What is "wellness"

While there is no single definition for wellness, Recreation Services believes wellness is a healthy balance of the mind-body and spirit that results in an overall feeling of well-being. Wellness.

Be well.

Recreation Services at the University of Manitoba has created wellness programming for companies, groups and individuals for over 20 years.

Our Mission…

Recreation Services is seen as a leader in Recreation and Fitness industry. The mission of Recreation Services is to inspire and facilitate individuals to embrace active, healthy lifestyles through involvement in a diverse assortment of enjoyable and educational experiences that will contribute to improved quality of life.

Our Goal…

Recreation Services goal is to help as many people as possible learn to live a healthy life, which will help them be happy, focused, productive and will help them reach other goals. That's why we always welcome the opportunity to work with organizations both large and small.

Recreation Services specializes in fitness assessments and wellness programming. We are proud to have worked with companies like the Canadian Football League Officials, City of Winnipeg Fire, Ambulance and Police Departments, Winnipeg Technical College, and Manitoba Sheriffs Service.

What is a "wellness program"?

A wellness program is a wide-range approach that takes many forms and addresses many needs, but is more than an exercise program. Wellness programs focus on promoting employees' health and preventing disease. Don't be intimidated by the word "program" - a Wellness Program is simply an organized approach to providing information and tools to your employees to help empower good decisions about health and lifestyle.

Wellness Programs improve morale, reduce absenteeism, and add to the health and longevity of each participant. Wellness Programs are instrumental in keeping people on a healthy living path, especially in office environments where the employees are sedentary for significant portions of the day.

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It's Your Business… *Take Care of it!*

Investment in healthy and active employees pays off:

- Improved productivity and morale
- Improved job satisfaction and team spirit
- Stress Reduction (Stress-related disorders cost Canadian businesses an estimated $12 billion per year)
- Reduced back injuries
- Reduced absenteeism (Employees with low fitness level take over 2.5 times as many days off as their fit counterparts)
- Reduced turnover (BC Hydro employees enrolled in the fitness program had a turnover rate of 3.5% compared to company average of 10.3%)
- Reduced workplace injuries
- Reduced worker's compensation costs
- Reduced claims against group benefit plans (Canada Life Study found a return of $1.95 - $3.75 per employee per dollar spent on corporate wellness program)
- Reduced risk of cardiovascular disease
- Reduced number of musculoskeletal injuries
- Improved productivity and time utilization
- Reduce conflict and building of goodwill towards management

Reasons why workplace wellness is becoming increasingly important to Canadian business community:

- Healthy employees are a valuable asset
- Promotion of healthy lifestyle
- Reduced absenteeism
- Reduced costs of benefit programs
- Reduce employee turnover
- Attract good workers in a competitive market

These are some facts…

Physical Inactivity: A serious health issue

- 63% Canadians are not active enough to achieve optimal health benefits
- In 1997 an estimated 66 million workdays were lost in Canada alone
- 50% of Canadian adults are overweight
- 30-40% of workers compensation claims are related to back injuries, many of which are preventable
- Estimated 9 billion dollars is lost annually in time and salaries of employees who health is affected by illness stemming from a lack of fitness
- Sedentary employees have 30% more hospital stays than exercisers
- 15 million Canadians spend half waking hours at work

Statistics courtesy of Health Canada (www.activelivingatwork.com)

Why Recreation Services?

As part of the Faculty of Physical Education and Recreation Studies, we are qualified and enthusiastic health promotion experts and certified personal trainers. Our facilities, equipment, experienced staff and impressive rates combine to create a total package for health, making us a wise choice for your company's wellness needs.

We are the only company in Manitoba that provides a full range of employee wellness services ranging from Wellness Presentations to personal training, as well as massage and athletic therapy. We can develop single presentations or work with organizations on ongoing employee wellness programs.

Available Services:

1. Wellness Seminars

A. Get active everyday, Your Way – for Life. Become more active Too much to do and too little time. Reduce stress and celebrate life. Small successes over extended periods of time lead to meaningful lifestyle changes and overall health. This presentation will equip you with the knowledge to make these changes. Get started with positive steps towards a healthier life.

B. Capture the Moment – Be spontaneous. How to maintain a degree of wellness in the work environment, even when you're stressed Is it possible to rest, recharge, enjoy life and eliminate the anxiety, error-prone and ill atmosphere? Over-working is your worst enemy. Learn about different causes and their effects and how to make a positive change. This presentation will energize and motivate.

2. Wellness Programs

Recreation Services will work with you and your employees to design, implement and evaluate a comprehensive Employee Wellness Program that is integrated into the culture of your company. The goal is to support employees in making healthy, sustainable choices that contribute to the overall bottom line goals of your company

Our Primary Facilitator…Ulla Liljegren
Coordinator of Fitness and Lifestyle Services

Ulla is a fitness professional from the University of Manitoba Recreation Services, where she is the Coordinator of Fitness and Lifestyle Services. She has been in this field of work for the past 20 years. Ulla is accredited through Manitoba Fitness Council holding specialties in Exercise to Music, Resistance Training, Aquafitness, Older Adult, Arthritis and Yoga. She is a Fitness Leader, Evaluator of Fitness Leaders, as well as a Certified Fitness Consultant. Ulla is also a graduate from the University of Manitoba with degrees in Bachelor of Arts and Bachelor of Recreation Studies.

Ulla shares her passion and fun for physical activity as a presenter, leader and a consultant. She has extensive knowledge in fitness testing of all levels and all ages. She has held many positions within the fitness industry and recreation community and has also been honored with a nomination of Women of Distinction in a category of Fitness and Active Living. Ulla enjoys being active herself by playing ringette, snowboarding, cross country skiing, biking and soccer as well as coaching. She believes in living life actively and her motivation is to inspire everyone to do the same, and make your own health the first priority.

www.recreationservices.ca

Ulla Liljegren

PEOPLE ARE TALKING ABOUT WELLNESS!
PEOPLE ARE TALKING ABOUT ULLA

Informative, easy to understand, activities were fun! Feel motivated!
- Sansome School, Staff Retreat, 2006

Presenter was dynamic and entertaining.
- Student Affairs, U of M, Staff Retreat, 2005

Love the laughing!
- Student Affairs, U of M, Staff Retreat, 2005

The workship was easy to understand...the instructor is wonderful!
- Sansome School, Staff Retreat, 2006

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The question is not whether we will die,
but how we will live.

- JOAN BORYSENKO

Be well.

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Frequently Asked...

Q-Is it a one-time only presentation or are their a number of presentations?

A-That is determined by your companies needs. We can present one time on a single topic, one time on a number of topics or a number of times on a number of topics.

Q-Is it just a presentation or is their more?

A-That again is determined by your companies needs. We can work with you on a single presentation or help you to develop an employee wellness program. We can do presentations, we can provide personal training, nutritional advice, and discounted recreational facility memberships. We can even help coordinate employee get togethers.

Q-What are the prices ranges, do we get a discount for booking more than one presentations?

A. Every partner and company has different needs. Because of this we are unable to determine a price until after we have met with you to discuss your needs. We are very flexible in terms of our product, pricing, and deal structure.

Q-Do the people need to dress in gym clothes for the presentations?

A-No, its designed for your companies environment.

Q-How much space do we need for the presentations?

A-Depends on the number of people and the presentation(s) that are part of the program. We will come do a facility check, usually as part of initial meeting

Q-Can Recreation Services provide the space?

A-we can, if you do not have adequate facilities or if you are looking at holding it in a different space away from the office.

Q-What kind of equipment do we need for the presentations?

A-We provide all equipment but on occasion may ask you to provide some of the audio visual equipment(overhead, lcd projector, etc)

Q-How long does a presentation take?

A-Individual presentations can take any where from 45min to 2 days. It all depends upon your companies needs.

Q-How many people can you handle at each presentation?

A-with one presenter usually up to 50 people, if you have more employees we will provide the additional staff to ensure a proper ratio. It also depends on the type of presentation we will be doing.

Q-Are there certain staff we should be targeting to attend these presentations?

A-Yes, all staff. We will perform a pre-survey with your employees to determine their needs and will refine the presentation(s) to meet their needs

Q-When can we do the sessions, before, during or after work? Can we do them on weekends? Can we only do them at a certain time of the year?

A-We are available anytime, We will determine the time of the presentation(s) with you and what best meets the needs of your company and its' employees.

Q-Does Recreation Services provide anything to the participants or the companies?

A-We provide customized handouts to each participant and to the company.

Q-Who do you want to be involved in the presentations all staff, senior management?

A-The more the better we encourage senior management to be there to set an example

Q-How do we get started?

A-Call us at 474-6476 to arrange your free initial consultation!

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Frank Kennedy Centre - Fort Garry Campus
University of Manitoba
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Employee Wellness

an investment in your company and employees

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