



# 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.



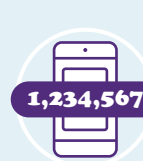
This is a **"move minutes"** challenge: you'll earn a ballot for every 120 move minutes accumulated.



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

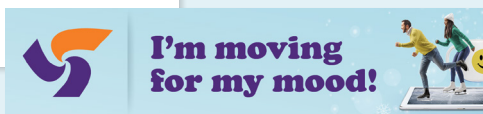
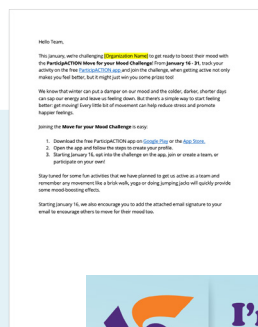


Throughout the challenge, look for some great mood boosting content in our app, as well as **useful nudges** to check in on your mood.



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

# Warm up with these tasks

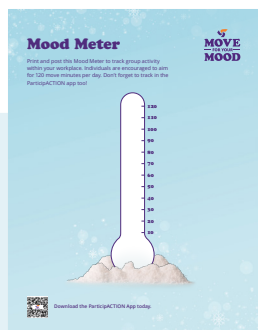


Week of January 9, use this [email template](#) to announce your workplace's participation in the Move for your Mood Challenge.

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.



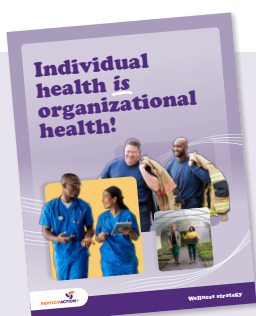
## Make it long-term

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.