

OUR HEALTH MATTERS

Welcome to 'Our Health Matters', a section of the Capital Health This Week aimed at promoting health. Each month you will read of a new focus for your own health. Each month you may also be challenged to think about how you are doing in that area.

Walking at work

The Heart and Stroke Foundation of Nova Scotia provides programming to support employee health in the workplace as part of the Heart&Stroke *Walkabout*TM initiative. *Walkabout at Work* includes various tools to support walking groups in their workplaces, including group leader materials, stair climbing support tools, access to steps tracking via a website, and more.

"We spend the majority of our day at work. To stay healthy, we need to build fun physical activity into the workday," says Fran Dunn, Physical Activity Coordinator, Heart and Stroke Foundation of Nova Scotia. "Heart&Stroke *Walkabout* developed a workplace program to help support employers and employees in advancing physical activity throughout the day."

These workplace tools can be accessed by visiting the Heart&Stroke *Walkabout*TM website (www.walkaboutns.ca). In addition, our Healthy Workplace Department created "*Making tracks to better health*" a walking club kit for employees, physicians, volunteers and learners at Capital Health which includes suggested walking routes in and around Capital Health properties. Visit the Healthy Workplace website to access "[*Making tracks to better health*](#)".

"For individuals, being active has been shown to help reduce stress, provide a mental boost of energy – not to mention it's good for overall health. For organizations, a happy and healthy workforce can also help increase productivity and reduce absenteeism," says Dunn.

Programs that support workplace health can help address the issue of chronic disease, improve health behaviours, and decrease workplace injuries. Programs like *Walkabout at Work* can also help decrease the economic burden on the health care system as participants become mentally and physically fit.

For more information call Fran Dunn at 423-7682, extension 3316.