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| **As of March 2014** | |
| **AWARENESS PROGRAMS** | |
| **WALKAROUNDS** | |
| Posture Correction Stretch pages 1-8 |  |
| Respect in the Workplace [e-campaign too]   * 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 | Iced Passion Tea Handout |
| Apple Recipes | Lentils |
| Avoiding Repetitive Strain Injuries (office) handout | Nuggets of Nutrition and Answer Key |
| Avoiding Repetitive Strain Injuries for Labourers handout | Nuts for Almonds |
| Balanced pH for a Healthy Body handout | Office Warrior Workout 1 |
| Bell Let’s Talk Campaign 2014 and Mental Health | Office Warrior Workout 2 |
| Building a Great Smoothie | Oranges Handout |
| Chocolate Milk after a Workout | Power of Potassium |
| Citrus in Your Water | Pre and Post Exercise Fuel |
| Dark Chocolate Heart Benefits | Recipe Websites and Resources |
| Dark Delicious Hot Chocolate Handout | Red and While Walkaround 1,2,3 |
| De-Stress Out | Rooibos Tea |
| Desk Stretches Walkaround | Smart Sweet Treats for Summer |
| Desk Yoga | Soothing Teas Combat Stress and Restore Serenity |
| Easy Meals and Snacks for Diabetics | Start your Day Stretching Month one, two, three |
| Eat Clean Commandments Handout | Staying Cool on the Plant Floor Preventing Heat Stress |
| Fitting in Exercise with Fitness Apps | Staying Cool on the Plant Floor |
| Fruit Juices | Stress Assessment walk-around |
| Go Bananas for Bananas | Strong to the Core |
| Go Bonkers for Bananas | Summer Hydration |
| Green Tea | Summer Patio Survival Guide Handout |
| Health and Wellness Apps | Take a Bite out of this – Apples |
| Healthy Eating on a Budget | The Power of Sleep |
| Healthy Food Options for Meetings | To Snack or Not |
| Healthy Hunting Recipes | Top 10 Portion Control Meal Planning handout – mini wellness session |
| Healthy Hydration | Trail Mix Handout |
| Healthy Lunch Menu Options | Warm Up and Stretches |
| Healthy Vending Machine Options | Watermelons |
| Herbs Spice and Everything Nice | We All Scream for Ice Cream |
| Holiday Healthy Eggnog | Work Day Warm up |
| Holiday Tips Summary | Work Station Breaks |
| Homemade Lemonade Handout | Golf Warmup |
| Homemade Vitamin Water Handout | Golf Warmup Exercises |
| How to Take Body Measurements | One-on-One Wellness Consultation Handout |
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| **RECIPES** | |
| Recipe – Almond Crusted Chicken Strips | Recipe – Soup and Stock |
| Recipe – Apple Cinnamon Muffin | Recipe – Stuffed Zucchini Recipe |
| Recipe – Cooking with Apples | Recipe – THREE Smoothie Recipes |
| Recipe – Deep disk cookie pie | Recipe – Tofu Cabbage Rolls Recipe |
| Recipe – Dessert Cheesecake Sauce | Recipe – Vegetarian Chili Recipe |
| Recipe – Fibre Packed Granola Bars | Recipe – You-Build-It Lasagna Recipe |
| Recipe – Ginger Cilantro Fish | Recipe – Asian Summer Slaw |
| Recipe – Homemade Energy Bites | Recipe – Balsamic Grilled Vegetables |
| Recipe – Homemade Granola | Recipe – Broccoli Salad |
| Recipe – Homemade Protein Bar | Recipe – Brown Rice Salad |
| Recipe – Hummus & Sauteed Vegetable Wrap Recipe | Recipe – Chicken Caesar Salad |
| Recipe – Muffins from Mom’s Kitchen | 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 | **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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| **LUNCH n’ LEARNS** | |
| Wellness for Shift Workers | How to Better Cope with Stress |
| Weird and Wonderful | Heart Health |
| Time Management – It’s About Time | Healthy Lunchboxes |
| Stress Management | Healthy Eating on the Go |
| Sitting Disease | Healthy Cooking |
| Respect in the Workplace | Goal Setting |
| Power of Positive Thinking | Getting Better Sleep |
| Organic, Local & Raw Food | Emotional Eating and Motivation |
| Mental Health | Efficient and Healthy Meal Planning |
| Meal Planning | Eat This, Not That |
| Maintain Don’t Gain | Eat for Energy |
| Lunch n’ Learn Promotions | Easy Nutrition 101 |
| It’s In You to Move | Double Down – Cardio and Resistance Training |
| Immune System | Brown Bag Lunch – Bring It!! |
| How to Get Better Sleep | Better Health Are You Ready? |
| How to Eat for Optimal Energy |  |
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| **KIOSKS** | |
| X Smoking Cessation Kiosk | It’s in You to Move Kiosk |
| Sun Safety Kiosk | Goals Kiosk |
| Sugar Rush | Fit Finances |
| Substance Abuse Kiosk | Fall into Fitness Kiosk |
| Staying Motivated | Diabetes Kiosk |
| Sitting Disease | De-Stress Kiosk |
| SAD Kiosk | Breast Cancer Kiosk |
| Prostate Cancer Kiosk | Breakfast Kiosk |
| Portion Control Kiosk | Blood Pressure Kiosk |
| Osteoporosis Kiosk | Beat the Bug |
| Mental Health Kiosk | Antioxidant Kiosk |
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| **EXERCISE** | |
| Walking Program | TRX Workout |
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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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| **Wellness Challenge Archives** | |
| Avoid Snack Foods | Eat Nuts and Seeds Daily |
| Be-Smoke Free | Eat Plenty of Plant Based Foods |
| Brush and Floss Daily | Eat to Lower Your Cholesterol |
| Build Healthy Self Esteem | Eat Unprocessed Foods |
| Build Strong Bones | Exercise Daily |
| Drink Adequate Water | Exercise in Water |
| Eat a Healthy Lunch | Follow the Mediterranean Diet |
| Eat Breakfast Daily | Get Adequate Vitamin D |
| Eat Healthy Proteins | Get Preventative Exams |
| Eat Low-GI Goods | Improve Your Memory |
| Eat More Dietary Fibre | Limit or Avoid Alcohol |
| Eat More Fruits & Vegetables | Lower Your Blood Pressure |
| Eat More Legumes | Lower Your Blood Sugar Level |
| Eat Nuts and Seeds Daily | Lower Your Stress |
| Eat Plenty of Plant Based Foods | Plan a Quiet Time |
| Eat to Lower Your Cholesterol | Poison Proof Your Home |
| Eat Unprocessed Foods | Prepare for Medical Emergencies |
| Avoid Snack Foods | Protect Your Back & Joints |
| Be-Smoke Free | Protect Your Skin in the Sun |
| Brush and Floss Daily | Protect Your Vision |
| Build Healthy Self Esteem | Protect Yourself from Infectious Disease |
| Build Strong Bones | Sit Less, Move More |
| Drink Adequate Water | Sleep for Better Health |
| Eat a Healthy Lunch | Stay Fit During the Holidays |
| Eat Breakfast Daily | Rediscover the Art of Celebration |
| Eat Healthy Proteins | Use Safety Gear |
| Eat Low-GI Goods | Use Salt Moderately |
| Eat More Dietary Fibre | Walk 40 Miles this Month |
| Eat More Fruits & Vegetables | Walk 6000-1000 Steps per Day |
| Eat More Legumes | Work All Your Muscles with Cross-Training |
| Eat Nuts and Seeds Daily |  |