

# In motion Update

## WORKPLACE WELLNESS



### Maximizing Participation

#### Get Employees Involved

- \* Put together a committee to organize and promote the ideas.
- \* Involve your communications or marketing department.
- \* Have the committee wear an *in motion* t-shirt to identify themselves and to increase the visibility of the campaign.

#### Secure Senior Management Support

- \* Get senior management support and involvement.
- \* Find a champion to lead the initiatives.

#### Promote, Promote

- \* Start now to put together your marketing plan.
- \* Be creative in promoting the events - use the stairwells, the inside of washroom cubicle doors and elevators.
- \* Promote the campaign on your company intranet site.
- \* Put a note with the pay cheques.

#### Get Others On-Side

- \* If you have a cafeteria, get their support to feature daily healthy meal choices.
- \* Talk up the campaign in meetings and other company functions.
- \* Place stars beside healthy

vending machine choices.

- \* Tie the week's festivities into a fundraising event like the United Way Campaign.

#### Make it Fun

- \* Declare it Sneaker Week and encourage employees to wear their running shoes to work.
- \* Declare the whole week "Dress *in motion* week".
- \* Offer incentives challenge.
- \* Have a daily draw for participants.
- \* Challenge another company to see who can get the greatest participation.
- \* Have a departmental challenge to see who can get the greatest percent participation.

## Great Ideas!

### 5 PLUS 5 CHALLENGE

Start your New Year off with a bang! *In motion* will be providing workplaces and schools the opportunity to be "in motion" and make healthy eating choices.



The intent of the challenge is to encourage people to be physically active 5 days/week and to eat 5 servings of vegetables and fruit a day.

How the challenge works is that work-sites pick a 5 week period in January or February. Be creative in your strategy in motivating employees to participate and most of all have fun!



The 5 Plus 5 Challenge information can be accessed on the *in motion* web site under Special Events.

### INSIDE THIS ISSUE:

Maximizing Participation	1
Great Ideas—5 PLUS 5 Challenge	1
Calendar of Health Related Events	2
2006 Calendar	2
Nibble Notes from Val	3
Healthy Living Resources	3
Where to be Active	4
Great Gifts for the Holidays	4

### WHO'S "IN MOTION"?

- \* Century 21 Dome Realty
- \* CHEP
- \* Cogema
- \* Dimension 3 Hospitality Group
- \* RBC Credit Union
- \* RiverRaquet Athletic Club
- \* Sobey's Pharmacy—Preston Crossing

### The 5 PLUS 5 Challenge

**Physical Activity**

Enjoy 30 minutes of physical activity at least five days each week. Each square represents 15 continuous minutes of physical activity. Check off one square each time you engage in 15 minutes of physical activity.

**Vegetables & Fruit**

Eat five or more servings of Vegetables & Fruit each day. Check off a square each time you eat a serving of Vegetables and Fruit. Add a variety of colors to your choices.

	Physical Activity					Vegetables & Fruit				
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Return By:	_____									
Return to:	_____									

In partnership with Healthy Living Department Public Health Services

## Calendar of Health-Related Events—2006

MONTH	TOPIC	WEB SITE
JANUARY	<i>In motion</i> 5 PLUS 5 Challenge National Non-Smoking Week	<a href="http://www.in-motion.ca">www.in-motion.ca</a> <a href="http://www.cctc.ca">www.cctc.ca</a>
FEBRUARY	National Heart Month	<a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a>
MARCH	National Nutrition Month	<a href="http://www.dietitians.ca">www.dietitians.ca</a>
APRIL	Canadian Cancer Awareness Month	<a href="http://www.cancer.ca">www.cancer.ca</a>
MAY	National Physiotherapy Month	<a href="http://www.physiotherapy.ca">www.physiotherapy.ca</a>
JUNE	<i>In motion</i> HIKE and BIKE Challenge Stroke Awareness Month	<a href="http://www.in-motion.ca">www.in-motion.ca</a> <a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a>
JULY	Sun Smart Canada Day	<a href="http://www.cancer.ca">www.cancer.ca</a>
AUGUST		
SEPTEMBER	National Arthritis Month Terry Fox Run	<a href="http://www.arthritis.ca">www.arthritis.ca</a> <a href="http://www.terryfoxrun.ca">www.terryfoxrun.ca</a>
OCTOBER	<i>In motion</i> Month Breast Cancer Awareness Month Healthy Workplace Week	<a href="http://www.in-motion.ca">www.in-motion.ca</a> <a href="http://www.cancer.ca">www.cancer.ca</a> <a href="http://www.healthyworkplaceweek.ca">www.healthyworkplaceweek.ca</a>
NOVEMBER	Diabetes Month Osteoporosis Month	<a href="http://www.diabetes.ca">www.diabetes.ca</a> <a href="http://www.osteoporosis.ca">www.osteoporosis.ca</a>
DECEMBER	International Day of Disabled Persons	<a href="http://www.ala.ca">www.ala.ca</a>

### 2006 GET FIT WHERE YOU SIT CALENDAR

Enclosed is your *in motion* 2006 Calendar, post it by your computer or work station, this way you won't forget to stay "in motion" throughout your day.

You can also access the calendar on the *in motion* web site at:

[www.in-motion.ca](http://www.in-motion.ca)

## Nibble Notes from Val



Healthy Lifestyles Department  
Public Health Services

### 5 Reasons to Eat More Vegetables and Fruit

Vegetables and fruit are a power house of good nutrition – Vitamins, minerals, fibre; and phytochemicals with many of these acting as antioxidants.

Each color in the rainbow of choices offers a different variety of vitamins, minerals and phytochemicals. Each color is important.

See: [www.5to10aday.com/ColourKey/colourkey.htm](http://www.5to10aday.com/ColourKey/colourkey.htm)

Unsweetened varieties are low in calories and most contain no fat.

Looking for fast food - simply wash well and many vegetables and fruit are ready to eat. Canned and frozen are good choices too!

Eating 5- 10 servings each day helps reduce your risk of cancer, heart disease and stroke.



### Here's Quick Ideas for Enjoying More Vegetables and Fruit

#### Buying .....

Buy fruit in different stages of ripeness so everything isn't ready to eat at the same time.

Buy a rainbow of colors including brown, dark blue or purple, green, red, orange, yellow, and white.

Buy adequate amounts of vegetables and fruit so each family member can meet the minimum of 5 servings each day.

#### Cooking Cues.....

Cut tomatoes in half, sprinkle with a mixture of parmesan cheese and Italian seasoning and broil or microwave.

Dress up white rice by adding sliced green onions and diced carrots.

Stuff whole or halved pepper with meat, rice or vegetable mixture, then bake.

Make pasta primavera - add chunky tomato sauce and lots of vegetables, fresh or frozen, to fettuccine or rigatoni noodles.

Microwave rutabaga or turnip whole. It's easier to cut after it's cooked.

Salsa is easy - simply combine chopped tomatoes, peppers, onions and hot peppers.

Combine fruit, such as apples, pears, peaches and plums, cook until tender and serve as chutney with meat.

#### Simply Sensational Salads.....

Add slices of fresh peaches, pears, strawberries, kiwi, oranges and grapefruit or canned mandarin orange sections to any lettuce salad.

For an easy salad, cook extra carrots and marinade overnight in a vinaigrette dressing.

Add chopped broccoli, carrots and green peppers to pasta salad.

Combine chopped carrots, celery, broccoli and green onions with couscous. Serve hot, or cold as a salad.

Add seedless grapes to salads and chicken dishes.

#### Dashing Dessert Ideas.....

Purée fruit (berries, canned peaches or pears) into a dessert sauce called coulis; use on sherbets, ice cream or angel food cake.

Dip whole strawberries into low-fat chocolate pudding.

Microwave a whole apple for a fast dessert.

Be unconventional. Serve broiled grapefruit for dessert.

Submitted by Val Irvine, Public Health Nutritionist

## Healthy Living Resource

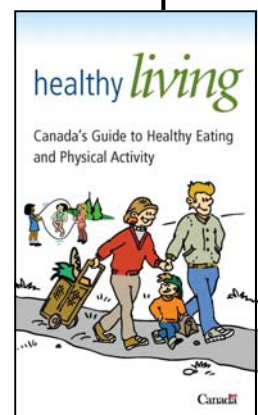
Regular physical activity and healthy eating are key to maintaining a healthy lifestyle.

Canada's Guide to Healthy Eating and Physical Activity combines the messages of both the current Canada's Food Guide to Healthy Eating and the

*Physical Activity Guide to Healthy Active Living* in an effort to integrally promote healthy eating, physical activity and healthy weights to Canadians.

Use this guide to help make choices on how to eat well and be active.

Order your free resource from the web site at [www.eatwellbeactive.gc.ca](http://www.eatwellbeactive.gc.ca) or call (613)954-5995





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**This newsletter is on  
the Web!  
[www.in-motion.ca](http://www.in-motion.ca)  
Look under News**

*Physical Activity....DO  
IT For Life!*

# Great Gift Ideas for the Holidays

Give an active gift this year!

## **PEDOMETERS:**

Get walking today! Each pedometer comes with an informational brochure.

Cost: \$25.00 each



## **KEY CHAINS:**

Get hooked on **in motion!** These key chains are a great idea for the entire family. Available in 6 awesome colors (black, red, blue, purple, yellow and green) Cost: \$3.00 each



Discounts for bulk orders are available.

## **WATER BOTTLES:**

Polycarbonate (500ml): These water bottles have become very popular. Available in 4 different colors (red, blue, orange and grey). Cost: \$8.00 each



## **Handle Water Bottle:**

These water bottles make a great give-away. Available in 3 different colors (red, blue and green). Cost: \$4.00 each

## **In motion TOQUE:**

Stay warm and "in motion" this winter with our black knit toque! Cost: \$8.00

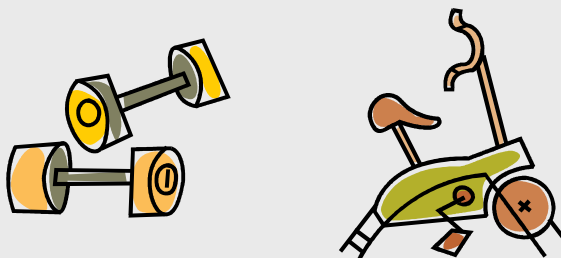


To order any of these items, call **in motion** at 655-DO IT (3648) or visit our web site at [www.in-motion.ca](http://www.in-motion.ca)



## **Where to be Active**

Is your New Years resolution to be more active or to join a fitness facility? There are many options to choose from, from mall walking to joining a yoga class. If you are looking for a place to be active? Check out the "Where to be Active" section on the **in motion** web site.



**In motion** is a health promotion strategy with a focus on physical activity. Its vision is that all the citizens of Saskatoon and region will include regular physical activity into their daily lives for health benefits. The intent of **in motion** is to ingrain understanding and behaviour change into the culture and fabric of our community.

**In motion's** founding partners include:

- \* City of Saskatoon
- \* University of Saskatchewan
- \* ParticipACTION.

The **in motion** strategy is centered around 6 targeted strategies including:

- \* Children & Youth
- \* Older Adult
- \* Workplace Wellness
- \* Health Care Professional Referral
- \* Primary Prevention of Diabetes
- \* Inactive Adults