

*Introducing...*

## THE CHANGE4LIFE™ REWARDS STORE

GOOD HEALTH IS ITS OWN REWARD – BUT WE ALL LIKE STUFF TOO:

At the end of every December, we find ourselves at wit's end. We've spent the majority of the past month in what seems like a permanent food coma after having consumed nearly three times our body weight in festive delights. One can't help but then ponder (holiday cookie in hand of course): what am I going to change about myself in the New Year? What's the one resolution that will ultimately make me happier? Tough questions, right? Especially considering resolutions sound way better in theory than they do when you are trying to stick to one. Are you really going to go to the gym every day? Probably not. Get more sleep? Unlikely. Cut out all refined sugar? Ha, never.

Have no fear, because your trusty pals at GSC are here....and we're going to get you to actually WANT to take ownership of your health – all year round. Guaranteed. How? Well, let's just say there may just be a shiny, much coveted *Lululemon* yoga mat lurking at the finish line....

### LOOKING TO RACK UP POINTS? *We've got you covered...*



**COMPLETE YOUR HEALTH RISK ASSESSMENT (HRA)** – To get started with Change4Life, we encourage you to complete your HRA. Why? Well, for starters your HRA will generate a personalized health “report card” specific to you, along with an overall health score (and a whopping 250 points!).



**GET S.M.A.R.T WITH THE CHANGE4LIFE 30-DAY CHALLENGE** – Based on the results of your HRA, earn points for setting and tracking your personal goals using the S (specific) M (measureable) A (achievable) R (realistic) T (timely) Goal tool. This allows you to develop a personal health plan while providing you with the tools necessary to track your progress as you work towards achieving it. (Psst...you earn 100 points just for setting your goal!)



**READ EDUCATIONAL ARTICLES ON HEALTH TOPICS** – Sure, the words ‘educational articles’ might not sound the most glamorous, but rest assured you’ll get some pretty good insight into your health this way. The Change4Life education modules are there to help you increase your health literacy by learning about topics such as diabetes, stress, migraines and more. The very best part though? Points, of course.



**SIGN UP TO RECEIVE STICK2IT MEDICATION REMINDER EMAILS** – Do you forget to take your meds? Or get your refill? Maybe you could use some help remembering... With Stick2it, you can set up regularly scheduled emails reminding you to take and refill your medication. Points? Check.

By now we're hoping you're familiar with our online health management portal, Change4Life™ (after all, it is kind of all we've been talking about in recent months). But if not, we'll give you a brief overview – a Coles Notes version, if you will. To put it simply, the Change4Life web portal provides GSC plan members with interactive online tools and resources which support and encourage them to live healthier lives. But the best part of all? You earn points while doing so – points which can then be used to bid on rewards (like, actual rewards). Actually, the more you use and explore the site, the more points you'll earn. Doesn't get any better than that...

### Let the bidding begin!

To start bidding, simply head over to MY REWARDS on the Change4Life portal to check out what's up for grabs. And because we at GSC like to believe we're pretty down with what's 'hip' and 'cool', we've included rewards you'll actually want (ahem, Lululemon and Apple gift cards, anyone?). See something you absolutely have to have? Good news is you can place multiple bids on the same item to increase your chances of winning. Draws for rewards are monthly and your brand spankin' new gift card will be sent to you in the mail. Taking ownership of your health doesn't sound so bad now, does it?

### LOOKING TO EARN EVEN MORE POINTS?

Recently score yourself something fabulous from the Change4Life rewards store? We want to see what you've won! Share a pic of you and your swanky new item on Twitter or Facebook and you'll get an extra 500 points. **SCORE!**

Change4Life™  
proudly presents...

\* Tricks, skills or shortcuts that are meant to increase a person's productivity or efficiency in their everyday lives

# HACKS\* 4 A healthier Summer

Back in April, we introduced our Hacks 4 a Healthier Work Week segment, where we shared some tips and tricks for squeezing healthier choices into your jam-packed schedule. Well, we're baaaaaack! Only this time, we've decided to switch things up a bit by focusing on what really matters at this point in time – Summer. Ah yes, if there's one thing us Canadians love more than ice hockey, it's our summers. And while we tend to live more Change4Life-approved lifestyles in the warmer months, we're certain that a few of these summer-ized tips will help to keep you on track (and maybe even fuel new ideas). So whether you're spending your summer en route to the cottage, at the beach or community pool, we're sure at least one of these five hacks will stick!

- 1 Summer produce is the best produce (literally)**  
But seriously, if there was ever a time to want to up your produce intake, summer would be it. We're talking basil, cherries, eggplant, peaches, tomatoes, plums, green beans, cucumbers and more – all in the height of their prime. Toss into a salad, blend for a refreshing smoothie or just bite into as you would an apple (we don't actually condone this for eggplant, but who are we to stop you).
- 2 What's your number: sunscreen facts you should know**  
Pick a sunscreen with 30 SPF or higher. You'll also want to check to see if it is broad spectrum (which is a fancy way of saying it protects you against UVA and UVB rays) and is water-resistant. Apply one ounce of sun screen to your skin every two hours or every 40 minutes when in water. Oh, and contrary to popular belief, you can still burn your skin even on a cloudy day (much worse, actually) – so lather up!

...continued **2**

### 3 Learn to love cycling

Not only can you give yourself a pat on the back for being environmentally conscious, but you're also doing your physical AND mental health a huuge favour. Cycling not only burns calories, tones you all over and gets your heart rate where it needs to be, but it also helps reduce stress and boosts your energy. Score! Chances are there's some awesome bike path in your neighborhood just waiting to be discovered.

#### Don't forget!

- Helmet
- Bell or horn
- Lights or reflectors (especially during night time travel)
- Basket (for a little dog named Toto perhaps)

### 4 Hydrate, hydrate, hydrate!

When faced with 20+ degree temperatures, it's hard to not want to spend all of your time outside in the sun. When wrapped up in all the summer excitement, we sometimes forget to bring with us what is most crucial in times of heat: Water. Drink plenty of water before, during or after activities and never wait until you're thirsty to drink water. Another great way to stay hydrated is to eat lots of water based salads and fresh fruits like cucumbers (96% water), watermelons (95% water) or blueberries (95% water).

### 5 Burning calories...fun for the whole family?

We realize not all of us are fortunate enough to have summers off (ahem, teachers), so for those who are still faced with the hustle and bustle of everyday life, here are some family fitness activities to help you burn some calories (while still being able to enjoy time with your kids). Best of all? They won't even know they're having a mini workout.

- Play hopscotch (11 calories a minute)
- Jump on a trampoline (240 calories an hour)
- Head to your local park (50 calories every 15 minutes)
- Walk around the zoo (220 calories an hour)
- Go mini golfing (210 calories an hour)



## DARN GOOD HEALTH ADVICE:

When faced with lack of motivation to run, the best way to get focused again is to envision Ryan Gosling or Kate Upton in front of you..... and Steve Buscemi behind you

*Disclaimer: Steve Buscemi is a super nice, socially conscious guy. But his characters haunt us in our dream.*

## DID YOU KNOW?

Looking to boost your Health IQ? There's a module for that... Check out Learn & Earn on GSC's Change4Life to access education modules on health topics like diabetes, stress, migraines and more (all while earning points in the process).

Change4Life™

## BE SOCIAL WITH US



BE OUR FRIEND?



TWEET US



JOIN OUR NETWORK