

AUGUST 2023



**health**  
promotion  
**REP NETWORK**  
*monthly message*

## REGISTRATION FOR OUR FALL COURSES ARE OPEN!

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

## ROAD TO WELLNESS

Health Promotion Services just wrapped up our 4-week Road to Wellness initiative on July 7th with nearly 100 participants signing up. Participants completed over 1400 missions ranging from trying their hand at gardening to catching a beautiful Nova Scotia sunset all while competing for one of 3 Rodd Resorts & Spas vacation packages.

3 winners have been chosen based on the number of points accumulated as well as number of missions completed:

**1st prize:** Sailor First Class Chris Leblanc from HMCS Max Bernays completing 99 missions.

**2nd prize:** Master Corporal Steven Trimper from 12 Wing Headquarters completing 94 missions.

**3rd prize:** Corporal Christie Bakes from 33 Field Ambulance completing 91 missions.

Not only was Road to Wellness fun and exciting, but it has shown to increase the motivation of participants. 95% of participants said that the Road to Wellness initiative increased their motivation to get outside, try new things, and explore the city they call home.

Thank you to everyone who participated and recruited other participants for the Road to Wellness, it was a huge success!

### In addition, check out these events...

Shhh! We don't have a confirmed date yet, but remember those health and wellness fairs we used to host? Well, they are coming back! If you have any suggestions on what would make a great event to you, I would love to hear about it! Think nutrition, physically active living, injury prevention, social and mental wellbeing, and addiction-free living! Send them to me directly at [joy.geizer@forces.gc.ca](mailto:joy.geizer@forces.gc.ca).

**Navy 10K** is back! 20 Aug is the day!

<https://cfmws.ca/halifax/in-your-community/navy-10k-run>

**Wall Climbing is still happening!**

Monday and Wednesday 1200-1300. All equipment provided and all skill levels welcome.

For more information, contact Community Recreation Coordinator, Emily Green at [Green.Emily@cfmws.com](mailto:Green.Emily@cfmws.com).

## MONTHLY THEMES TO EXPLORE WITH YOUR UNIT

**Active Living Injury Prevention**

[Strategies to Beat the Heat - Canada.ca](#)

**Nutritional Wellness**

It's hot and humid and sometimes the thought of eating, much less cooking, can be a bit much. Focus on foods you like that don't require cooking. Grazing can be helpful to consume nutrients and fluids during the hazy days of summer. Berries, cheeses, nuts, and hearty salads that include cold pasta and boiled eggs. Care to share your favorite "I just can't cook" meal?

### **Addiction-free Living**

Canada's Guidance on Alcohol and Health

<https://www.ccsa.ca/canadas-guidance-alcohol-and-health#frequently-asked-questions>

Check out the Communications Toolkit to ensure your unit has the info they need to make healthy choices around alcohol.

### **Social / Mental Wellbeing**

How often do you smile at work? Smiling, an indicator of a good mood and positive feeling, is sometimes not as common in the workplace. It doesn't mean people are having a bad time, but could they have a better time, regardless of the work you are doing?

As you walk around the workspace, note how many people are smiling. Literally count them. If fewer people are smiling than not, how can you change that?

## **LINKS**

[Rep Portal](#)

[Program Schedule](#)

[Program Registration](#)

## **FOR MORE INFORMATION ON ANY OF THE ITEMS IN THIS MONTHLY UPDATE, PLEASE CONTACT:**

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