taking its toll. He lost 20 pounds in one year—all stress related, he comments. "I couldn't sleep with all the challenges of the business on my mind. Work was consuming me."

One day Steve was hit over the head with an overwhelming concern about heart attack, and rightfully so. Steve has been a diabetic all his life and had other risk factors including a family history of heart disease and a high stress job. To top it off, he wasn't physically active other than his weekly hockey game with the guys.

Now in his early forties, he knew it was time to say good-bye to all the usual excuses for not being active and take action. One day he approached Dave Bateman, the Tri Fit on-site Wellness Coordinator, for help. Dave prescribed a cardio routine using the treadmill as well as a basic strength training and core conditioning program to help with his hockey performance. Dave wanted to keep Steve's program manageable understanding his busy work and family commitments. Now over the three-month hurdle, Steve has made his three times per week, fitness program a top priority. Brenda, his assistant schedules his workouts into his time-pressed day just like any other important appointment.

Steve claims he's got the bug. He has seen many positive changes in a short period of time and hasn't looked back. "I can get a good night's sleep now and feel a lot more energized and confident at work. I feel more able to handle the stress", he says, smiling, "and hope that my wife, 9 year-old twins and work colleagues would state that they have seen a difference."

"I know there are no guarantees in life, but at least I can say I am doing what I can to take better care of myself. I owe it to myself, my family and friends and my company."

Health Work and Wellness Conference 2003

This year's conference theme is - Leading by Example! The aim this year is to profile organizations that are 'Leading by Example' in creating workplaces where people thrive. The conference committee's view is that organizational health goes far beyond the development of programs. It takes a comprehensive, integrated approach to people practices for companies to be productive and healthy.

Held September 28 - 30 at The Hilton Lac Leamy, Gatineau (outside of Ottawa), delegates will hear from major European and Canadian companies who have broken new ground in tackling work-life balance including TWE Net AG, a German utilities company; HAG, an office furniture manufacturer in Norway; the UK division of GlaxoSmithKline, a pharmaceutical company; and a Canadian leader - steel manufacturer, Dofasco.

For more information log on to www.healthworkandwellness.com.



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