

# The Create a Healthy Workplace Contest

HEALTHYWORKPLACE

Brought to you by the Healthy  
Workplace Team and Healthy  
Workplace Advisory Committee

Congratulations are in order – there were more than 100 entries for the Create a Healthy Workplace Contest. Entry forms were circulated with our 2007/2008 Healthy Workplace Calendar for all government employees. We thank everyone for their contest entries – all the ideas were wonderful and inspiring.



The contest was a great method for getting employees to start thinking about innovative and creative ways to make their workplaces healthier. Entries were analyzed based on three main criteria: **health impact**, **cost efficiency**, and **creativity**. Our judging panel, composed of members from the Healthy Workplace Advisory Committee, selected the following winners and their ideas:



## **1<sup>st</sup> Prize – Patricia Brooks, Service NS and Municipal Relations**

### Patricia's Idea – Add Greenery to your Workplace:

“Having worked in several pre 70's buildings, air quality is an issue for me. Often air is stale, uncirculated, breeding ground for colds/flu. Incorporate plants into the work environment to improve air quality and add visual greenery to enhance mood and attitude. A healthy employee is a happy and productive employee!”



## **2<sup>nd</sup> Prize – Melanie Leper, Health Promotion and Protection**

### Melanie's Idea – Random Acts of Kindness Tickets:

“Staff fills out a simple “ticket” that expresses their gratitude towards someone who does something kind. At the end of a pre-determined time period, the person with the most tickets wins a wellness prize (e.g. a massage certificate).”



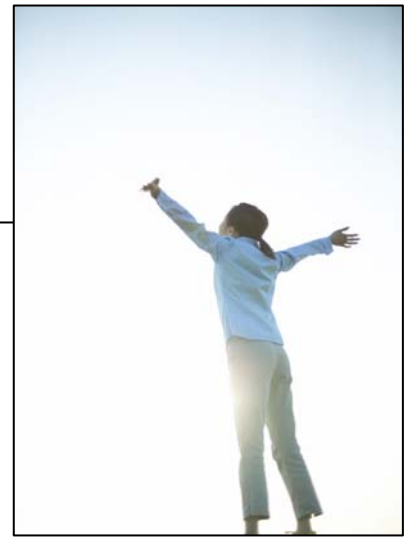
## **3<sup>rd</sup> Prize – Karen Darling, Community Services**

### Karen's Idea – Take-a-Break Activities:

“Gather folks within the office, in a boardroom/common space, for a variety of activities. For example, one time do stretches, or quick game of win, lose, or draw, another idea is to sit in the boardroom with lights off and soft music playing to distress.”

# And our Admirable Idea Winners were...

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## 1. Thom Shields, Service NS and Municipal Relations

### Thom's Idea – Healthy Eating Day:

“Once a month, bring in health related foods to share with others, e.g. bring ethnic foods on the first Monday of each month.”

## 2. Lindsey White, Health

### Lindsey's Idea – Community Day:

“This day will allow our employees to walk a mile in someone else's shoes. It will provide an opportunity to make real hands on contribution to our local communities. This initiative can cover many areas of the HWP framework (environment, culture, safety, wellbeing), depending on the areas where we volunteer.”

## 3. Judith Milne, Economic Development

### Judith's Idea – Stretch Break Reminders:

“Create a stretch break reminder to pop up on all computer screens at 10ish and 3ish each day. Could change theme, i.e. walk around the block, water break, smell the roses. Accompany with pictures of kids or animals...always a hit! Even I would heed the message! ☺”

## 4. Paulie Gird, Natural Resources

### Paulie's Idea – Set up Share/trading posts in offices:

“Set up a share/trade of different office items, i.e. books, equipment (health related), so employees can reuse or recycle items they don't need anymore.”

## 5. Chris Trotter, Justice

### Chris' Idea – Healthy Potlucks:

“Once a month, interested employees gather at lunch time and bring in a potluck healthy dish to share with other participants. Each person brings copies of the recipe and employees can choose the dishes they want to eat. An email could be sent out each month with a theme and employees could decide to participate that month.”

## 6. Ruth Delaney, Transportation and Infrastructure Renewal

### Ruth's Idea – Create a Wellness Park:

“I created a wellness park. Flowering gardens, picnic tables and roofs, lawns, etc. Very pretty, people now have a place to go on break, relax, socialize, read a book. Staff at the building use it and love it.”

For more information about these and other contest entries, contact Rima Thomeh by  
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