

Worksite Deliverables – 2010

PHYSICAL ACTIVITY

Presentations

Pedometer Presentation – This is a general overview of how to use pedometers. It gives an overview of the Canadian Physical Activity recommendations, the benefits of walking, how to use pedometers, how to track daily steps, setting increased step goals, and a discussion on motivation.

Goal Setting Presentation – What are the costs of your current physical activity routine? We spend more time researching & planning our next large ticket purchase than we do considering the cost of our fitness levels. Based on the work on Self-management techniques by Patrick McGowan at the University of Victoria, this presentation delves into a process of self analysis which may transform your goal setting success!

Triple P Parenting Presentation – Triple P is a parenting program for every parent and is supported by 30 years of research. The goal of Triple P is to help you create a positive, caring relationship with your children and family. It provides easy to use tips and new ideas that will help you build confidence and new skills.

*Other presentations are available upon request if a worksite has a particular topic they are interested in learning more about.

Get Active Challenges

Pedometer Challenge – A four week challenge using pedometers to set goals, build walking teams & begin to develop a more active culture at your workplace.

Bike to Work – This is a toolkit to assist worksites to provide opportunities to highlight the benefits of cycling, set and achieve activity goals, and teach employees to evaluate their own activity level. Further, the toolkit will help make worksites bicycle-friendly & help create healthy physical activity habits for life.

Mount Neverest – This one to two week challenge is played in teams. Teams are assigned points as they accumulate “minutes of activity”. To earn a boot on the Mount Neverest Scoreboard, each team needs to accumulate a predetermined “team goal” (basically 10 minutes of activity per person for a one week challenge OR 20 minutes per person for a 2 week challenge).

Poker Challenge – This one to two week challenge is played with similar rules as a regular poker game. The difference is that the poker player receives a card once they have completed 30 minutes of activity.

Get Up & Go Bingo – This one to two week challenge is played like any other bingo game – checking off the activities as they are completed. We provide bingo sheets that are designed to include a variety of activities that would be easy to incorporate into a busy day.

Displays

Get Active About Your Child's Health
Physical Activity

NUTRITION

Presentations

What's in Your Lunch Box – This is a general overview of what it means to eat well. It gives an overview of how the food guide can be incorporated into planning healthy meals and snacks for individuals and families. The presentation has a particular focus on how to improve eating during work hours.

Mindless Eating How many times have you been snacking only to look down and notice you have eaten the whole bag? Most of us are blissfully unaware of what influences how much we eat and what 'hidden persuaders' are all around us. Find out about some re-engineering strategies proposed by Brian Wansink from his book "Why we eat more than we think: Mindless Eating".

Carnivore, Omnivore, Locavore – This presentation begins by introducing concerns within the current global food system. It then discusses options for individuals to access more locally produced and grown foods.

Healthy Measures Are you letting the numbers on your scale rule your life? One of the healthiest things you can do for yourself is to accept and appreciate the body you have right now. Learn to listen to your body, eat what you know is good for you and get more regular physical activity. Find out how to take action to improve your health from the inside out and create a supportive environment at work.

Hot Topics - There is so much in the media these days about nutrition but what does it all mean? Join Kim McGibbon, Public Health Dietitian to find out about some of today's hottest topics in nutrition. What is this about omega-3 fats, should I be buying foods with probiotics and organics, how about mercury in my food?

Shiftwork and Nutrition – This presentation looks at how the timing and content of meals can help eliminate common digestive concerns and increase energy. It explores how carbohydrates, protein and caffeine can impact the health of a shiftworker.

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Programs

Paint Your Plate! Create a Masterpiece Workplace Vegetables and Fruit Action Guide contains practical information to assist workplaces in promoting vegetables and fruit consumption. It includes a challenge that encourages employees to eat 7 – 10 vegetable and fruit servings a day, while also providing handouts and great recipes. To find out how you can bring this program to your worksite call Kim McGibbon 625-8813.

Displays

Healthy Kitchen
Healthy Measures
Paint your Plate
Eat Smart

OTHER

Heart Health Risk Assessments

This program will increase participant awareness of their personal health risks for heart disease and provide strategies to reduce those risks. Each participant will complete a brief questionnaire and have their blood pressure measured. They will receive an immediate printed report which identifies their risks, if any, for heart disease. A Public Health Nurse will review their report with them.

Presentations/Displays/Print Resources

Smoking Cessation Counselling/Support – individual or group

Sun Safety

Playing it Safe with Plastics

Infection Control (includes cough etiquette and interactive handwashing activity)

Shiftwork

For further information, contact Sue Armstrong 625-5911 or

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