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| **Wellness Challenge Archives** |
| Avoid Snack Foods |
| Be-Smoke Free |
| Brush and Floss Daily |
| Build Healthy Self Esteem |
| Build Strong Bones |
| Drink Adequate Water |
| Eat a Healthy Lunch |
| Eat Breakfast Daily |
| Eat Healthy Proteins |
| Eat Low-GI Goods |
| Eat More Dietary Fibre |
| Eat More Fruits & Vegetables |
| Eat More Legumes |
| Eat Nuts and Seeds Daily |
| Eat Plenty of Plant Based Foods |
| Eat to Lower Your Cholesterol |
| Eat Unprocessed Foods |
| Avoid Snack Foods |
| Be-Smoke Free |
| Brush and Floss Daily |
| Build Healthy Self Esteem |
| Build Strong Bones |
| Drink Adequate Water |
| Eat a Healthy Lunch |
| Eat Breakfast Daily |
| Eat Healthy Proteins |
| Eat Low-GI Goods |
| Eat More Dietary Fibre |
| Eat More Fruits & Vegetables |
| Eat More Legumes |
| Eat Nuts and Seeds Daily |
| Eat Plenty of Plant Based Foods |
| Eat to Lower Your Cholesterol |
| Eat Unprocessed Foods |
| Exercise Daily |
| Exercise in Water |
| Follow the Mediterranean Diet |
| Get Adequate Vitamin D |
| Get Preventative Exams |
| Improve Your Memory |
| Limit or Avoid Alcohol |
| Lower Your Blood Pressure |
| Lower Your Blood Sugar Level |
| Lower Your Stress |
| Plan a Quiet Time |
| Poison Proof Your Home |
| Prepare for Medical Emergencies |
| Protect Your Back & Joints |
| Protect Your Skin in the Sun |
| Protect Your Vision |
| Protect Yourself from Infectious Disease |
| Sit Less, Move More |
| Sleep for Better Health |
| Stay Fit During the Holidays |
| Rediscover the Art of Celebration |
| Use Safety Gear |
| Use Salt Moderately |
| Walk 40 Miles this Month |
| Walk 6000-1000 Steps per Day |
| Work All Your Muscles with Cross-Training |
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| **Staff Wellness Days/Programs** |
| Office Olympics Event |
| BMI Questions/Answers |
| Fast Food Scramble/Answers |
| Food Guide/Answers |
| Macronutrient Matching/Answers |
| Stress Word Jumble/Answers |
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| **Program Poster Templates** |
| Exercise Series Poster Template |
| LNL Poster Template |
| Promotion Poster Template |
| Workshop Series Poster Template |
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| **Program Evaluations** |
| Exercise Class Evaluation Form |
| Lunch n Learn Evaluation Form |
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| **Personal Wellness Profile (PWP)*** Email #1 – PWP
* Email #2 – PWP Launch
* Email #3 – PWP Last Chance
* Email – PWP Subsequent Years
* Profile Mailer PostCard
* Profile Poster 11x17
* Profile Poster 8.5x11
* Profile Poster and Instructions
* PWP Launch Presentation
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| **Group Programs - Workshop Series** |
| Stress and You* Stress and You [4-week program]
* Stress and You Presentations
* Stress and You Handouts
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| Nutrition Program* Nutrition Workshop Promotion
* Nutrition Workshop Presentations
* Nutrition Workshop Handouts
* Nutrition Workshop Consultant Notes
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| Kick It! (Smoking Program)* Kick It Emails
* Kick It Facilitator’s Guide
* Kick It Outline for Consultants
* Kick It Session Handouts [8 weeks]
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| Healthy Weights* Healthy Weights Promotion
* Healthy Weights Presentations [4 weeks]
* Healthy Weights Handouts
* Healthy Weights Facilitator Notes
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| Fit and Lean – Condensed* Month 1 – presentation and handouts
* Month 2 – presentation and handouts
* Month 3 – presentation and handouts
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| Fit and Lean – 8 weeks* EWSN Program Sign In Sheet 8 weeks
* Fit and Lean Webinar
* Fit and Lean LAUNCH
* Fit & Lean Week 1 – Getting Started
* Fit & Lean Week 2 – Smart Food Choices
* Fit & Lean Week 3 – Becoming an Educated Eater
* Fit & Lean Week 4 – Getting Active
* Fit & Lean Week 5 – Staying Motivated
* Fit & Lean Week 6 – Adapting Your Kitchen and Recipes
* Fit & Lean Week 7 – Support & Resources
* Fit & Lean Week 8 – Preparing for Maintenance
* Posters
* Handouts
* Consultant Notes
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| Empowered Living Program* ELP Presentations [6 weeks]
* ELP Handouts
* ELP Email and Promotion [email, flyer]
* ELP Consultant Notes
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| **INTERACTIVE PROGRAMS** |
| Medallion Race or Own the Podium |
| Lose to Win |
| Extreme Lifestyle Makeover |
| Biggest Loser v2 * Week 1 – Grocery Store Survival
* Week 2 – Carbs, Protein, Fat
* Week 3 – Metabolism
* Week 4 – Physical Activity
* Launch
* Challenges
* Assessments
* Biggest Loser [4-week information session and task logs]
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| **EXERCISE PROGRAMS** |
| The Mill Workout |
| Indoor Bootcamp |
| Healthy Habits [circuit] |
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| **CHALLENGES** |
| Water Challenge |
| Triple Threat Team Challenge |
| Spring Spell-Off Scramble |
| Pedometer Challenges* Walking Factoids
* Walking Works – Personal
* Walk Across Ontario – Team
* Walk Across Canada – Team
* Build the CN Tower
 |
| Immunity Challenge |
| Healthy Lifestyle BINGO |
| Healthy Lifestyle POKER |
| Healthy Snacking Challenge |
| Happy Family BINGO |
| Festive Fitness Challenge |
| Family BINGO |
| Eat Your Colors |
| Destress and Stretch Challenge |
| Choose Your Challenge |
| Ballots |
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| **AWARENESS PROGRAMS** |
| **WALKAROUNDS** |
| Posture Correction Stretch pages 1-8 |
| Respect in the Workplace * Respect in the Workplace Week 1 – Introduction
* Respect in the Workplace Week 2 – Bullying in the Workplace
* Respect in the Workplace Week 3 – How to deal with bullying
* Respect in the Workplace Week 4 – Self Respect
 |
| Reclaim Your Brain * Reclaim Your Brain – Fast Food Scramble
* Reclaim Your Brain – Stress Word Jumble
* Reclaim Your Brain – Wellness true or false
 |
| A Dark Chocolate a Day Keeps the Doctor Away |
| Apple Recipes |
| Avoiding Repetitive Strain Injuries (office) handout |
| Avoiding Repetitive Strain Injuries for Labourers handout |
| Balanced pH for a Healthy Body handout |
| Bell Let’s Talk Campaign 2014 and Mental Health |
| Building a Great Smoothie |
| Chocolate Milk after a Workout |
| Citrus in Your Water |
| Dark Chocolate Heart Benefits |
| Dark Delicious Hot Chocolate Handout |
| De-Stress Out |
| Desk Stretches Walkaround |
| Desk Yoga |
| Easy Meals and Snacks for Diabetics |
| Eat Clean Commandments Handout |
| Fitting in Exercise with Fitness Apps |
| Fruit Juices |
| Go Bananas for Bananas |
| Go Bonkers for Bananas |
| Green Tea |
| Health and Wellness Apps |
| Healthy Eating on a Budget |
| Healthy Food Options for Meetings |
| Healthy Hunting Recipes |
| Healthy Hydration |
| Healthy Lunch Menu Options |
| Healthy Vending Machine Options |
| Herbs Spice and Everything Nice |
| Holiday Healthy Eggnog |
| Holiday Tips Summary |
| Homemade Lemonade Handout |
| Homemade Vitamin Water Handout |
| How to Take Body Measurements |
| Iced Passion Tea Handout |
| Lentils |
| Nuggets of Nutrition and Answer Key |
| Nuts for Almonds |
| Office Warrior Workout 1 |
| Office Warrior Workout 2 |
| Oranges Handout |
| Power of Potassium |
| Pre and Post Exercise Fuel |
| Recipe Websites and Resources |
| Red and While Walkaround 1,2,3 |
| Rooibos Tea |
| Smart Sweet Treats for Summer |
| Soothing Teas Combat Stress and Restore Serenity |
| Start your Day Stretching Month one, two, three |
| Staying Cool on the Plant Floor Preventing Heat Stress |
| Staying Cool on the Plant Floor |
| Stress Assessment walk-around |
| Strong to the Core |
| Summer Hydration |
| Summer Patio Survival Guide Handout |
| Take a Bite out of this – Apples |
| The Power of Sleep |
| To Snack or Not |
| Top 10 Portion Control Meal Planning handout – mini wellness session |
| Trail Mix Handout |
| Warm Up and Stretches |
| Watermelons |
| We All Scream for Ice Cream |
| Work Day Warm up |
| Work Station Breaks |
| Golf Warmup |
| Golf Warmup Exercises |
| One-on-One Wellness Consultation Handout |
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| **SITTING DISEASE*** Sitting Disease Assessment Instructions
* Sitting Disease Assessment Pre ad Post Assessment
* Sitting Disease Weekly Workout Schedule
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| **RECIPES** |
| Recipe – Almond Crusted Chicken Strips |
| Recipe – Apple Cinnamon Muffin |
| Recipe – Cooking with Apples |
| Recipe – Deep disk cookie pie |
| Recipe – Dessert Cheesecake Sauce |
| Recipe – Fibre Packed Granola Bars |
| Recipe – Ginger Cilantro Fish |
| Recipe – Homemade Energy Bites |
| Recipe – Homemade Granola |
| Recipe – Homemade Protein Bar |
| Recipe – Hummus & Sauteed Vegetable Wrap Recipe |
| Recipe – Muffins from Mom’s Kitchen |
| Recipe – Soup and Stock |
| Recipe – Stuffed Zucchini Recipe |
| Recipe – THREE Smoothie Recipes |
| Recipe – Tofu Cabbage Rolls Recipe |
| Recipe – Vegetarian Chili Recipe |
| Recipe – You-Build-It Lasagna Recipe |
| Recipe – Asian Summer Slaw |
| Recipe – Balsamic Grilled Vegetables |
| Recipe – Broccoli Salad |
| Recipe – Brown Rice Salad |
| Recipe – Chicken Caesar Salad |
| Recipe – Multibean Salad |
| Recipe – Quinoa Greek Salad |
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| **HOLIDAY RECIPES*** Holiday Recipe - Bold Winter Greens Salad
* Holiday Recipe - Garlic Bean Spread
* Holiday Recipe - Quinoa Salad
* Holiday Recipe - Roast Beef Blue Cheese Spears
* Holiday Recipe - Scallop Mango Ceviche
* Holiday Recipe - Slim Deviled Eggs
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| **FALL POTLUCK RECIPES*** Fall Potluck – Autumn Salad
* Fall Potluck – Cajun Shrimp & Rice
* Fall Potluck – Creamy Grape Dessert
* Fall Potluck – Creamy Kale Salad
* Fall Potluck – Edaname-Avocado Dip
* Fall Potluck – Mini-Stuffed Potatoes
* Fall Potluck – Not-So-Devilish Eggs
* Fall Potluck – Pina Colada Cupcakes
* Fall Potluck – Quinoa & Black Bean Salad
* Fall Potluck – Savory Bean & Spinach Soup
* Fall Potluck – Slow Cooker Pulled Pork
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| **DE-STRESS RECIPES [campaign]*** De-Stress Recipe – week 1 – complex carbs
* De-Stress Recipe – week 2 – magnesium
* De-Stress Recipe – week 3 – fatty fish
* De-Stress Recipe – week 4 vitamin C
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| **ANTIOXIDANT RECIPES [campaign]*** Antioxidant Recipe – week 1 – red
* Antioxidant Recipe – week 2 – orange
* Antioxidant Recipe – week 3 – yellow green
* Antioxidant Recipe – week 4 – purple
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| **PROMOTIONAL DAYS*** Pancake Breakfast Promo Day
* Yogurt Parfait Promo Day
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| **POSTERS** |
| Activity Poster 1,2,3 |
| Antioxidants Poster |
| Back to Basics Poster |
| BP 1, 2, 3 |
| Cholesterol Poster |
| Construction Walking 1, 2, 3 |
| Energy Poster |
| Energy #2 Poster |
| Fibre Poster |
| Get Financially Fit |
| Healthy Heart Poster |
| Healthy Snacks Poster |
| Holiday Tips Poster – Eating Healthy |
| Holiday Tips Poster – Staying Active |
| One-on-One Wellness Consultations Poster |
| Respect in the Workplace 1,2 |
| Start Your Day Stretching Month 1,2,3 |
| Stress Management 1,2 |
| Taking Breaks 1,2,3 |
| Time Management Poster |
| Walking Poster |
| Water Works Poster |
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| **NO SMOKE DAY*** No Smoke Day – email, pledge form
* No Smoke Day Posters 1,2
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| **NEWSLETTERS** |
| -archived from August 2012 – present |
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| **NEW YEAR NEW YOU CAMPAIGN*** NYNY Individual Campaign [IC instruction sheet, launch email, poster, task cards]
* NYNY Group Campaign [GC instruction sheet, launch email, task cards, team points card, team points graph, poster]
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| **NYNY Email Campaign*** Week 1 – Better Nutrition
* Week 2 – Consistent Exercise
* Week 3 – Stress Reduction and Better Sleep
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| **MEDITATION CHALLENGE [e-campaign]*** 1-Breathing Meditation
* 2-Progressive Muscle Relaxation
* 3-Mindfullness Mediation
* 4-Visualization Mediation
* 5-Healing Meditation
* 6-Relaxation Response
* 7-Yoga Desk Stretches
* 8-Body Scan Meditation
* 9-Chakra Meditation (part 1)
* 10-Chakra Meditation (part 2)
* Ballot for Incentive
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| **LUNCH n’ LEARNS** |
| Wellness for Shift Workers |
| Weird and Wonderful |
| Time Management – It’s About Time |
| Stress Management |
| Sitting Disease |
| Respect in the Workplace |
| Power of Positive Thinking |
| Organic, Local & Raw Food |
| Mental Health |
| Meal Planning |
| Maintain Don’t Gain |
| Lunch n’ Learn Promotions |
| It’s In You to Move |
| Immune System |
| How to Get Better Sleep |
| How to Eat for Optimal Energy |
| How to Better Cope with Stress |
| Heart Health |
| Healthy Lunchboxes |
| Healthy Eating on the Go |
| Healthy Cooking |
| Goal Setting |
| Getting Better Sleep |
| Emotional Eating and Motivation |
| Efficient and Healthy Meal Planning |
| Eat This, Not That |
| Eat for Energy |
| Easy Nutrition 101 |
| Double Down – Cardio and Resistance Training |
| Brown Bag Lunch – Bring It!! |
| Better Health Are You Ready? |
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| **KIOSKS** |
| X Smoking Cessation Kiosk |
| Sun Safety Kiosk |
| Sugar Rush |
| Substance Abuse Kiosk |
| Staying Motivated |
| Sitting Disease |
| SAD Kiosk |
| Prostate Cancer Kiosk |
| Portion Control Kiosk |
| Osteoporosis Kiosk |
| Mental Health Kiosk |
| It’s in You to Move Kiosk |
| Goals Kiosk |
| Fit Finances |
| Fall into Fitness Kiosk |
| Diabetes Kiosk |
| De-Stress Kiosk |
| Breast Cancer Kiosk |
| Breakfast Kiosk |
| Blood Pressure Kiosk |
| Beat the Bug |
| Antioxidant Kiosk |
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| **HEALTH FAIRS*** Health Fair Signup Sheets or Ballots
* Health Fair Setup
* Health Fair Promotion
* Health Fair Calendar of Events
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| **EXERCISE** |
| Walking Program |
| TRX Workout |
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| **EMAIL CAMPAIGNS** |
| Walking Works |
| Taking Breaks |
| Summer Safety |
| Summer Eats Recipes |
| Summer Drinks Recipes |
| Staying Motivated |
| Soup Recipes |
| Slow Cooker Recipes |
| Sitting Disease |
| Respect in the Workplace |
| Own the Podium |
| New Workplace, New You |
| New Runners Tips |
| Maintain Don’t Gain |
| Heart Health |
| Healthy Workplace Month |
| Healthy Lunchbox |
| Healthy Holiday |
| Flavourful Fall Fare Recipes |
| Ergonomics Campaign |
| Detox Digest |
| Deskercize |
| Desk Yoga |
| De-Stress Sessions |
| De-Stress Recipes |
| Antioxidant Recipes |
| Age Defying Disease Defense |
| 9 Weeks of Summer |
| 6 week of Happy Holidays De-Stress Guide |
| 12 weeks to Weight Loss Successw |
| 12 days of Christmas |
| 10 days of Summer |
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| **DE-STRESS AND STRETCH PROGRAM/CHALLENGE*** Destress and Stretch info poster
* Destress and Stretch Instruction sheet
* Destress and Stretch Log sheet for individual
* Destress and Stretch Log sheet for team captain
* Destress and Stretch Teams breakdown
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| **HYDRATION CHALLENGE*** Hydration Challenge 8 glasses ballots
* Hydration Challenge 12 glasses ballots
* Hydration Challenge 6 glasses ballots
* Hydration Challenge Labels
* Hydration Challenge Slide for challenge
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| **BUTTING OUT RESOURCES*** Butt Out – Dealing with challenges (weight gain, stress)
* Butt Out – Smoking cessation options
* Butt Out – Stage one – Pre-contemplation
* Butt Out – Stage two – Thinking about quitting
* Butt Out – Stage three – Preparing to quit
* Butt Out – Stage four – Quitting
* Butt Out – Stage five Relapse and staying smoke-free for good
* Commit to Quit handout
* Commit to Quit poster
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| **TRAINING** |
| Video Series |
| Consultant Training |
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| **WEBINARS** |
| Team Webinars |
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| **WEBSITE INFORMATION** |
| EWSNetwork Portal Quick Reference Sheet |