

Wellness Weekly

Keep Fit, Stay Active!

Physical activity reduces stress, strengthens the heart and lungs, increases energy levels, helps you maintain and achieve a healthy body weight and promotes psychological well-being.

Being active!

Physical activity doesn't just include exercise. It includes activities which involve bodily movements and are done as part of playing, working, active transportation, house chores and recreational activities.

Did you know?

It is recommended that you engage in at least 30 minutes of moderate physical activity every day.



Here are some simple things you can do to stay active every day.

- Take a walk once a day;
- Take the stairs instead of the elevator;
- Spend less time in front of the television or computer;
- Play actively with your kids;
- Walk, wheel or cycle for short trips; or
- Find out about walking and cycling paths nearby and use them.



To help you become more active in your every day life, consult [Canada's Physical Activity Guides](#), or the [World Health Organization](#) website.

IT'S COMING...

October is Healthy Workplace Month!

Registration for Healthy Workplace Month events is now open! The theme for this year's Healthy Workplace Month is "Healthy Mind, Healthy Body, Healthy Work...A Positive Workplace Works!"

The Healthy Workplace Group is proud to present a number of events throughout October to celebrate Healthy Workplace Month! For more information or to register, please visit the [Healthy Workplace](#) website.

Healthy Workplace Month Week One Highlights!

Keynote Speaker: Rosita Hall

MONDAY, OCTOBER 4TH | 12 noon - 1 p.m. | CIBC Hall: Room 319

Sweating to the Oldies

TUESDAY, OCTOBER 5TH | 12 noon - 1 p.m. | CIBC Hall: Room 319

FRIDAY, OCTOBER 8TH | 12 noon - 1 p.m. | DTC:ROOM 216

Employee Seasonal Flu Vaccination Clinics at McMaster!

MONDAY, NOVEMBER 22ND | 12 noon - 2 p.m. | Downtown Centre: Room 240

TUESDAY, NOVEMBER 23RD | 11 a.m. - 2 p.m. | CIBC Hall

WEDNESDAY, NOVEMBER 24TH | 12 noon- 2:30 p.m. | CIBC Hall

THURSDAY, NOVEMBER 25TH | 12:30 p.m. - 3:30 p.m. | Health Sciences Centre: Blue Room

*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.