



HALDIMAND-NORFOLK HEALTH UNIT

WORKPLACE HEALTH

Every Step Counts!

Did you know that every step you take counts as a step towards health? Increasing the number of steps you take each day will promote active living and benefit your health. Walking is a fantastic activity to promote physical activity in our busy schedules. It aids in the prevention of diseases such as diabetes, obesity, osteoporosis, cardiovascular disease, and some cancers. Walking is a great activity to re-energize, spend time with family, take a relaxing break, and relieve stress.

A wonderful tool for tracking your activity and setting personal goals is a pedometer. A pedometer is an electronic tool that calculates how many steps you take. This simple tool provides immediate feedback about your daily activity level. Simply set yourself a goal and keep track of your progress daily. Track the number of steps you take each day for one week to determine a baseline number. This baseline will help you to set goals and challenge you to increase your total. Experts recommend a goal of 10 000 steps per day, as this is roughly the equivalent of 30 minutes of activity. Pedometers cost between \$10 and \$50 and can be purchased in sports stores, and many department stores. If you are doing a workplace event, the Health Unit has pedometer kits that can be loaned out.



Step One

Purchase or sign out pedometers.



Step Two

Do not make any changes; find out how many steps you take already each

day. Record the number of steps you take each day for one week. At the end of the week, determine your daily average. This is your starting point!



Step Three

Take your starting point and gradually increase your step count each day. Find ways to take extra steps throughout the day, such as taking the stairs, parking at the further end of the parking lot, taking walk breaks at work, etc.



Step Four

Aim to reach 10 000 steps daily and challenge yourself to continue increasing from there!

Choose a Destination!

1250 steps = 1 km (Approximate calculation; varies with size of step)

Calculate the number of steps required to walk to a favourite city or country from your home or office. Determine the number of miles to the destination and convert to the number of steps. Challenge yourself, your friends and family! Who will get there first?

Example:

Haldimand-Norfolk Health Unit (12 Gilbertson Drive, Simcoe ON) to CN Tower (310 Front Street, Toronto ON) equals 133.4 km = 166 750 steps.

In under 3 weeks you can walk to the CN Tower in downtown Toronto (when you walk 10 000 steps daily)!

-Kristy Read



Giovanna Ferrara
Health Promoter
Workplace Health Program
519.426.6170 Ext. 3236
giovanna.ferrara@haldimand-norfolk.org

INSIDE THIS ISSUE

Sun Safety	2
Living in the Moment	2
Operation Lookout - Working Together to Keep Our Roads Safe	3
Creating Balance at Work	3
Canada Health Day!	4
Stroke Awareness Month	4



Sun Safety

During the spring and summer months, as we begin to spend more time outside and in the sunlight, it is important to practice sun safety. If you work in an environment that requires you to work outdoors, participate in outdoor activities, or spend any time in the sun, you need to be sun prepared! Ultra-violet (UV) radiation from the sun is becoming increasingly dangerous. The UV index measures the strength of the sun's ultraviolet rays. The higher the number, the stronger the sun. It is important to be aware of the sun's harmful effects and take action to protect yourself. According to the Canadian Cancer Society, anyone born today has a 1 in 7 chance of developing skin cancer in his or her lifetime.

There are three basic types of ultra-violet radiation:

- UV-A -Least energetic form
-Causes skin aging and wrinkles
- UV-B -The most harmful
-Can cause skin cancer, cataracts and sunburns
- UV-C -Stronger than UV-B
-Filtered out by the atmosphere and does not reach the earth's surface

Sun Protection Tips

- Check the UV index forecast daily (damaging UV rays occur even on cloudy days).
- The UV ray's are strongest between 11:00 am and 4:00 pm. Try to plan activities before and after this time when possible.
- Look for shaded areas when possible or use an umbrella to create extra shade.
- Apply sunscreen 15-30 minutes before sun exposure and re-apply as directed on the container. Health Canada recommends a sunscreen with sun protection factor (SPF) 15 or higher.
- Sunscreen expires, check the container for the expiry date.
- Wear sunglasses to protect against sun damage to your eyes.
- Wear protective clothing that is lightweight and loose fitting.
- Don't forget to drink extra water, especially during physical activity.



UV Index	Reading	What you can do to protect yourself.
Low	2 or less	Minimal protection needed if outside for less than one hour. Wear sunglasses on bright days.
Moderate	3 - 5	Cover up, wear a hat, sunglasses and sunscreen if outside for 30 minutes or more.
High	6 - 7	Protection required. Reduce time in the sun between 11:00 a.m. and 4:00 p.m. Seek shade, cover up, wear a hat, sunglasses and sunscreen.
Very High	8 - 10	Take full precautions (see 'high' category) and avoid the sun between 11:00 a.m. and 4:00 p.m.
Extreme	11 +	Very rare in Canada. Take full precautions and avoid the sun between 11:00 a.m. and 4:00 p.m. Unprotected skin will be damaged and can burn in minutes.

UV rays cannot be seen or felt. Take action to prevent yourself from being harmed. For more information visit <http://cancer.ca>

Living in the Moment

In Richard Carlson's book "Don't Sweat the Small Stuff", he suggests that one of the most important questions you can ask yourself is "are you making the best of this moment"? When you are feeling stressed, PAUSE, take a deep BREATH and take a MOMENT to ask yourself the following questions:

- Are you thinking about something stressful?
- Are you reminding yourself once again how incredibly busy you are?
- Are you justifying in your mind your "right to be upset"?
- Are you reinforcing a negative belief?
- Are you using the present moment to its fullest advantage?
- Are your 'attitude' and 'thinking' positive?
- Are you being solution oriented?

Rather than spending time focusing on your stress and being overwhelmed by everything that needs to be done, take the time to re-focus your attention on the present and develop a plan of action.

Operation Lookout...

Working Together to Keep Our Roads Safe



With summer fast approaching, so are many preventable motor vehicle crashes involving alcohol. Research shows that drinking and driving collisions go up during the summer months (June, July, August) resulting in a number of deaths. However, if we pull together as a community we may be able to prevent impaired driving tragedies and save many lives.

How big of a problem is drinking and driving?

According to the 2005 Road Safety Monitor on Drinking and Driving:

- An estimated 3.5 million Canadian drivers reported having driven after drinking sometime in the past month.
- An estimated 1.5 million Canadian drivers reported having driven in the past year even though they felt they were over the legal limit.
- Over 7.8 million trips were made in the past year during which the driver felt they were over the legal limit.

These numbers are discouraging; however,

it is important to note that 84% of all these impaired driving trips are accounted for by less than 3% of drivers. Thus, reaching this small group of individuals through public awareness should reduce the extent of alcohol-related problems on the road.

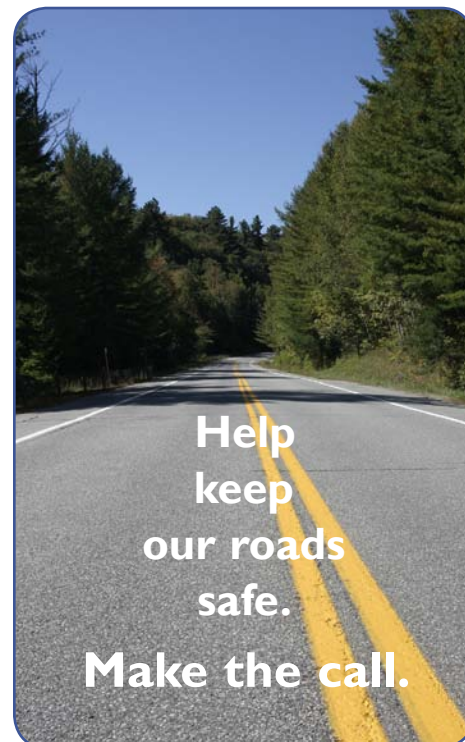
What is my community doing to help?

The Counties of Haldimand and Norfolk are supporting the fight against impaired driving by offering the Operation Lookout program. It is a community based anti-drinking and driving program that is resolved to deter and remove impaired drivers through public awareness (i.e., posters, brochures, media coverage and community events). It encourages the public to report suspected impaired drivers to the police by calling 911.

Is there anything I can do to help?

You can help by participating in the Operation Lookout program and reporting impaired drivers. If you are interested in receiving a free Operation Lookout poster for your workplace, please contact Michelle Lyne, Health Promoter at (519) 426-6170

ext. 3274 or (905) 318-6623 (free from 905) ext. 3274 or via email michelle.lyne@haldimand-norfolk.org.



Creating Balance at Work

Many people spend up to 60% of their waking hours at work; a significant portion of their lives! A balanced lifestyle helps us to feel in control, satisfied and reduces stress. To create a balanced lifestyle we need to pay attention to our whole selves: body, mind and spirit. With the amount of time we spend at the workplace, it is valuable to address this balance in our work environment. Our physical environment can be organized to create a positive energy, enabling us to work comfortably and to our full potential.

De-Clutter & Personalize Your Work Space

Keeping a desktop and work space organized and clutter-free clears your thinking process and increases focus. A clutter-free desktop limits distractions, improves



concentration on current projects, and saves valuable time.

Remember to keep essential items on your desktop and materials used most often within arm's reach or one roll of your chair; this will maintain work flow and efficiency. Personalize your desktop with your favourite colours, objects and photographs. Use music if possible to alter your moods and positively affect your mind and body.

Feng Shui for the Office

Balance and positive energy flow are the basic concepts behind feng shui, a discipline that believes your physical environment can alter your experiences in life. Feng shui can be described as wealth of mind and body. According to feng shui, a deliberate arrangement of items in your office can create a balanced flow of energy in your business and work. Your desktop at work is a great place to organize and personalize according to the principles of feng shui!

-Kristy Read

Canada Health Day!

May 12th is Canada Health Day. Canada Health Day is an annual day set aside to celebrate the new and exciting developments in public health. It commemorates the birthday of Florence Nightingale, a leading pioneer in public health care. Florence Nightingale dedicated her life to help improve the health and well being of others and has been an example for public health professionals during the last decade. This is a great day to raise awareness in your workplace for public health!

Healthy Activity Ideas

- Displays of Canada Health Day posters for health awareness in your work environment, local schools, shopping centres and health related agencies.
- Health fairs or clinics with blood pressure screening, sugar screenings, diet analysis, breast self-examination, cholesterol testing, heart health information, smoking cessation and safe sex information.
- Organ donor awareness activities such as donor card signing sessions.
- Potluck meals - try some different healthy foods.
- Staff and volunteer appreciation social events.
- Sporting activities and environmental clean-ups.
- Scavenger hunts using health issues as the focus.

Source: <http://www.cpha.ca/chd/english/index.html>



Stroke Awareness Month

Stroke warning signs:

- Weakness- sudden weakness, numbing, or tingling in the arm face or leg.
- Trouble Speaking - Sudden temporary loss of speech or trouble understanding speech.
- Headache - Sudden severe and unusual headache.
- Dizziness - Sudden loss of balance, especially with any of the above signs.

Source: Heart and Stroke Foundation
www.heartandstroke.ca



Summer Active...

is an annual national promotion organized by the Public Health Agency of Canada designed to help Canadians improve their health through regular physical activity, healthy eating and living tobacco-free. Summer Active 2006 is set for May 12th – June 21st 2006.

What can your workplace do? Visit www.summeractive.org



The Spring-Summer 2006

edition of the Workplace Health newsletter was created by Kristy Read, a Workplace Wellness and Health Promotion student from Centennial College. Thank you Kristy! We will miss you.



Simcoe

P.O. Box 247, 12 Gilbertson Drive
Simcoe, ON N3Y 4L1
519.426.6170 / 905.318.6623 (free from 905)

Caledonia

282 Argyle Street South
Caledonia, ON N3W 1K7
905.318.5367

Web: www.hnhu.org
Email: info@hnhu.org