

FIT CITY NEWS

Physical and mental health enhancement information for employees

Walk your way to wellness with the WALK30 Challenge

Brought to you by [Better Environmental Sound Transportation \(BEST\)](#), WALK30 is a friendly competition to inspire people to walk more, increase overall wellness, make community connections, and rethink how we get around. The goal is for participants to walk a minimum of 30 minutes every day for 5 weeks and track their progress with prizes from local businesses up for grabs. This year, the City of Vancouver is participating alongside other organizations and municipalities.

WALK30 takes place from April 10-May 14. You can participate as an individual or create a team for your branch or department! See the [WALK30 webpage](#) for details and register to start tracking your walking!

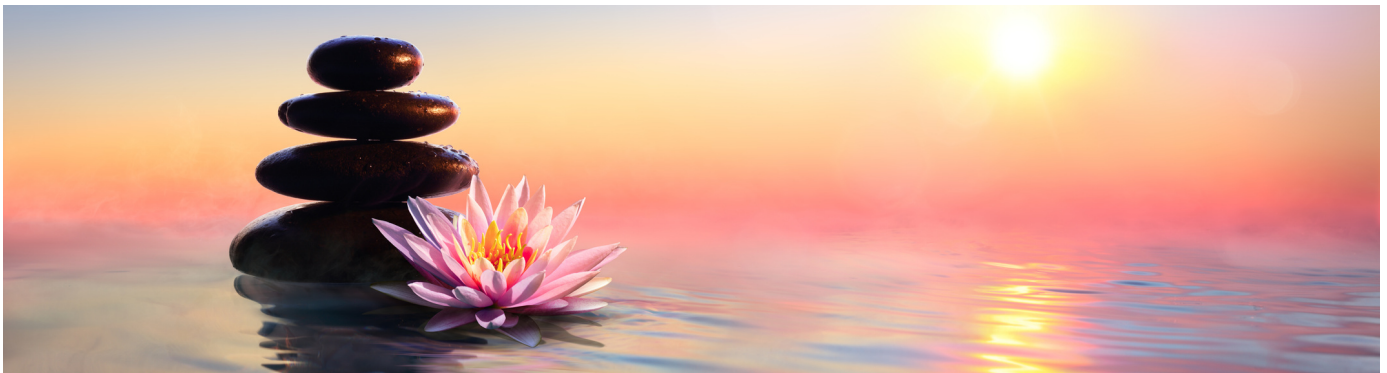
Contact walkbikeroll@vancouver.ca If you have any questions.



Join your colleagues for a weekly 15 minute drop-in meditation session

Meditation, a habitual process of training your mind to focus and redirect your thoughts, is increasingly appreciated as an avenue for improving mental well-being. For some, meditation can help reduce stress, manage anxiety, enhance self-awareness and improve attention span. The practice can also be used to develop other beneficial habits and feelings, such as a positive mood and outlook, and more optimal sleep patterns. As little as five minutes of mediation a day can have big impacts!

Starting April 24 these sessions will be offered every Monday from 12:05 - 12:20pm on Teams. Each 15 minute session will feature a 10 minute guided meditation, with recordings from Calm. You are invited to join weekly or as often as you like! [Sign up today using this form](#). No previous experience with meditation is required; these sessions are open to all City staff.



Hop on the Life Bus and donate blood as a team

Canadian Blood Services is pleased to announce the return of the Life Bus! The Life Bus shuttle allows organizations to book Group Appointments for four to 10 donors and offers complimentary transportation. The Life Bus, available every Wednesday and Thursday from 10:30am - 3:30pm, can be booked for trips to and from the donation centres at 4750 Oak Street and 888 Dunsmuir Street. Your group's donation can make a huge difference in the lives of people in need.



In partnership with:



To book a Life Bus or Group Appointment email bookagroupbc@blood.ca or contact Stephanie Pedersen (778-837-5097 / stephanie.pedersen@blood.ca) for more information.

When making a group and/or Life Bus shuttle booking, please mention you are with the City of Vancouver.

If you have not yet joined the City's Partners for Life team, [be sure to register](#) so your donations are automatically tracked.

Do you have questions about donation eligibility due to [recent travel](#)? If so, please call 1-888 2 DONATE (1 888 236 6283). Canadian Blood Service have team members available 24/7 to speak with you.

Participate in Green Shield Canada's Mindfulness Challenge for a chance to win

Mindfulness is a proven practice that helps people approach stress, low mood or anxiety differently, so they can get more out of their day-to-day experiences and improve their well-being. The Green Shield Canada [Mindfulness Program](#) guides you through the techniques and concepts behind mindfulness. Just log in to [Change4Life](#) to check it out. You can find the Mindfulness Program on the dashboard page, or on the spotlight page.

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

From April 1 until June 30, complete two or more sessions of Green Shield Canada's [Mindfulness Program](#) for a chance to win a \$200 gift card! If you have previously completed the Mindfulness Program, you can still participate. It's always good to refine your skills or refresh yourself on what you already learned. Update your existing answers and submit the survey for the introductory session and session one, and you're all set.

If you missed out on the 1,000 bonus points during Green Shield Canada's last challenge, don't worry! Stay tuned as they will be offering them again. And if you earned bonus point during the last challenge, you can add even more. All you need to do is complete your Health Risk Assessment (HRA) on Change4Life between April 1 and June 30.

