

CHQ Health and Wellness 2006



Finding answers. For life.

April:

4 Week Walk 4 Heart Program



"Leave me alone! You're going to kill me with your 10,000 steps!"

136 participants committed to walking 10,000 steps 5 days/wk for 4 weeks raising pledges for Heart and Stroke Foundation. Participants recorded weight loss, more vitality, connection with friends and family and more energy at work.

May 31 : Health Fair

Participating Agencies

The Canadian Cancer Society

Heart and Stroke Foundation

Canadian Mental Health Association

Durham Regional Police Service

Canadian Diabetes Society

Durham Region Health Department

Canadian Hearing Society

Listen Up Canada

Clinic for Health and Energy Restoration

June 5 - 8 : FITWEEK

June 5: Fitwalk: Employees went on a brisk nature walk through Darlington Park

June 5: Guest Instructor led a fitness class through a Hot Salsa Class

June 6: Killer 5K FunRun through Darlington Park and Second Marsh....a tough run for hardened athletes.

June 7: Volleyball Tournament: 5 teams competed outside in the fresh air to win great prizes, and have great fun.

***Massage Therapy**

Oct. 2006, Massage therapy was made available 2 days per week onsite for employees.



***Lakeview Club**

The Lakeview Club located in General Motors CHQ offers fitness and incentive programs to its' members.

Fitness classes including Yoga, Bodywalk, Hi-Low, Step, Kickboxing, and group runs are organized through the club.

4 major incentive competitive programs are run each year encouraging members to adhere to their program.

Fitness Testing, Sport Specific programs, bio-impedance and Personal Training are also offered at the facility

* Fee for service