



Canada's Healthy Workplace Week 2004
Take a *Wellness Break* today!

Incorporate some of these energizing activities into your workday during Canada's Healthy Workplace Week [CHWW] and see how much better you feel throughout the day!

1. Plan your breaks in your personal planner; otherwise it is easy to work through your breaks. If you sit at your computer all day, write "Stretch" in your day timer once every hour to remind you to get up and stretch. Block off your lunch time and write 'gym' or 'walk' at this time if this is what you plan to do.
2. Opt for fruit, water, or nutritious beverages (i.e. real fruit juice, milk) instead of muffins, doughnuts, coffee or pop.
3. Go for a brisk walk during your break – it will boost your energy. Better yet, starting a walking club with your colleagues!
4. If you're unable to take a walk, go outside for some fresh air.
5. Set-up a staff intramural sports tournament at a nearby playing field that can take place over your lunch breaks.
6. Laugh. Post a comic or joke on your staff bulletin once a week [e.g. *the Friday Funny*] for colleagues to enjoy.
7. Take a break from your computer - close your eyes, and look away from the monitor for a few seconds. Do this activity at least once per hour. It will ease strain on your eyes.
8. Take the stairs instead of the elevator.
9. Walk to a colleague's office instead of phoning.
10. Lobby to have a massage therapist come in once in awhile to give staff a chair massage during their breaks (for a fee).
11. Bring a favorite book or magazine to read at work during your break.
12. Read the comics in the newspaper.
13. Arrange for an ergonomic assessment your office space or workstation to help reduce your risk of muscular strain.
14. Make a point to compliment or provide positive feedback to a colleague on how they influence your workplace.
15. Wash your face to refresh yourself.
16. Make a point to visit, chat with, and get to know your co-workers better during one of your breaks.
17. Take a stretch break every 20 minutes –walk around your work area or try some chair stretches at your desk. Go to the CHWW website for some useful stretching tips!
18. Stand while talking on the phone
19. Have a bottle of water beside you at all times, and refill frequently.