



October is Healthy Workplace Month!

The goal of Canada's Healthy Workplace Month (CHWM) is to increase awareness of the need for a comprehensive approach to workplace health in Canada. Workplace health is influenced by four elements:

- a. Healthy Lifestyles
- b. Workplace Culture and Mental Health
- c. Physical Environment
- d. Corporate Social Responsibility

CHWM is a year-round resource that encourages workplaces to implement healthy workplace practices throughout the year.

Visit their website for more information and resources.

www.healthyworkplacemonth.ca





Don't miss out on sleep!

Adults need 7-9 hours of sleep
each day to be healthy.

In the world of healthy living, we hear a lot about physical activity, healthy eating, sitting too much, drinking less alcohol, smoking less, etc. What about sleep? Why is it important?

Sleep is very important. In fact, lack of sleep is linked to increased risk of chronic diseases such as cardiovascular disease, type II diabetes and certain cancers. Sleep contributes to our productivity, learning, memory, immunity and physical performance. Adults aged 18-64 years of age should be getting 7-9 hours of sleep every 24 hours.

Would your employees be interested in learning more about healthy sleep? Contact us to schedule an education presentation, put up posters, borrow a display or why not organize a "sleep challenge" for staff.

A "Healthy Sleep for Healthy Employees" presentation will be held November 20th. Hear from Glenn Legault, PHD, Laurentian University, about the importance of sleep and how it impacts our lives. Watch for registration information coming soon.



Research has shown that...

...although well intended, “random acts of wellness” offered by employers are generally ineffective in sustaining changes in behaviour and improving employee health. The World Health Organization has developed a Healthy Workplace model, right, which illustrates a comprehensive approach.

No two organizations are the same and there is no one worksite wellness program that is suitable for all businesses. The wellness@work program at the Thunder Bay District Health Unit is here to help your team build a healthy workplace at every step and to ensure that your wellness program meets the unique needs of all involved and is sustainable over time.

Contact susan.armstrong@tbdhu.com
or 807-625-5911 for your free consultation.



Soup of the Day

With routines back in full swing and the cooler weather just around the corner, it's the perfect time to add soup back to your regular meal rotation! If you're looking for a new soup recipe to try, this Thai Curry Sweet Potato Soup may be just what you're looking for. It's simple, quick to prepare and freezes well. Prepare a double batch and freeze some for an easy lunch or a day you don't feel like cooking dinner. If you're not a fan of sweet potato, butternut squash or pumpkin would be an excellent substitute!

<https://www.ontario.ca/foodland/recipes/thai-curry-sweet-potato-soup>



Hydro One Remote Communities Pedometer Challenge

This fall, Hydro One Remote Communities, as one of their Health and Wellness Initiatives, held a 21 Day Pedometer Challenge for their staff with 11 participating. During the 3 week challenge, they stepped 3,650,425 steps for a total of approximately 2,782 kms (average 15,803 steps per day per person). That's equal to walking to Toronto and return! WOW! That only took 3 weeks! The least steps by one person was 203,803 steps, 155 km (average 9,705 steps per day) and the most steps by one person was 655,822 steps, 500 km (average 31,230 steps per day).

Congratulations to all!



Superior Mental Wellness@work – What's new?

Watch for our e-blasts delivered to your inbox in the near future with tips and tools to support employee mental health.

Here is an example of what to expect.

