

Employee Fitness Challenge – Strive to Thrive – High Five Friday message:

Happy Friday everyone. What a gorgeous week we have been having weather-wise. I hope you’ve been getting out and soaking up that vitamin D.

HR LEARNING SERIES HEALTH & WELLNESS WORKSHOPS

Thank you for participating in our HR Learning Series workshops over the past year. And a huge shout out to Tara Rozenek for all the amazing work she does sourcing and implementing these incredible learning opportunities! It takes a lot of time and effort and I know we appreciate her work very much! Looking forward to what she has in store for us for the fall. Please don’t hesitate to let Tara know if you are interested some specific training – I know she’ll do her best to make it happen!

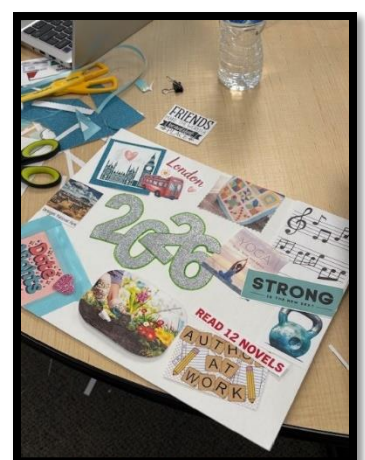
STRONGER EVERY DAY – VISION BOARD ACTIVITY



Thanks to all that came out last week to our Vision Board activity. It was a huge success and everyone had a lot of fun. The one complaint was that it wasn’t long enough so we are going to try to run another one soon. Stay tuned for that date/time.

It was so nice to come together and just enjoy the time focusing on our social wellness, reflecting, setting goals and

having a lot of fun! Can’t wait for the next session. And if anyone has more ideas on what another “Stronger Everyday” session could look like, definitely let us know!



IMPROVING YOUR SLEEP CHALLENGE



Thanks to everyone that participated in the sleep challenge. 12 of you tracked and scored your sleep patterns and sent them to us, so we appreciate that. I know we all struggle with this at some point and I also know that sleep one of the most important things we need to pay attention to when it to our overall health & wellness. Those who participated seemed to appreciate this challenge:

“It was a great learning experience, and I’m really glad I committed to it. I learned that I need a full nine hours of sleep each night to function at my best, and that avoiding screens in bed makes a noticeable difference in how I feel the next da. Overall, it was a very valuable exercise for me. Thank you for organizing.”

“Thanks for a great challenge!! Went a little downhill the last 2 days after the extra long weekend but motivated to continue the better habits.”

“It was interesting to see my sleep patterns over the two weeks and how they affected my energy and focus. Thank you for organizing this challenge, and thanks to Nancy as well — it really helped me become more aware of my sleep habits. I also realized that my schedule and routines need a lot of improvement. Completing the two weeks and reviewing the results gave me a clearer picture of where I can make positive changes moving forward.”

“I really enjoyed this challenge, and it was interesting to track my sleep and see what works and what doesn’t when it comes to having a good night sleep. Maybe next time we could add a column as to whether we slept through the entire night or had disruptive sleep.”

“Thanks for putting on another great challenge! Mostly I followed my usual routine and was curious to see how I would do. I already read every day before bed, don’t drink alcohol or caffeine, but am working on getting away from the screens earlier in the evenings still. Generally I know that I feel better if I wake up at the same time every day and this was a great reminder of it. Mixed with more sunny activities I’ve been feeling much more energized the last few weeks!”

RECIPE ALERT

Thanks to Maria Schaarschmidt who sent us this delicious sounding cooking recipe. In her words, “Not the healthiest recipe – but who doesn’t need a baked good from time to time?” And I couldn’t agree more – self-care with a cup of tea, a yummy treat and a good book are just as important to our wellness! The nice thing about this recipe is that it is gluten-free for many of you that have dietary restrictions.

Lemon Crinkle Cookies (GF)

150g granulated sugar
Zest of 2 lemons
70g Margerine (melted)
1 tsp Vanilla
2 large eggs
2 tbsp lemon juice
240g GF flour blend (add ¼ tsp xanthan gum if not included in flour mix)
1 tsp baking powder
¼ tsp salt
Extra caster sugar and powdered sugar



Combine sugar and lemon zest by rubbing them together with your fingers (enhances lemon flavour). Add butter and vanilla. Mix. Add eggs (one at a time until combined) and lemon juice. Mix. Add dry ingredients and mix until just combined. Chill dough for at least 2 hours (or overnight). This will firm up the dough to be scoopable.

Preheat oven to 350F/180C. Form small balls and roll them first in caster sugar, then powdered sugar. Bake for 8-10min.

Sizing of cookies: original recipe said 1 tbsp (I think), but that's quite big. I have a cookie scoop (like an ice cream scoop) which is **2 tsp** (I think). I've also done 1 tsp size before. Baking time needs a little adjusting if made much bigger or smaller. I usually start with 7-8min and see how they look. They are done when the bottom is golden brown and the top does not have a shine to it anymore.

Margarine/Butter: Either works. If you want the cookie dairy-free, use margarine. Do not substitute oil as the texture will be off (margarine/butter firm up dough in the fridge).

Gluten-free flour: I just buy a GF flour mix at the supermarket (e.g., Robin Hood brand from Superstore). You can make your own GF flour mix and use that. I have not tried this recipe with normal flour, but it should work as well.