



Wellness Weekly

VOLUME 3, ISSUE 16

ARE YOU UP FOR THE CHALLENGE?

Registration is **NOW OPEN** for the
2010 Get MAcTive Health Challenge!
March 8– May 2, 2010

MAcTive is an 8 week Health Challenge that encourages faculty and staff to participate in teams to complete a variety of healthy living challenges and activities. Over the course of the challenge your team will have the opportunity to earn points for completing weekly exercise goals and fitness challenges. Great prizes for individuals and teams will be awarded each week along with a Grand Prize at the end of the challenge!

- All McMaster faculty and staff are eligible
 - Sign up in teams or on your own
 - Any activity that increases the heart rate or moves muscle counts
 - Track activity minutes to meet minimum thresholds and win prizes!
 - Weekly mini-challenges and activities
- Giveaways, prizes and health tips

Register today by visiting:

www.workingatmcmaster.ca/



Heart Healthy Recipe! Florida Sunshine Shake Makes 2 Servings

Ingredients

- 250 mL (1 cup) 100% pure Florida Orange Juice
- 125 mL (1/2 cup) 100% pure Florida grape juice.
- 1 ripe banana
- 125 mL (1/2 cup) low-fat vanilla yogurt
- 2.5 mL (1/2 tsp) vanilla extract

Directions

1. Combine all ingredients in a blender and blend until smooth.
2. Pour into a glass and serve immediately.

For more information and other recipe ideas visit www.heartandstroke.ca



IT'S COMING...

2010 INSPIRING FROM WITHIN

Limited spaces remain available for registration.

To register visit: <http://www.workingatmcmaster.ca/>



Financial and Life Planning Workshop

Tuesday May 11th, 2010– 8:15a.m.-4:00p.m.

McMaster's Financial and Life Planning Workshops, led by [The Financial Education Institute of Canada](#), are offered to employees and their partners who are **currently members of the McMaster Pension Plan**. For more information or to register visit:

<http://www.workingatmcmaster.ca/link.php?link=professional-development:financial-life-planning-schedule>

The Wellness Weekly is written by [Krysta Clark](#), Healthy Workplace Program Coordinator

Note: The contents of The Wellness Weekly are intended for general informational purposes and are not a substitute for proper medical advice. Please consult your family physician or health care professional before beginning any exercise regime—especially if you are: pregnant, nursing or have chronic health concerns. Discontinue any exercise that causes you pain and seek immediate medical treatment.