



**CHEO** Staff Forum



## **It's Fun and it's FREE!**

*"Building in physical activity at work and encouraging healthy lifestyles and habits amongst CHEO colleagues in a supportive group. "*

**November Meeting - Thursday, November 26, 2015 from 12:00pm to 1:00pm**

**This meeting will start with a brief 20 minute check in and exchange between colleagues followed by a proposed physical activity led by Geneviève Leduc.**

***About Geneviève ...** Geneviève holds a bachelor's and a master's degree in Kinesiology, as well as a doctoral degree in nutrition. She has been a group fitness instructor for over 10 years. She is now working as a research coordinator with the HALO group. She invites you to join her on an outdoor walk (weather permitting) enhanced with fun strengthening exercises.*

**Where:** Room R154 in Research Building 1

**RSVP:** Hélène Sinclair ext. 4102 or email [hsinclair@cheo.on.ca](mailto:hsinclair@cheo.on.ca)

### **FIT CLUB FACTS:**

- Scheduled monthly meetings with activities/guest speakers on topics of interest (onsite at CHEO)
- Occurs Weekly check in/walking meetings on Mondays (meet outside of the main cafeteria) - an in person accountability/support group to help YOU reach your goals or maintain your current level of health
- Anyone can join in at any time – simply send me an email and I'll add you to the list/group
- This group is meant for a regular exchange between colleagues (mirroring similar 'at work' Weight Watchers meetings but without the focus on the scale)

#### ***To try to accommodate those who are offsite:***

- Join the Facebook group at <http://www.facebook.com/groups/908350459220830/>
- Check the CHEOnet page for regular updates on upcoming meetings/guest speakers <https://cheonet.cheo.on.ca/life-cheo/wellness/fitness/staff-forum-fit-club>
- A weekly email to Fit Club Group (for those who don't have Facebook to include exchanges gathered – challenges, victories, resources, recipes, etc.). Input and suggestions for future topics are always welcome!