

Building a Healthy You!

Municipal Wellness Newsletter

November, 2015

Stay Active Even in Cold Weather

It's November, and that means colder weather, hot cocoa and fires in the fireplace. With this change in weather, it may be hard to keep up with physical activity. Although the weather changes, our need for physical activity does not. There are plenty of exercises that can be done indoors to ensure that you are getting adequate exercise.

Here are eight exercises that can be done indoors and are guaranteed to get your heart rate up:

1. Jump Rope
2. Stairs
3. Push ups
4. Dance
5. Jumping jacks
6. Crunches
7. Lunges
8. Squats

November is Diabetes Awareness Month!

The majority of people with diabetes- almost 90 percent of all sufferers- have Type 2, or adult onset diabetes. If left undiagnosed, diabetes can cause a whole host of health problems and can even be fatal.

To learn more about diabetes click on the links below:

- [Canadian Diabetes Association](#)
- [Type 2 Diabetes 101](#)
- [Preventing Diabetes](#)

If your municipality would like to have a story captured in the December newsletter please send an email to Rebecca Kolstee, at: rkolstee@amans.ca by November 23, 2015.

SUBJECT LINE: December Newsletter

Good News Story

The Town of Truro has passed a motion to ban the use of e-cigarette on all town property, including the famous Victoria Park. This is an update of the current Smoke Free Bylaw, which already banned cigarettes from those areas.

Read more: [Click here](#)

Don't wait to get the Flu Vacc/ne

Infographic statistics:

- It takes 1-4 days for flu symptoms to appear after exposure.
- 80% of flu infections in healthy individuals can be prevented by the flu shot.
- You can spread the flu up to 24 hours before your symptoms start.
- Each year: An average of 12,200 Canadians are admitted to the hospital due to the flu.
- 7 MILLION Canadians get the flu!
- Approximately 3,500 Canadians die from the flu!

To learn more and to find out where to get your flu vaccine visit Fightflu.ca

6 Week Pre-Holiday Wellness Challenge

This fall we are inviting Municipalities to participate in a Pre-Holiday Workplace Challenge!! As employees you are encouraged to challenge and motivate yourself and your co-workers to become healthy, active employees! The challenge will run for 6 weeks. **Starting November 16th to December 18th, 2015.** The challenge will be similar to past challenges! Here's how it works:

- ✓ Employees can enter the challenge as an individual or a team of 4.
- ✓ The goal is for you/all members of the team to complete all 15 activities. Some activities are harder than others. **only one activity should be completed per day, per individual.*
- ✓ Each team must designate one team member as Team Captain.
- ✓ Team Captains can register their team no later than November 13th either by:
Clicking the registration link: [Pre-holiday Registration link](#). OR by emailing Rebecca Kolstee rkolstee@amans.ca
- ✓ Complete the **bonus activity** and you will receive a second entry into the prize draw. ** The bonus activity must be completed within the first two weeks of the challenge. See page 6 for more details.*
- ✓ **PRIZES:** A grand prize(s) draw for two \$100.00 Grocery Gift Cards will take place on December 21 and mailed out to the winners just in time for the holidays.
- ✓ All reporting sheets must be submitted to your Team Captain by December 18th, 2015 to be eligible to win a prize.

<input type="checkbox"/> Go for a 30 minute walk outside 	<input type="checkbox"/> Drink 8 glasses of water 	<input type="checkbox"/> Bring a healthy lunch from home 	<input type="checkbox"/> Bring three items to the food bank 	<input type="checkbox"/> Eat 5 servings fruits/veggies 
<input type="checkbox"/> Make a date and spend time with a friend 	<input type="checkbox"/> Make a healthy choice in a restaurant 	<input type="checkbox"/> Eliminate caffeine (soft drinks/ coffee /tea) 	<input type="checkbox"/> Park at the far end of a parking lot-bring your hat and mitts! 	<input type="checkbox"/> Do 20 mins of strength &/or stretching 
<input type="checkbox"/> Post a healthy recipe or wellness photo on the Facebook page  Don't have Facebook? Email your recipe or photo to rkolstee@amans.ca	<input type="checkbox"/> Turn off the TV for a day  <i>*no screen time is preferable!</i>	<input type="checkbox"/> Host a healthy potluck at work  <i>try to include all the food groups!</i>	<input type="checkbox"/> Turn off the cell phone by 6pm 	<input type="checkbox"/> Take time this week to try a new winter activity after work or on the weekend 

Municipal Highlights of the Month

The municipal wellness awards were presented at the AMANS fall conference held in October. The purpose of the Building a Healthy You! Workplace Wellness Award program was to recognize and celebrate municipalities who demonstrate a strong commitment to improving the health of their employees and elected officials. Some of you were standouts this year in your efforts to build healthier workplaces and healthier lives. Here is a list of the award recipients:

Gold Award Recipients:

Municipality of the County of Victoria
Cape Breton Regional Municipality
Municipality of the District of Guysborough

Bronze Award Recipients:

Town of New Glasgow
Town of Truro
Town of Stellarton
Municipality of the District of Barrington

Silver Award Recipients:

Municipality of Argyle
Municipality of the District of Lunenburg
Town of Pictou
Town of Stewiacke
Municipality of East Hants
Town of Westville

If you are interested in applying next year please contact Rebecca Kolstee rkolstee@amans.ca

Municipality of the County of Victoria received the highest number of award points for their outstanding health and wellness accomplishments. One of their greatest accomplishments over the past years has been the approval of their *Employee Active Living Subsidization Program*:

The EMPLOYEE ACTIVE LIVING SUBSIDIZATION PROGRAM is a proactive approach to the health of our employees, recognizing that physical activity, healthy eating and mental health are intertwined to achieve overall wellness.

PURPOSE:

- To improve the overall health of our organization and the well-being of our employees and families
- Increase the overall health-levels of our employees, and improved quality of life
- Healthy employees suffer fewer health-related injuries and are less-frequently ill and live longer with a higher quality of life

ELIGIBILITY: Equipment, program costs & long-term activities (i.e.: gym membership, exercise classes), not greater than 50% of annual credit to facilitate participation in health and wellness programs or activities Max \$200 contribution by the Municipality in Partnership/cost-shared with the employee (50% to Max \$400)

To learn more about the *Employee Active Living Subsidization Program* please contact [Vince Forestall](#), Physical Activity Coordinator, Municipality of the County of Victoria.

Mental Health Learning Opportunity

The **Valley Region** will be hosting the Working Minds Program (an educational-based program) designed to address and promote mental health and reduce the stigma of mental illness in a workplace setting.

Employee Workshop

December 8th, 2015 from 8:30- 12:30

Cost: \$60.00 + HST (rate per participant)

SESSION OBJECTIVES

- A focus on dispelling the myths of mental health problems and mental illnesses and reducing their associated stigma
- An overview of the Mental Health Continuum Model
- Self-assessment of one's own mental health along the continuum
- Strategies one can apply at each point along the continuum

Manager Workshop

December 9th, 2015 from 8:30- 4:30

Cost: \$100.00 + HST (rate per participant)

SESSION OBJECTIVES

- How managers can address employee mental health at each stage along the Mental Health Continuum Model
- General information on accommodations and employees', managers' and employers' mental health rights and responsibilities.

SESSIONS ARE FILLING UP FAST! REGISTER EARLY BY EMAILING REBECCA KOLSTEE

RKOLSTEE@AMANS.CA

Building a Healthy You! Facebook Page

The Building a Healthy You! Wellness program is now on Facebook! The page was created for municipal employees to share wellness related stories and pictures, participate in challenges, and post questions/comments. For privacy reasons the status of the group will remain closed (meaning you will need approval to join and post. [Click here](#) to access the page:



RECIPE OF THE MONTH

Roasted Pepper and Tomato Soup

Ingredients

4 ½ ripe tomatoes
2 bell peppers seeded and quartered
2 onions quartered
1 handful fresh basil
6 cloves of crushed garlic
¼ cup butter
½ tablespoon dried hot pepper (your choice)
Salt & pepper to taste

Directions

Preheat oven to 400 F. Place cored tomatoes cut side up with the rest of the ingredients in a 9×13 inch cake pan. Roast for one hour. Let cool a little and puree until desired texture is obtained. Add water if it is too thick for your liking. Top with fresh chopped basil leaves.

Adapted from Eating by the Seasons Cookbook
Food Action Committee of the Ecology Action Centre

6 Week Pre-Holiday Challenge **Bonus Activity**

Complete the online [Health Risk Assessment](#) no later than **November 27th** and you will received a second entry into the prize draw. Do you know just how healthy you really are? The Health Risk Assessment is a confidential 20 minute survey that you can take online when it's convenient for you!

How do I complete the survey?:

- Simply visit (<https://www.medaviebc.mygoodhealth.ca/>)
- Select New User/Register
- If you are a Medavie Blue Cross Card holder all you need is your policy # and ID # (located on your Medavie Blue Cross ID Card) to register
- If you do not have health/dental coverage through your municipality, you are **still** eligible to participate – just send a quick email with your date of birth to Rebecca Kolstee (rkolstee@amans.ca), and she will coordinate access.

Why should I complete a Health Risk Assessment? After you complete the HRA you'll get a profile that shows whether your health is at risk or if you're on the right track. Review your health risk profile and start developing action plans to address your concerns. These could include reaching goals like:

- Improving your diet
- Losing weight
- Getting fit
- Preventing and managing diabetes
- Coping with chronic conditions
- Lowering stress
- Drinking less alcohol
- Quitting smoking

My Good Health™

Completing a health risk assessment is simple and the benefits can last a lifetime.

Don't miss your chance to take positive steps and kick start your way to better health!

