



health promotion

REP NETWORK

monthly message

WHAT IS HAPPENING?

Choose Your Health Challenge

The Choose Your Health Challenge is a fun and engaging way to improve your health. Recognize what you are already doing well and implementing new behaviours and adventures that can contribute to better health. You have a up to 6 weeks to develop your better health plan, from June 1st - July 13th, 2024. Want to hear the best part?

You could WIN a Grand Prize Rodd Hotels and Resorts PEI Package!

<https://cfmws.ca/halifax/choose-your-health-challenge>

WHERE ARE PEOPLE HEARING ABOUT OUR PROGRAMS?

Remember last month when I stated “Did you know that for the 2023-2024 FY, program participants reported being referred to our Health Promotion Programs _____ times by a Unit Health Promotion Rep?” Here is what we learned...

Christian reviewed all the registrations we received last year to see where folks are getting their information about our programs. Of those that chose to report (less than half of registrants chose to report how they heard about the course), here is what we learned... HP Reps are in the top 3!

Now, we could ascertain from that data that Word of Mouth referrals may also be from Reps. This means that talking about our programs to those in your unit really makes a difference, so thank you for your efforts.

- Word of Mouth - 44
- Other - 29
- HP Rep Network - 26

- CFMWS.CA - 16
- Health Services - 12
- PSP Fitness - 4
- Email - 2
- PSP Reconditioning - 1

WHO ARE THE PEOPLE TAKING OUR PROGRAMS?

So, we didn't stop there! We were also curious about what units had the most participation in 2023/2024. The top units that had the most members participate in Health Promotion programs were:

- Civilians/NPF
- BIS
- BADM
- FMF Cape Scott
- BLOG
- 12 Wing HQ
- 423 Sqn
- 12 AMS
- 5th CND Support Group Det.
- HMCS St John's
- NFSA

Didn't see your unit represented? That means fewer than 10 people from your unit participated in our programs. There is still time to bump that up as we are currently tracking for the 2024/2025 FY. Where will your unit rank?

A WORD FROM OUR PARTNERS:

Volunteers Needed! HFX Wanderers DND Military Appreciation Event –

**This will be a celebration of the Royal Canadian Air Force's Centennial Anniversary with a flypast!*

JUNE 2024



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Date: Sat. June 08, 2024

Time: 1PM to 5PM

Location: HFX Wanderers Ground, Halifax

Parking: Free on side streets in HFX by stadium

Volunteer Role: Selling 50/50 Tickets inside the stadium during the match. You will receive training from the HFX Wanderers which will include their tap machine so people can use debit/credit to purchase 50/50 tickets. People can contact the MFRC Community Liaison directly at Jill.Clarke@hrmfrc.ca

Notes:

-Although you won't have seats, you'll still be able to check out some of the action during the game and when you're not selling tickets!

**Last year, over \$3,500.00 was raised in support to MFRC programs and services!*

-CAF members are welcome and encouraged to wear their uniforms (CADPAT/NCD) while volunteering for this appreciation event.

-MFRC will provide Letters of Recognition for volunteering for their PER file.

HEY! OUR FALL 2024 SCHEDULE IS READY!

https://cfmws.ca/getmedia/1491a229-9e72-494c-91df-b15092e70f08/HP_Schedule_FallWinter_2024_Proof-2.pdf

To register for programs: <https://cfmws.ca/halifax/core-programs-online-registration>

Visit your Rep Network Portal <https://cfmws.ca/halifax/hp-rep-network>

Final Word.... **Check out the Choose Your Health Challenge!**