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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 ChallengeMay 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 climbApril 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 |  |