

FIT CITY NEWS

Physical and mental health enhancement information for employees

Enjoy a variety of staff deals and discounts this summer

Take advantage of our Fit City deals and discounts to discover great local activities, facilities and retailers. Visit vancouver.ca/staff-discounts or scan the QR code for details on all the discounts available, including personal phone plans, entertainment and fitness.



Check the webpage regularly for new and seasonal offers. Proof of employment may be required. Is there a corporate discount you'd like to see? Reach out to fitcity@vancouver.ca to share your ideas.

Track your fitness for a chance to win a \$200 gift card

Green Shield Canada (gsceverywhere.ca) is hosting their annual fitness challenge. From July 1 to September 30, all you need to do is track 35,000 steps per week to earn an automatic weekly entry into the draw taking place at the end of September! The \$200 gift card prizes include Lululemon, Best Buy, Amazon and MEC, and will be drawn anonymously and administered by Green Shield Canada.

Tracking "steps" can include any fitness activity - it does not need to be walking, running, or other "step" type activities:

Activity level	Examples	Steps equivalent
10 minutes moderate intensity activity (causes a slight increase in breathing and heart rate, but you can still carry on a conversation)	Brisk walking, swimming, cycling, horseback riding, dancing, active gardening, etc.	1,000 steps
10 minutes high intensity activity (makes you "huff and puff" and taking a full breath between sentences is difficult)	Aerobics, fast cycling, jogging, squash, etc.	2,000 steps



Visit the Trackers page in [Change4Life](#) to track your steps manually or connect your wearable device. Wear OS by Google, Garmin devices and FitBits can all be [synced to your Change4Life account](#).



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Available to City employees who receive health and dental benefits, [Change4Life](#) supports you in achieving your health and wellness goals. Visit the [Change4Life Incentive Program](#) page on Currents for details on how to create an account or email fitcity@vancouver.ca with questions.



What participants are saying about the Incentive Program through Change4life

“Setting reminders that appear in my inbox provided the extra nudge to take that sip of water, go for a walk and to “sigh” take a deep breath! It was nice to receive an email for ME rather than one that’s work related.”

“By using Change4Life, I have increased my exercise from once or twice a week to daily through slow incremental steps. Change4Life has helped keep me health conscious, which are the first steps to making better choices for your health.”

“The trackers have been super useful in allowing me to see my progress towards different health goals. Often the daily steps are small and hard to see so it is nice to be able to look back and see the change.”

“Love the Change4Life points earning. Seeing how many points I’ve accumulated for my efforts brings such as sense of accomplishment. Winning is the cherry on top of the cake!”

“I’m enjoying the Learn & Earn content. It’s a quick, centralized place to learn about current health recommendations. I like the links to outside sources for additional information and have found the topics to be relevant to not just my own health but also the health of my family.”

“The rewards are a great motivator to get my steps in everyday as well as to check in on the GSC Change4Life page regularly to learn about how to improve my health.”

Join us in the Pride Parade

The City will have an entry in the [2023 Pride Parade](#) and we are inviting you to join us as we demonstrate our support for 2SLGBTQ+ rights. The Pride Parade will take place Sunday, August 6 in downtown Vancouver.

We join the Pride Parade to restate our unwavering commitment to create an inclusive workplace where everyone feels valued and respected for who they are. The parade is a chance to celebrate 2SLGBTQ+ lives and take a clear position against discrimination.

Sign up through [Eventbrite](#) or by emailing hryssa.soumpassis@vancouver.ca to participate in the parade with the City’s contingent. Availability is limited.

