



Truro & Colchester  
**CHAMBER**  
*of Commerce*

# *Health & Wellness*

activity book



# *Introduction*

Included in this folder you will find guidelines, suggestions and promotional materials for our Health & Wellness activities and challenges.

You will also find the 5 Workplace Positivity Certificates to give out to your staff.

If you have any questions, please email us at [ec@tcchamber.ca](mailto:ec@tcchamber.ca) or call us at (902) 895-6328.







# WALK THE COUNTY

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In a group or on your own, keep track of your steps over the next month and work your way around Colchester County. Mark off the location on the map as you reach it.

Every person who participates will be entered into a draw for a prize.

Contest closes:

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# Walk the County

## map

In a group or on your own, keep track of your steps over the next month and work your way around Colchester County. Mark off the location as you reach it.



# Walk the County

## tracking sheet

In a group or on your own, keep track of your steps over the next month and work your way around Colchester County. Mark off the location as you reach it.

Date:_____	Kilometres Travelled_____
Date:_____	Kilometres Travelled_____
Date:_____	Kilometres Travelled_____
Date:_____	Kilometres Travelled_____
Date:_____	Kilometres Travelled_____
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Date:_____	Kilometres Travelled_____



Start

Stewiacke River Park



25 km

Millbrook Cultural & Heritage Centre



50 km

Masstown Market



100 km

Five Island Lighthouse



150 km

Folly Lake



200 km

Creamery Square

# Simply STRETCH



In a group or on your own, keep track of the minutes you spend stretching over the next month and work your way up to a total of 200 minutes.

Every person who participates will be entered into a draw for a prize.

Contest closes:

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# Stretch LIST



## Triceps stretch

1. Raise your arm and bend it so that your hand reaches toward the opposite side.
2. Use your other hand and pull the elbow toward your head.
3. Hold for 10 to 30 seconds.
4. Repeat on the other side.



## Torso stretch

1. Keep your feet firmly on the ground, facing forward.
2. Twist your upper body in the direction of the arm that's resting on the back of your chair.
3. Hold pose for 10 to 30 seconds.
4. Repeat on other side.



## Overhead reach

1. Extend each arm overhead.
2. Reach to the opposite side.
3. Hold for 10 to 30 seconds.
4. Repeat on the other side.



## Hip and knee flexion stretch

1. Hug one knee at a time, pulling it toward your chest.
2. Hold the pose for 10 to 30 seconds.
3. Alternate.



## Pectoralis stretch

1. Clasp hands behind your back.
2. Push the chest outward, and raise the chin.
3. Hold the pose for 10 to 30 seconds.



## Hamstrings stretch

1. Clasp hands behind your back.
2. Push the chest outward, and raise the chin.
3. Hold the pose for 10 to 30 seconds.



## Upper body and arm stretch

1. Clasp hands together above the head with palms facing outward.
2. Push your arms up, stretching upward.
3. Hold the pose for 10 to 30 seconds.



## Shoulder shrug

1. Raise both shoulders at once up toward the ears.
2. Drop them and repeat 10 times each direction.



## Forward stretch

1. Clasp your hands in front of you and lower your head in line with your arms.
2. Press forward and hold for 10 to 30 seconds.



## Upper trap stretch

1. Gently pull your head toward each shoulder until a light stretch is felt.
2. Hold the pose for 10 to 15 seconds.
3. Alternate once on each side.



# Get Creative

Take the next month to create something. It could be a painting, craft, learn to bake a cake, woodworking, gardening etc. At the end of the month, present your creative item to your co-workers.

Every person who participates will be entered into a draw for a prize.

Contest closes:

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# Awesome Asanas

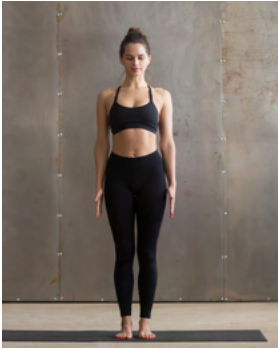
**In a group or on your own, keep track of the minutes you spend trying beginner Yoga over the next month and work your way up to a total of 200 minutes.**

**Every person who participates will be entered into a draw for a prize.**

**Contest closes:**

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## Mountain Pose (Tadasana)

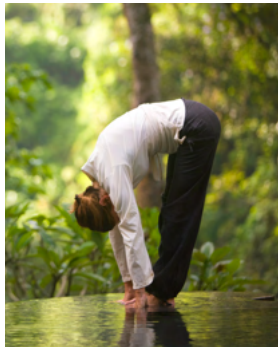
In mountain pose there is a lot going on, even though it may look like just standing. The heels root down, the muscles of the legs are engaged, the bones are stacked with the shoulders directly over the hips, the shoulder blades slide down the back, and the crown of the head rises. Don't forget to breathe.



## Raised Arms Pose (Urdhva Hastasana)

Inhale and bring your arms up and over your head. Raised arms pose is your basic morning stretch, but focus on keeping the good alignment you established in mountain pose.

Stay grounded in the heels and keep your shoulders moving away from your ears at the same time that you reach up through your fingertips. Your gaze can come up to the hands, which can be shoulder's width apart or palms touching.



## Standing Forward Bend (Uttanasana)

Exhale and fold over your legs into a forward bend. If the hamstrings feel a little tight at first, bend the knees so that you can release your spine. Let the head hang heavy. Keep the legs gently bent with feet hip-width apart for better stability (you can straighten the legs, but it is not necessary). You can clasp opposite elbows with opposite hands while swaying gently side to side.



## Garland Pose (Malasana)

Move your feet out to the edges of your mat and bend your knees, coming into a squat. The toes may turn out if necessary. If your heels do not reach the floor, you can sit on two stacked blocks. This modification makes the pose more accessible for many people.

This is a position that is quite natural for children, but we lose the knack for it as adults. It's great for the hips and to counteract the effects of too much sitting in chairs and riding in cars. It's also a very useful pose if you like to garden.



## Lunge

From malasana, come back into a forward fold with legs gently bent and feet underneath your hips. When you are ready, step your left leg to the back of your mat and bend your right knee for a deep lunge. Try to bring your bent knee directly over your ankle so your right thigh is parallel to the floor. Feel free to place hands on blocks to bring the floor to you.

Keep the left leg straight and strong with your heel reaching back. If this is too intense, you can drop your left knee to the mat instead. Stay five breaths before returning the left foot to the front of your mat next to the right one. Then repeat the lunge with the left foot forward and the right leg back.



## Plank

After your second lunge, step the left foot to the back of the mat. Feet should be hip-width apart. Hips should be level with the shoulders. This is the classic preparation for a push-up. Stay here for five breaths while making sure that your hips do not drop too low or rise too high.

If your elbows tend to hyperextend, micro-bend them. Bring your knees down if necessary. After five breaths, release your knees to the mat and come back to sit on your heels, resting for a moment.



## Staff Pose (Dandasana)

After catching your breath, swing your legs around so that they are outstretched in front of you. Staff pose is the seated equivalent of mountain pose, in that it seems very simple but has a lot going on.

The legs stay strong with the feet flexed. The shoulders stack over the hips so that the spine is long and straight. The arms may be straight or slightly bent.



## Seated Forward Bend (Paschimottanasana)

On an exhalation, bring your torso over your legs in a forward bend. Allow a gentle bend in the knees to keep this pose simple and manageable.

Work with your breath, lengthening the spine on each inhale and deepening your forward fold on each exhale. Stay for five breaths, keeping the feet flexed.



## Head to Knee Pose (Janu Sirsasana)

Come back up to sit and bend your left leg, bringing the sole of the left foot inside your right thigh. Use the same technique described above to deepen the pose using your breath. After five breaths, sit up and switch legs.

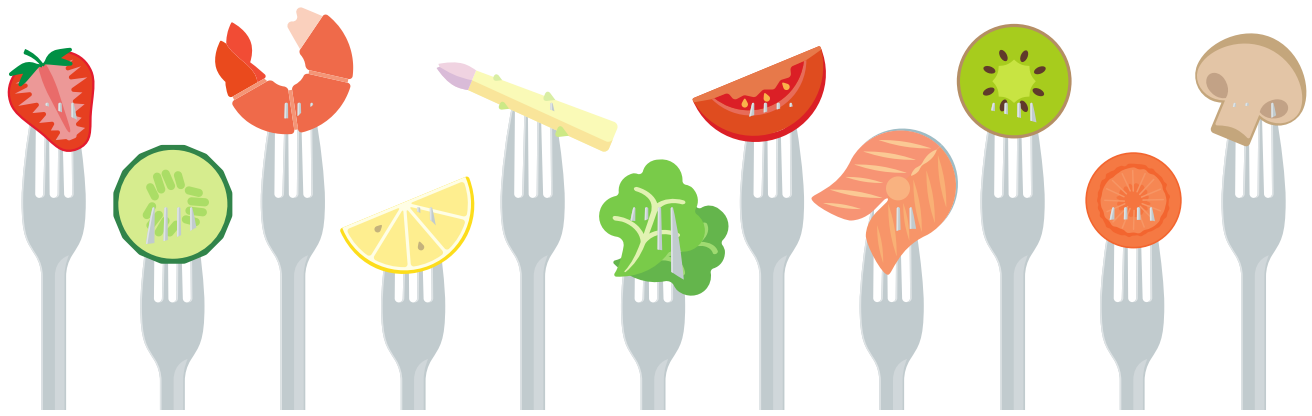


## Happy Baby (Ananda Balasana)

Lie down on your back and hug your knees into your chest. Bend at the knees bringing the legs into a 90 degree angle. Flex your feet and hold onto them from the outside as you draw your knees downward toward your armpits. This is happy baby pose.

Roll side to side a bit on your sacrum if it feels good. After five breaths, stretch your legs out on the floor and rest.





# GREAT PLATES

Bring a healthy dish to work on the day your employer chooses and staff will vote on the best dish served.

Every person who participates will be entered into a draw for a prize.

Date for dish:

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