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| **London Hydro July - December 2012 PWP Quarterly Theme Focus [cancer risk, weight management, improving fitness]** | | | | | | | | | | | |
| **Initiative** | **July** | **August** | | **September** | | **October** | | **November** | | **December** | |
| **INDIVIDUAL** | | | | | | | | | | | |
| **Consultations** | One-on-One Consultations with on-site | | | | | | | | | | |
| **Individual** | NEW Virtual Online Profile, Wellness Tracking, Calendar of Events [start date TBA] | | | | | | | | | | |
| **PWP** |  | |  | |  | |  | | PWP | |  |
| **GROUP** | | | | | | | | | | | |
| **Exercise Class/Series** | Walking Group | | | | Yoga | |  | |  | |  |
| **Lunch n’ Learns** |  | |  | | Movement | |  | |  | |  |
| **Workshop Series** |  | |  | |  | |  | |  | |  |
| **Group Challenge**  **[team]** |  | | | | | | | | | | |
| **Virtual Challenge**  **[team]** | TBA | | | | | | | | | | |
| **AWARENESS** | | | | | | | | | | | |
| **Newsletter** | Ongoing Monthly Newsletter | | | | | | | | | | |
| **Kiosk / Poster Display** |  | |  | |  | |  | |  | |  |
| **POD Posters** |  | |  | |  | |  | |  | |  |
| **Sleeve Posters** | Summer Tips | | Summer Tips | | Healthy Wt | | Healthy Wt | | Holidays | | Holidays |
| **Email/On-site/Pay-Stub Campaign** | Healthy Summer Eats and Drinks | | | |  | | | | Healthy Holidays | | |
| **Walk Around** | Hydration | |  | |  | | Spot Check | |  | |  |
| **Promotion**  **[on-site event]** |  | | Frozen Treat | |  | |  | |  | |  |
| **Wellness Challenge**  **[Individual]** | Water Challenge | |  | |  | | TBA | |  | | Stay Active Over Holidays |
| **Virtual Challenge**  **[individual]** | TBA | | | | | | | | | | |
| **Health Fair** |  | |  | |  | |  | | Date TBA | |  |
| **Corporate Reporting** | Snap Shot | |  | |  | |  | |  | | PWP and Progression |