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| **Hematite** **Year at a Glance**: January – June 2013 (focus on weight management, stress reduction, improved fitness, better nutrition and cancer reduction) | | | | | | | | | | | | | |
| **Initiative** | **Jan** | **Feb** | | | | **March** | **Apr** | | **May** | | | **June** | |
| **INDIVIDUAL** | | | | | | | | | | | | | |
| Consultations | One-on-One Consultations – on-site | | | | | | | | | | | | |
| Individual | NEW Virtual Online Profile, Wellness Tracking, Calendar of Events | | | | | | | | | | | | |
| **GROUP** | | | | | | | | | | | | | |
| Exercise Class/Series |  | | | Circuit training – Jan 28 – Mar 4 (6 weeks) | | | |  | |  | | | Core classes (June 3 – 24 1:30 – 2:00) |
| Lunch n’ Learns/Webinars | Kick off to Weight Loss challenge – Jan 21 | | |  |  | | |  | |  | | |  |
| Group Challenge  [team] | Weight Loss challenge – January 21 – March 18 (8 weeks) | | | |  | | | Soup Off [Apr 5] | | Detox Challenge  May 6 - 17 | Pedometer challenge – May 27 – June 17 | | |
| Safety meetings |  | | | Healthy Finances – Feb 22 |  | | | Detox – April 26 | |  | | |  |
| Team building events | Annual tubing day – January 19 | | | Annual Curling event – Feb 20 | Healthy slow cooker lesson – Mar 21 | | | CN Tower climb  April 25 | |  | | |  |
| Group Runs |  | | | Refridgee-eighter Run – Feb 17 |  | | | Endur-race – April 13 and 20 | | Guelph Spring Sprint – May 5 | | | Waterloo 10 km Classic – June 16 |
| **AWARENESS** | | | | | | | | | | | | | |
| Newsletter | Ongoing Monthly Newsletter | | | | | | | | | | | | |
| Kiosk / Poster Display | Goal Setting kiosk (Jan 7 – 28) | | Blood Pressure kiosk (Feb 4 – 25) | | |  | |  | | It’s in you to Move kiosk | | |  |
| Sleeve Posters |  | | |  | Soup Recipes | | |  | | Activity Posters #1, 2, 3 | | | |
| Email/On-site/Pay-Stub Campaign |  | | |  |  | | |  | |  | | |  |
| Walk Around | Goal Setting - Jan 7 | | |  | Sign up for Soup Off and handout soup recipes (4) | | | To Snack or Not handout | | Detox smoothies | | | Strong to the Core handout |
| Wellness Challenge  [Individual] | Goal Setting (email) | | |  |  | | | Submit and/or try a new recipe | |  | | |  |
| Virtual Challenge  [individual] |  | | | | | | | | | | | | |
| Corporate Reporting | Annual report | |  | | | | | | | | | | |