

Connection Kit
January 2025

What's in the January Kit?

The theme this month is *Exercise Snacks*. We know that January is the time when many people make resolutions to improve their health, and exercise is often near the top of the list. Unfortunately, it is also one of the first things to fall off the list as the realities of a busy life nudge it ever downward.

"Exercise Snacks" are a quick, simple way to get many of the same benefits that would be obtained from a lengthy workout. The beauty is that they can literally be accomplished while doing something else, like brewing a cup of coffee or even moving around the office. This is one kind of snacking that should be encouraged, and the Kit will help people do just that! The Kit includes:

- These **Instructions**, with all the details and how-tos.
- A **Microsoft Word flyer** that you can customize to whatever level you desire. All colors, fonts and text can be modified. If you want to encourage team participation or an incentive, you can modify the flyer accordingly. If you want to keep this at an individual level, you can use the pre-made **PDF flyer** that is ready to go.
- An **article** entitled "What Are Exercise Snacks and Why Are They Important?" This provides excellent context, especially for your leadership team, around how incorporating very short bouts of intense activity can stimulate your metabolism and help with mental health.

How Can I Use It?

The materials are here for you to use in whatever way makes sense for your organization. Here are some things to consider.

- **Objective:** How would you like to orient the kit? Do you want to leverage it as part of a team support strategy? As a resource guide for individuals? As a corporate challenge to help employees improve health? There are many ways to structure this month's content, all of which can have value for your employees as well as their families.
- **Promotion:** there are many ways to get the word out to your employees. Here are a few suggestions.
 - Post on your intranet.
 - Introduce in a Town Hall or company meeting.
 - Post flyers on restroom doors.
 - Email to all employees.
 - Post a QR code linked to the flyer adjacent to your time clock, employee break room, etc.
 - Ask team leaders to lead a discussion around these strategies during team meetings.

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- **Participation:** Determine if and how you want to encourage group participation or reflection. For example:
 - Invite employees to lead their teams in exercise snacks during breaks.
 - Encourage employees to have an exercise snack after lunch.
 - Encourage everyone to take a quick exercise snack break after meetings.
 - Invite employees to post their favorite exercise snacks on an intranet or bulletin board..

Provide Feedback!

We would love to know how you're using the Kit. Tell us how you implemented it, what your employees thought about it, what you loved, or what we could do to make it better. Visit our website and complete the [feedback form](#) to share your thoughts.

Reminders: When and Where Are the Kits Available?

- **Early Bird Access:** Wellness Foundation newsletter subscribers will receive an email each month that contains the Connection Kit materials. We'll send them out approximately two weeks in advance of the targeted implementation month. Know someone who should be on the list? They can subscribe on our [website](#).
- **Anytime Access:** each kit will be uploaded to our [website](#) one week after it is emailed to subscribers. So you'll always have access to all the Connection Kits, even if you missed the email distribution or want to go back later and re-use something.

About North Ottawa Wellness Foundation

The North Ottawa Wellness Foundation is a council of community partners dedicated to facilitating sustainable wellness for our community.

Since 2017, we have worked together through our member organizations to improve health in the overall population. Our collaborative members have implemented many programming changes to help move the health needle in their own constituent groups. Over time, that work is having an impact. Learn more and find additional resources at northottawawellnessfoundation.org.

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