

# Small Steps Matter

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## **Purpose**

To learn about the importance of making small changes, all of which support a healthy lifestyle

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## **Intended Audience**

All employees

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## **Suggested Activities**

- Use the *Every Step Counts... Go the Healthy Way* PowerPoint presentation to educate employees (See the attached CD)
- Place table tents on tables in kitchens, break rooms, worksite cafeterias, boardrooms, photocopier rooms, and other key areas.
- Hand out and/or post fact sheets by elevators, on bulletin boards, in stairwells, and in other key areas.
- Arrange educational sessions on the topic to be led by a dietitian, physical activity expert, and/or psychologist.
- Provide information on making small changes on the intranet and/or in newsletters.
- Request and publish in newsletters personal stories from employees who have made positive lifestyle changes.
- Encourage employees to submit examples of a few changes they have made and how those changes have affected their health; send out these examples through existing channels of communication. Reward employees who respond with small incentives.

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## Materials

- Diversity Checklist
- PowerPoint presentation: *Every Step Counts ... Go the Healthy Way*  
(See the attached CD.)
- Table tents  
(See the attached CD and inserts at the back of this binder.)
- Fact sheet: *Every Step Counts ... Go the Healthy Way*  
(Dietitians of Canada) (See p. 53)
- How to Access a Dietitian in Nova Scotia  
(See Additional Resources, p. 244)
- Intranet/newsletter messages  
(See Communication Materials, p. 205)
- *Healthy Eating in the Workplace Action Plan Worksheet*  
(See Additional Resources, p. 221)
- *Healthy Eating in the Workplace Participant Evaluation Form*  
(See Additional Resources, p. 225)

# EVERY STEP COUNTS...



# GO THE HEALTHY WAY..

EAT WELL, LIVE WELL AND FEEL GREAT!

Visit the Dietitians of Canada at [www.dietitians.ca/eatwell/](http://www.dietitians.ca/eatwell/)  
Use the EATracker to assess your daily food choices and activity levels.

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## WHEN IT COMES TO HEALTHY EATING AND ACTIVE LIVING, EVERY STEP COUNTS...

### EAT WELL

- Step off the diet roller coaster for good! Watch your portion sizes and choose a variety of foods from *CANADA'S FOOD GUIDE TO HEALTHY EATING* every day.
- Rev up your day with breakfast! Try refreshing yogurt topped with sliced bananas and a sprinkling of cold cereal for crunch. Or, for breakfast on the go, grab a small whole wheat bagel with some cheese and an apple.
- Surround yourself with sensible, healthy food choices, in your cupboards, refrigerator and at your workplace to help you succeed in choosing wisely.
- Give your tastebuds a new experience! Try one new fruit, vegetable or an ethnic dish this week to enjoy variety and new tastes.
- Drink one extra glass of water every day this week.



### LIVE WELL



- GET ACTIVE! It's fun! Challenge yourself.
- CANADA'S PHYSICAL ACTIVITY GUIDE TO ACTIVE LIVING* recommends one hour of physical activity per day. Step out - go for a walk, take the stairs instead of the elevator, try a fit ball or yoga class or take a ballroom dancing class - it all adds up.
- If you haven't been active for a while, start slowly. The most important thing is to GET MOVING! All steps count.
- Get involved with your community planners to suggest what steps your city could take to be friendlier for active living.
- Involve family and friends to help motivate you to stay on track. Try a 'turn off the TV night' and do a fun activity you enjoy - go bowling, swimming or walk the dog.

### FEEL GREAT

- Feel good about who you are and how you look; remember that healthy bodies come in all shapes and sizes.
- Be realistic about what you can do. Be proud of your efforts to eat well and be active but don't just think it - write down or say out loud one thing that you did each day of this week that made you feel great! Every step counts.
- Spend time with people who make you feel good and do things that make you feel valued.
- Every step counts - Eating Well and Living Well help you Feel Great!



Visit [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell) and the Canadian Health Network website [www.canadian-health-network.ca](http://www.canadian-health-network.ca) for more real life solutions to Eating Well, Living Well and Feeling Great.

Have a great tip on how to "Go the Healthy Way..."? Submit your idea at [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell).

Have nutrition questions? Dietitians provide food and nutrition information you can trust. To find a Registered Dietitian, visit the Dietitians of Canada website at [www.dietitians.ca](http://www.dietitians.ca) or call the Consulting Dietitians of Canada at 1-888-901-7776.

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