



Program Mix Options

Every Active Workplace Program includes 1) individual healthy lifestyle programs; 2) a minimum of 3 workplace talks including a goal setting workshop in week 3 and a motivation workshop in week 7 to build awareness and skills; 3) additional support activities; and 4) policy/structural changes. Some of your choices can be incorporated into the long term.

- **Canada’s Physical Activity Guide recommends adults to be active for a minimum of 30-60 minutes a day 4-7 days a week (combining endurance, strength, and flexibility activities).**

Check items you’d like to have as part of your Active Workplace Program and feel free to add your own ideas. Items already marked with a check mark are automatically built into the program. A master list will be created from each individual’s list, from which we will select the most popular items and prepare the Program Plan in Meeting #2.

1) Healthy Lifestyle Program Ideas

Having everyone sign on to the same program will work best in some workplaces, whereas in others, individuals might like to embark on their own programs. Whatever the case may be, RPAY will provide support in matching people to appropriate programs. Don’t worry so much about completing programs within the 3 month period. If your goal is to swim for 1 hour 3 times a week and the Make a Splash program takes you 3 months, that’s OK – you’re achieving your goal! Here’s a list of program options:

- RPAY’s “On the Right Path” Walk the Silver Trail - walk 204 km from Stewart Crossing to Keno Hill without leaving town. Track with a pedometer and receive incentives along the way.
- RPAY’s “Make A Splash”- swim the lengths of 3 Yukon lakes at the pool by converting your laps into km’s and receive incentive prizes upon completion of each lake.
- Set a goal to increase the # of steps you take daily over the course of 10 weeks by wearing an RPAY pedometer and keeping a daily log.
- If you don’t feel that you fit in with a specific “program”, and you’d like to set your own activity goal this option might be for you. Set a goal and monitor yourself by keeping track with an Activity Log.
- Canada Trek - choose a Canadian destination and work your way there by converting all of your physical activities into kilometres travelled.
- Other ideas

2) Talk Ideas

Every Program should include at least 3 talks over the course of the program to help build awareness and skills. Goal setting and motivation talks are automatically built into week 3 and 7.

- Smoking cessation
 - Time management
 - Specific physical activities like a pre-ski season tune up for skis and bodies
 - Basics of physical activity (Review of Canada's Physical Activity Guide)
 - Ergonomics
 - Stress
 - Active Commuting
 - Being active in winter weather
 - Nutrition - potential topics include: eating on the go, how to host healthy meetings, going over the basics of Canada Food Guide
 - Safe cycling/bike maintenance
 - Goal setting (automatic component of program)
 - Motivation (automatic component of program)
 - Other ideas
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3) Additional Activities

Pick as many that you think are realistic to achieve during the program period - some may be incorporated into the long term.

- Train someone to lead stretch breaks
 - Host a special or theme event: tie in healthy eating and active living activities with special days/campaigns like Cancer Month, Heart Month, Christmas (host "12 days of fitness"), the Commuter Challenge (early June) and Valentine's Day. Make events/programs inclusive of everyone: seniors, employees with families, disabilities, employees with varying cultural backgrounds/interests etc.
 - Put up a bulletin board where employees can clip out health information and post it or send interesting articles/information by email.
 - Have the workplace partially sponsor employees to participate in active events such as ski races, Run for Mom, etc.
 - Have "active" birthday celebrations like a walk or a ski instead of going out for lunch - birthday guy/gal gets to choose.
 - Get a workplace bike for your office so that employees can run errands, get exercise, and save greenhouse gas emissions at the same time.
 - Consider bringing in a massage therapist to work around the office every once in a while, especially at stressful times of the year like "year-end" crunch time.
 - Fitness test employees: tests typically include measurements of heart rate and blood pressure, body composition, height and mass, aerobic fitness, step-testing, musculoskeletal fitness, muscle endurance, and flexibility.
 - Receive RPAY newsletters twice a month with facts/tips/articles on workplace wellness (automatic component of program).
 - Other ideas
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4) Policy Change Ideas

Some of these activities might fit into the program, however many will need more time to implement. Check items you'd like to start working on, as well as longer-term ideas.

- Adoption of active transportation modes by management--lead by example.
- Incorporate support policies at work: look into providing bike racks, showers, lockers, wellness room with fitness equipment etc.
- Subsidies that favour active modes instead of just mileage compensation for vehicle usage.
- Provide flex hours that make it easier to incorporate active transportation and activity in the daylight hours.
- Invest in active wear with company logos (ex. fleece vests with logo).
- Encourage carpool system (sign up at www.carpool.ca in Whitehorse or start your own inter-office program).
- Subsidize active/healthy living courses and clinics for employees.
- Subsidize emergency rides home for bikers/walkers.
- Promote active meetings (host walking meetings instead, or be sure to have someone lead stretch breaks if meeting is of "sit-down" nature).
- Establish recognition programs and certificates for employees showing dedication to active living (mention in company newsletters etc.).
- Relax dress codes.
- Consider getting work bike fleet for going to meetings around town and for running errands.
- Provide physical activity and community resource information in company newsletters.
- Offer juice and healthy alternatives in vending machines/cafeterias.
- Active fundraisers instead of bingo etc.
- Consider tax incentives for physically active employees.
- Mandate shorter work week (35 hours instead of 37.5).
- Allow for time off work to go home and engage in cultural activities like tanning hides, and berry picking (a great way to combine culture with physical activity).
- Provide incentives for engaging in physical activities: company t-shirts, mugs with active logos, tickets to active living events, draws for gym memberships etc.
- Mandate active breaks as part of work day instead of smoking or coffee breaks.
- Other ideas
