

Your Physical Health Matters



Small steps make a big difference. Every movement counts!



Canada's

Healthy Workplace Month

<https://healthyworkplacemonth.ca>

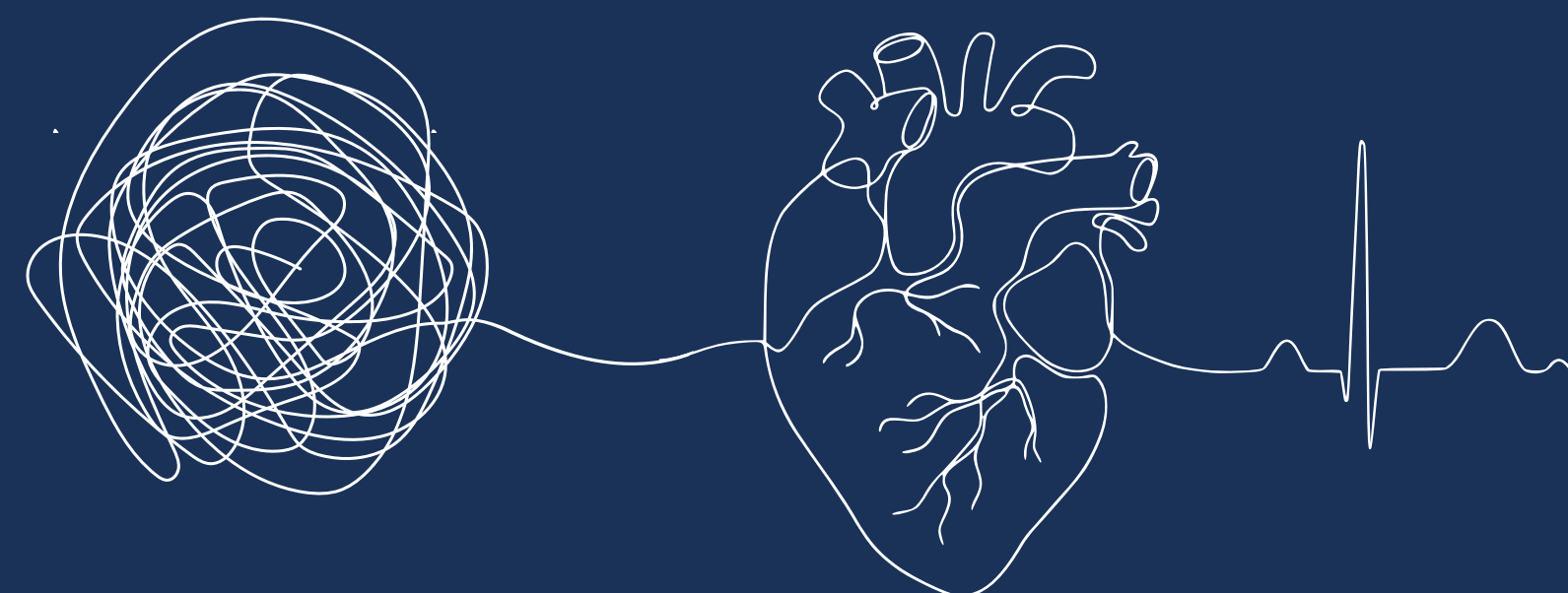


Take short
stretch breaks
throughout
your day.

Stay
hydrated -
drink water
often.

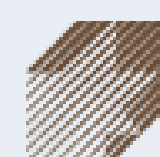
Move. Walk,
stretch, or use
the stairs when
you can.

Choose
nutritious
snacks and
balanced
meals.



Let's make physical health a workplace priority.
Every month, every day.

Encourage
each other in
making healthy
choices.



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improving performance, recognizing excellence | améliorer le rendement, reconnaître l'excellence