October is Healthy Workplace Month

Dear Staff:

Did you know that we spend more time at work than we do with our families, sleeping or out on the land?

Did you also know that many office workers spend over 60% of their time sitting and that sitting for prolonged periods of time is linked to health issues that are worse than smoking cigarettes? ([read this article](http://www.huffingtonpost.com/the-active-times/sitting-is-the-new-smokin_b_5890006.html))

October is Healthy Workplace Month. The purpose of this month is to raise awareness about how workers can implement simple strategies throughout the day to improve their overall health. Things such as switching a side of fries for a salad, taking a few moments out of the day to stretch or go for a brisk walk along the river over lunch hour can make a huge difference in your overall health and wellbeing.

To recognize Healthy Workplace month we will be doing two Workplace Wellness events this month. On Thursday October 13th there will be a walk over lunch hour that is open to whomever wants to join. On Thursday October 20th, there will be a potluck lunch highlighting healthy eating. Bring your favourite healthy dish!

I will also be emailing information on healthy eating, physical activity and mental health throughout the month.

If you would like more information about Health and Wellness in the Workplace, check out <http://healthyworkplacemonth.ca/en/>