

2020 – a new year, a new decade. A great time to make “Small changes today, for a healthier you tomorrow!” That’s one of the themes in our **Are You In?** campaign.

This campaign was developed to encourage adults to join the movement of people in our community who are into healthy living. They are making small changes to be as healthy as they can be and, in doing so, reduce their risk for chronic disease. Small changes are much more likely to be well-received by both your mind and your body. It’s also important to make these changes fun! The more fun you have, the more motivated you will be to stick with it! There are many ways that you can incorporate “small changes” into your work day. Here are some ideas:

- **Sit less and move more often** – place garbage/recycle containers a distance from your workstation; print to a printer further away from your desk; go over and talk to your co-worker in person instead of sending an email; or get up out of your chair and stretch.
- **Put more produce on your plate** – pack a healthy lunch, snack on fruit or vegetables, or bring ingredients for soups or salads to share.
- **Do what moves you** – do something active that you enjoy on your break. Go for a walk or have walking or standing meetings.
- **Skip the juice and choose fruit instead** – whole fruit is easy to pack in your lunch or for a quick snack.
- **Don’t miss out on sleep** – the whole day matters. Activity and healthy eating during your work day will help ensure a healthy sleep – adults typically need 7-9 hours of sleep every 24 hours.

We can help your organization support healthy changes through a comprehensive process.
Contact: Susan.armstrong@tbdhu.com
or 807-625-5911

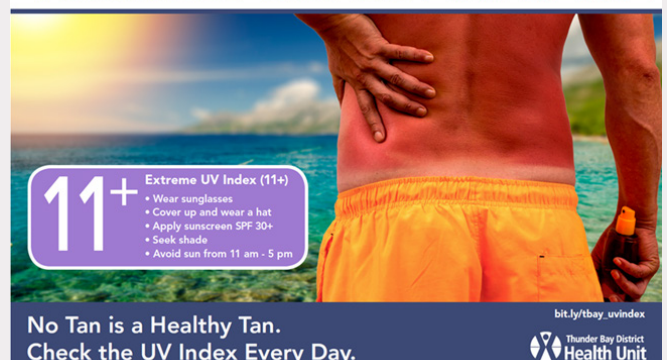
Healthy Living in Winter -- Are You In? video.

Check it out at:

[TBDHU.COM/areyouin](https://tbdhu.com/areyouin)



Vacations can be EXTREME



Planning a much needed break to a warm destination?

For a healthier you, a small change to monitor the UV Index daily and practice sun safety goes a long way to protect your skin and your health.

[TBDHU.COM/sunnyvacay](https://tbdhu.com/sunnyvacay)

There was a lot less sitting in December!

TBDHU applauds the 22 worksites in the city and across the district who participated in the December 2019 "12 Days of Sit Less" challenge. Every day for 12 days worksites were challenged to complete a different activity, like a wall workout, a tissue box toss, or a walk at lunch or break. The photos we received showed that the challenge not only got employees up and moving, but having fun too! For each challenge completed, worksites received a ballot for a draw to win prizes. Congratulations to the teams at Lakehead University's EPID@Work Research Centre and the Ministry of Government Services who each won a slow cooker for their office to make healthy lunches. They both had great odds at winning as they completed all 12 daily activities. Honourable mention goes to the teams at Manitouwadge High School, Bay Credit Union, and Jones and Associates Insurance who were so dedicated to the challenge that they also completed every challenge. We hope these fun ideas continue to inspire staff to sit less and move more often throughout 2020!



Employees at Bay Credit Union participating in the Wall Sit Challenge



Quitting smoking is one of the best single things a person can do to improve their health.

Have you been thinking about quitting but are not quite ready to take that big step? How about testing it out by making a small change or two? Practice quits can improve your confidence and teach you what you need to know to eventually quit for good! Below are a few small changes to consider:

- Cut back the number of cigarettes per day
- Delay the first cigarette of the day
- Quit for one day
- Talk to friends and family about quitting
- Make a list of reasons to quit
- Make a quit plan

Good luck and remember, practice makes perfect! For additional information, visit www.NWQuit.com