

Penticton Workplace Wellness Network Newsletter January 2009



Happy New Year!

Employers and employees share the responsibility in making a healthy work environment. For employees, taking control of your health at work can simply be small changes in your daily routine. Here are some suggestions.

- Walking can be a refreshing and enjoyable way to relax, and can easily be added to your lunch-time routine. Regular brisk walking for at least 30 minutes, four to seven days a week, has many health benefits.
- Try counting your steps! Use a pedometer to automatically record each step you take.
- Taking the stairs regularly contributes to the 30 minutes of physical activity we all need everyday. Regular stair climbing can improve your leg strength and aerobic capacity.
- Try walking, cycling, or in-line skating to and from work (or snow shoeing in this weather!).
- Exercising after work can give you more energy so that you can focus on enjoying your time with your family or friends.
- Stretching frequently at your desk and throughout the day can help you loosen up your muscles and clear your head.
- Take short and frequent breaks to reduce stress and improve your productivity.
- If you can, take it outside. Introduce "walking meetings" and discuss your business while going for a walk.
- Organize lunchtime and after work exercise programs and activities for your co-workers.
- Start each day with a good breakfast. Your mind and body require nutrients to get going after a night's sleep.
- Enjoy light and balanced lunches and avoid snacking on fatty foods. Eating the wrong kinds of food could leave you feeling tired and craving sweets.
- Drink about eight glasses of water throughout the day.
- Try to limit caffeine consumption. Too much coffee, tea or soft drinks with caffeine can leave you dehydrated.
- To tackle the hunger pangs that might occur during your day, store healthy snack foods in your desk like crackers, dried fruit/canned fruit, juice boxes, rice cakes, cereal, granola bars, peanut butter, canned tuna.

Adapted from www.healthyalberta.com

What's Happening in Penticton!

Penticton Steps Out Workplace Wellness Program

Customize your own Steps Out Program. For info contact Edis Computers @ 250 490 4045.

Good to Gold! Achieving a Gold Medal Mind! Lori-Ann Muenzer

Cleland Community Centre
Jan 14 6:30PM-8:00PM

A race or a journey to success is made up of a series of defining moments. By maintaining focus and commitment and reacting in a positive way, Lori-Ann leveraged those moments and used them to build her success and achieve what everyone else thought was beyond her reach: Olympic Gold! Now as an international speaker, author and business woman, Lori-Ann helps organizations and individuals by identifying and building on their own defining moments. For info contact the Community Centre at 250 490 2426.

Healthy Eating for a Healthy Life Community Centre Mtg Rm #2

Jan 14 6:30PM-8:00PM

This seminar is to support people in reaching their weight loss goals. For info contact the Community Centre at 250 490 2426.

Stress Management and Relaxation Community Centre Mtg Rm #2

Jan 28 6:30PM-8:00PM

Understand more about how we respond to stress and ways to manage our response to stressors. Education and practice in relaxation techniques. For info contact the Community Centre at 250 490 2426.

Taming the Hungry Ghosts Gabor Mate, MD

Cleland Community Centre
Jan 27 6:30PM-8:00PM

Addictions of all types are epidemic in our society. Bestselling writer (When the body says No) and physician, Dr. Gabor Mate tells us why we are so prone to them and what is needed to liberate ourselves. For info contact the Community Centre at 250 490 2426.



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