



Action Plan for Workplaces



Kickstart the new year with ParticipACTION and get your team moving for their mood!

Winter can be a real downer. The colder, darker, shorter days can sap our energy and leave us feeling low.

But there's a simple way to start feeling better: get moving! Physical activity reduces levels of stress hormones, and increases endorphins and feel-good chemicals. Physical activity literally boosts your mood!

Join the ***Move for your Mood challenge***, when getting active not only makes you feel better, but it might just win you some prizes too!

Get moving to win!

1 Team Prize



Each member of the team will win a **Fitbit Sense 2** valued at approximately \$300

10 Individual Prizes



\$100 **gift cards** to Shoppers Drug Mart



To help you promote mental and physical well-being within your organization, we have put together a turnkey **2-week Action Plan**. Within the Action Plan you will find a calendar of events, email template, poster, and fun staff engagement ideas to keep your team moving through to the end of January.

Move for your Mood Challenge

The challenge runs from January 16-31 in the free **ParticipACTION app**, and is open to both individuals and teams of up to 8 people.



Before the challenge begins, make sure you've got the latest version of our **app**.



You can join the challenge **anytime** during the challenge period.



This is a **"move minutes"** challenge: you'll earn a ballot for every 120 move minutes accumulated.



You can build up move minutes almost any time you're not still! Dancing, snow shovelling, walking, doing housework...**all kinds of movement count.**

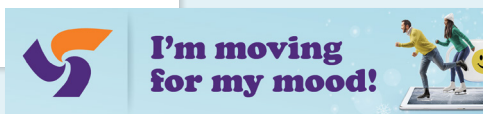
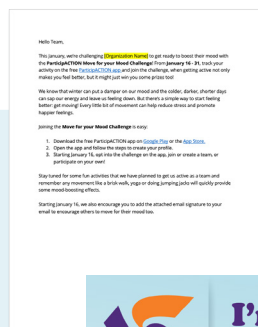


Throughout the challenge, look for some great mood boosting content in our app, as well as **useful nudges** to check in on your mood.



The app will display a **national tally** showing how we are all moving together to support our mental health.

Warm up with these tasks

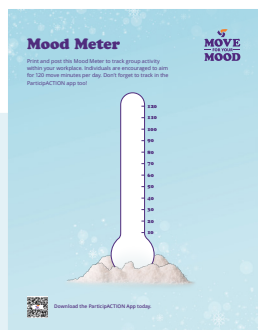


Week of January 9, use this [email template](#) to announce your workplace's participation in the Move for your Mood Challenge.

Add the 'I am moving for my mood' graphic to your [e-signature](#) to show your team that you are supporting their efforts to improve their mental health this January and encourage your employer and employees to do the same.



Print and post the [Move for your Mood](#) and [Recess Ideas](#) posters.



Print and post the [Mood Meter](#) and be sure to colour it in to track your movement as a team.



Share this [Calendar of Events](#) with your team and encourage everyone to be active throughout the duration of the challenge.

Keys to Success



Spread the word

Print and/or **share** the resources in this toolkit to encourage participation within your workplace.



Be inclusive

Be sure to consider both employees working from **home** and those in **office** when organizing and planning activities.



Make it social

Being active as a workplace is a great way to build and nurture **bonds**.



Make it sunny

Natural light has many **mood boosting** benefits as well. Despite colder temperatures, it's important to include some daytime outdoor physical activity for your team.



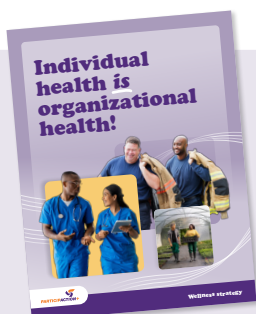
Make it long-term

These activities are just a start. Consider adding mental health and physical activity initiatives to your workplace **calendar**.



Want to know more?

Visit **ParticipACTION.com** for more information.



Looking for a tool to get your workplace active 365 days a year?

Join other successful organizations and take a step toward improving employee physical and mental wellbeing.

Check out the [ParticipACTION+](#) health and wellness program.