



Wellness Weekly

VOLUME 3, ISSUE 17

Work/Life Balance

Maintaining a healthy work/life balance is just as important to your health as eating right and staying physically active. Although not always easy; there are many simple things you can try to help you on your way to achieving work/life balance.

- Plan a family game night.
- Aim to have at least 2 family dinners together per week.
- Only check work e-mails when you are at work.
- Set aside time for yourself doing something you enjoy such as going for a walk or taking a class.

For more information on work/life balance visit the Canadian Mental Health Associate website at www.cmha.ca.



MAActive has begun!

The 2010 Get MAActive challenge started on Monday March 8th and runs for 8 weeks. There are over 500 participants in this year's challenge! Are you one of them?

This year's challenge will offer participants a chance to take part in some great weekly events such as Yoga, Zumba, and a Climbing Wall Experience! There are also many great prizes to be won!

Not registered for this year's challenge? No problem! Challenge yourself anyway by increasing your physical activity each day. It is never too early to get a head start for next year's challenge!

IT'S COMING...

MAActive Weekly Events

Space is still available for a number of MAActive weekly events such as Walk with the Boss, Sweating to the Oldies, Cardio Core Boot Camp, and the Nutrition Lunch n' Learn. If you are registered for MAActive and wish to attend any of these events visit www.workingatmcmaster.ca/mactive/weekly-activities to register.

Weight Watchers at Work

The next round of Weight Watchers at Work kicks off on March 30th. There will be a registration session on March 23rd. MUSC Room 318 from 12:00-1:00. Weight Watchers is offering a 12 week program for a cost of \$176.39.

Financial and Life Planning

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