

CAA Atlantic – Jan-June 2014 At-A-Glance [subject to change as per wellness committee, needs and interests]
HRA Focus [weight management, stress management, nutrition, fitness, protecting the heart]

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 [start date TBA]					
PWP						PWP campaign
GROUP						
Exercise Class/Series	Circuit, core, and individual exercise prescription in Saint John gym					
Lunch n' Learns/Webinars	Mini Fit and Lean Series – all branches				It's in You to MOVE	
Workshop Series	Fit and Lean in 2015 Series					
Group Challenge [team]					Healthy Lifestyle Poker	
Virtual Challenge [team]	Virtual Portal Instruction and Challenge – tba					
AWARENESS						
Newsletter	Ongoing Monthly Newsletter					
Kiosk / Poster Display		Staying Motivated		Antioxidants	Spring Exercise	
POD Posters	Fit and Lean			Poker		PWP/Bursary
Sleeve Posters	tba					
Café Involvement	tba					
Email/On-site/Pay-Stub Campaign	Weight Management Series			Antioxidant Recipe Campaign		
Walk Around		Healthy Snacking				
Promo Day		Fruit	Healthy Yogurt Parfaits		Chocolate Milk for Recovery	
Wellness Challenge [Individual]	n/a					
Virtual Challenge [individual]	n/a					
Corporate Reporting			Snap Shot			Progression