

The way to Wellness...



Presentations

Presentations can raise awareness and increase knowledge on a particular topic. The following presentations can be provided at your worksite by staff at Algoma Public Health.

Healthy Eating: Today, people are more aware of the importance of good nutrition than ever before. Healthy eating plays an important role in people's overall well being. Learn about healthy eating and strategies to make healthy food and beverage choices at home and at work. *This presentation is 45 - 60 minutes.*

Healthy Lifestyles: This presentation is a general overview of lifestyle factors that contribute a healthy lifestyle. Topics covered are healthy eating, physical activity, sleep, stress, tobacco, and cancer prevention. *This presentation is 45 – 60 minutes.*

Let's Get Active: 63% of Canadians are not active enough to achieve the health benefits they need from physical activity. This presentation talks about the Canadian Physical Activity Guidelines for adults and how much activity we need and what types to give us health benefits. We discuss how to use pedometers as a way of getting started to regular physical activity and how to set personal goals to stay on track. *This presentation is 45 minutes.*

Sedentary Behaviour: Remotes, texting, elevators, escalators, automatic doors, laptops, riding lawn mowers, e-mail, and so much more have been decreasing the amount of activity that we do daily. Most Canadians exceed the 2 hour limit of recreational screen time by 2-3 hours per day. Learn what being sedentary is doing to our health and how we can minimize the effects by getting more active. *This presentation is 45 minutes.*

Shiftwork Like Clockwork: About 25% of the Canadian Workforce are shiftworkers. This presentation teaches employees about healthy tips for coping with the stresses of shiftwork and includes: Introduction to Shiftwork and Sleep, Family and Stress, Healthy Eating and Active Living. *The presentation is 60 - 90 minutes depending on worksite*

Slip Into Sleep: We spend 1/3 of our lives in a state of unconscious sleep. Why? What is the purpose? Learn about why we sleep, circadian rhythms, what are the stages of sleep, what things rob us of our sleep as well as tips for a good nights sleep. *This presentation is 45 minutes.*

Smoke-Free Lifestyle: A useful presentation for both smokers and non-smokers. It discusses the stages of change related to smoking cessation and effects of second-hand smoke. *This presentation is 45 – 60 minutes.*

Sun Safety: Outdoor workers are up to 2.5 to 3.5 times more likely to be diagnosed with skin cancer. Employees and employers will learn about the new sun safety recommendations as well as prevention of heat stroke and dehydration. *This presentation is 45 - 60 minutes.*

Workplace Wellness Health Promotion: Learn what elements make a Healthy Workplace as well as what Worksite Health promotion is all about. This presentation reviews what steps you will need to take to build a healthy workplace and how to implement the programs your employees are interested in. *This presentation is 60 minutes.*

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