

PROMOTE THE CHALLENGE ★★★  
IN YOUR  
*organization*

**Health  
Challenge**  
FROM APRIL 1 TO 30  
HEALTHCHALLENGE.CA



TAKE ACTION TO IMPROVE YOUR EMPLOYEES' HEALTH

Since 2005, the *Health Challenge* has encouraged Quebecers to improve their lifestyle habits by aiming to reach 3 goals. By registering, participants commit to eating better, being more active, and focusing on wellness.

With close to **1.5 million registrations** since its launch, nearly 100,000 participants, **600 participating municipalities**, and **several hundred organizations** promoting it in 2017, the *Health Challenge* has become an annual health event not to be missed!

**For organizations, the *Health Challenge* is an opportunity to:**

- show their commitment to the health of their employees.
- initiate or support a health and wellness initiative or program in the workplace.
- take advantage of a trusted campaign's backing and of the widespread movement it has created.
- benefit from Capsana's support and assistance to implement changes.

Take this opportunity to mobilize managers and employees and to have a positive influence on their health and quality of life by promoting a healthy diet, an active lifestyle, and wellness! It's a win-win situation for your organization and your employees: studies show that health care and disability costs as well as productivity are directly linked to the lifestyles of employees.

## THE HEALTH CHALLENGE AT A GLANCE

THE *HEALTH CHALLENGE* MEANS TAKING SIMPLE STEPS FOR 1 MONTH, FROM APRIL 1 TO 30, TO REACH 3 GOALS:



### 5 GOAL

Eat at least  
**5 servings**  
of fruit and vegetables  
every day.



### 30 GOAL

Get active at least  
**30 minutes** a day.  
And for young people,  
that's at least 60 minutes!



### Thank you GOAL

Express gratitude  
for **3 positive things**  
every day.

Registration is open  
as of February 22,  
and participants can  
sign up on their own,  
with their families, or  
as part of a team.  
Tips, recipes,  
exclusive offers  
and prizes to win  
await participants.

*A little boost of motivation!*



CALENDAR OF

# key stages



**Health  
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1

*Planning*  
Until February 22

- Order the promotional materials provided free of charge at [DefiSante.ca/outils](http://DefiSante.ca/outils).
- Select “champions” within your organization that will act as *Health Challenge* ambassadors.

2

*Promotion*  
From February 22  
to March 31

- Promote the *Health Challenge* in the workplace to encourage your employees to participate in large numbers.

3

*Support*  
From April 1 to 30

- Support participants in the workplace during the Health Challenge Month. For example:
- organize group activities (walks at lunchtime, introduction to yoga, etc.).
  - provide healthy snacks.
  - implement a running shoe Friday or a no elevator day.
  - draw prizes for participation.

4

*Recognition*  
After April 30

- Celebrate the end of the *Health Challenge* and congratulate the employees who took up the challenge!



# WOULD YOU LIKE *to go a step further?*

## Health Challenge

FROM APRIL 1 TO 30

HEALTHCHALLENGE.CA

Your organization has decided to promote healthy habits during the *Health Challenge* as well as year-round to help employees activate their health in a fun way? But you've realized you need some support to implement this decision? Capsana offers a diversified range of products and services to help organizations of all sizes promote health and prevent chronic diseases.

### **Our fun, interactive and accessible activities, presentations and tools have allowed us to:**

- implement over 8,000 interventions
- create more than 100,000 personalized health profiles
- reach more than 100 organizations
- impact over 45,000 employees

Capsana's products and services are developed with rigorous care by a team of driven experts (doctors, dietitians, kinesiologists, psychologists and nurses). Our offer includes personalized interventions and support tools designed for individuals, the workplace, and management practices. Motivated and energetic employees working in a positive work environment will lead to a reduction in costs related to health problems.

### **ACTIVITIES OFFERED:**

- Conferences
- Information booths
- Workshops
- Health stops
- Health discussions
- Individual and group coaching
- Workplace prevention clinics
- Fitness assessments

### **CONSULTING SERVICES PROVIDED:**

- Analysis of management practices
- Management training
- Assessment or improvement of workplace food service offer
- Support for health promotion activities in the workplace
- Assistance in obtaining the *Healthy Enterprise* certification
- Executive health assessments (Planisan clinic)

Discover all the services provided by Capsana



to activate your health at [Capsana.ca/en/workplace-health](https://Capsana.ca/en/workplace-health).

*For more information,*

PLEASE CONTACT:



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CONFERENCE  
*Activate your health*