



update

## NSTU Group Insurance Trustees Winter Wellness Challenge!!

With the new year now in full swing, it is important to recognize that this can be a difficult time for some with the pressure of keeping self-imposed New Years' resolutions, and returning to our regular routines and busy schedules. There may not be a more important time to ensure that you are practicing some form of self-care and not taking on more than you can handle.

With this in mind, the NSTU Group Insurance Trustees would like to remind you of the upcoming **Winter Wellness Challenge** which runs from **Friday, February 1 to Friday March 8, 2019**.

Practicing wellness means different things to different people and the purpose here is to challenge yourself with activities that promote the different areas of wellness, including but not limited to intellectual, physical, nutritional, psychological and social / community wellness. It is hoped that this will help identify your areas of strengths and areas for improvement to help you reduce stress and develop healthy lifestyle habits.

### How does the challenge work?

You collect points for the activities you participate in and your total wellness score is calculated based on your daily activities, weekly bonus activities, as well as your participation on the challenge website. For more information, visit [www.healthycommunity.ca/lifestyles/NSTUChallenge](http://www.healthycommunity.ca/lifestyles/NSTUChallenge) for wellness activities and to collect your points.



### If the registration deadline has passed, can I still participate?

Unfortunately, in order to participate in this challenge, you needed to register yourself or your team by the January 31, 2019, deadline.

### Why should I participate in the challenge?

Participating in wellness activities has shown to improve productivity both at work and at home, with participants reporting feeling happier and better able to adapt to changes in their everyday lives. Other benefits include weight loss, improved physical and mental fitness and a sense of accomplishment knowing that you have taken steps to improve your health.

**Winter Wellness Challenge**

Intellectual Physical Nutritional  
Psychological Social/Community

Open to active members  
(term, probationary & permanent contract)  
of the  
Nova Scotia Teachers Union  
& PSAANS

**Prizes**  
Random draws for:

- members who register before Feb 1, 2019
- 5 Fitbit Charge 3's or \$200
- special gift for active participants who complete at least half of the challenge

**Five-Week Challenge**  
Friday February 1 to Friday March 8, 2019

- Individual or Team
- Registration - January 15 to 31, 2019
- NSTU School Rep will provide getting started brochure
- Open to active members (term, probationary & permanent contract) of the Nova Scotia Teachers Union & PSAANS

**NSTU**  
INSURANCE TRUSTEES

The Health and Wellness Challenge™ supported by Homewood Health Inc.

**Sponsored by NSTU Group Insurance Trustees**

If you are not sure what to expect, consider the following testimonials from past challenge participants:

*"This challenge gave me an opportunity to change some things about myself to make me a better person, and it was long enough that it established a routine for me to continue my good habits."*

*"I always thought a healthy lifestyle meant diet and exercise. I love that this encourages other areas in my life as well, such as intellectual, community, etc."*

Congratulations if you have registered for the Winter Wellness Challenge and get ready to skate into better health!