

# HEALTH ISSUES

IN THE WORKPLACE

WINTER 2011

**BodyBalance**



WORKING TOWARD  
**wellness**  
LIVE BETTER · LIVE LONGER

Go  
**Health**  
WINDSOR · ESSEX

WINDSOR-ESSEX COUNTY  
**HEALTH unit**  
Bureau de santé de Windsor-Comté d'Essex



# Injuries & Diseases

**MANY PEOPLE TAKE THE ABILITY TO MOVE AROUND FREELY AND WITHOUT PAIN FOR GRANTED. YET, FOR MANY CANADIANS, THIS ISN'T THE CASE.**

In 2005, almost 150 000 Canadians were hospitalized with a musculoskeletal injury (e.g., hurting their lower back) or disease (e.g., arthritis) (Public Health Agency of Canada, 2005). In addition to limiting physical abilities such as movement, musculoskeletal injuries and diseases often cause chronic pain, fatigue, and mental health issues.

Musculoskeletal injuries and diseases can develop quickly due to trauma or slowly over time. The musculoskeletal system is made up of the parts of the body that give the human body its form and allow a person to move.

For example:

- Bones hold the body up.
- Skeletal muscles allow the body to move.
- Tendons connect muscles to bones.
- Ligaments connect bones to bones.
- Joints allow movement between connected bones.
- Cartilage cushions bone to bone connections.
- Connective tissue acts like glue, holding everything together.

Musculoskeletal injuries and diseases can develop in both work and non-work-related settings, or a combination of the two. As a result, these injuries and diseases should not only be addressed in the workplace, but also in the home. Steps can be taken to prevent musculoskeletal injuries and diseases from occurring, as well as strengthen the musculoskeletal system.

**Living a healthy lifestyle can help prevent musculoskeletal injuries and diseases. To improve musculoskeletal health, a person should:**

- Be physically active every day. Include activities that increase endurance (e.g., brisk walking), strength (e.g., climbing stairs), flexibility (e.g., stretching), and coordination (e.g., dancing), as these are all components of musculoskeletal fitness.
- Eat a healthy diet that follows *Canada's Food Guide*. Include foods that are high in calcium and vitamin D, as these nutrients are important to bone health.
- Reach and keep a healthy body weight. Being obese is a risk factor for musculoskeletal injuries, diseases, and chronic pain that is sometimes associated with these conditions.

**Having a healthy musculoskeletal system decreases the risk of developing osteoporosis and improves a person's:**

- Ability to move freely and without pain and to perform daily tasks.
- Resting blood pressure, decreasing the risk of heart-related health problems.
- Insulin response and glucose uptake, reducing the risk of developing diabetes and obesity.

To help improve the health of your musculoskeletal system, this *Body Balance* newsletter focuses on how to strengthen your musculoskeletal system. It also provides information on how to prevent musculoskeletal injuries and diseases.

#### KEY REFERENCES:


- Bergman, S. (2007). Public health perspective – how to improve the musculoskeletal health of the population. *Best Practice & Research Clinical Rheumatology*, 21(1), 191-204.
- Public Health Agency of Canada. (2005). *Leading causes of hospitalizations in Canada*. Retrieved September 28, 2010, from [http://dsol-smed.phac-aspc.gc.ca/dsol-smed/is-sb/leadcauses/leading\\_causes\\_hosp\\_2005-eng.pdf](http://dsol-smed.phac-aspc.gc.ca/dsol-smed/is-sb/leadcauses/leading_causes_hosp_2005-eng.pdf)

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*The health of your joints is important to overall health and well-being. Read the Personal Health Guide to find out more about the most common joint disorders and what you can do to prevent pain and problems.*



# TIPS No Excuse Do Your Chores!

IN 2009, 13% OF WOMEN AND 15% OF MEN REPORTED AN ACTIVITY-LIMITING INJURY WHILE DOING HOUSEHOLD CHORES, OUTDOOR YARD MAINTENANCE, HOME RENOVATIONS, OR OTHER UNPAID WORK (Statistics Canada, 2009).

Household chores may not be everyone's favourite activity, but they're tasks we all have to do on a regular basis. Chores include physical tasks that can be easy or hard and take place inside or outside the house. While it's not an excuse to get out of your chores, it's true that there's a risk of musculoskeletal injuries (MSIs) while doing them.

It's important to understand how MSIs can occur while doing household chores. A chore-related injury may result if done in an awkward position, if too much force is used, if the movement is repetitious, or if a sharp or hard object is handled for too long (Work Safe BC, 2008). MSIs can have long-term effects that may influence a person's ability to work or take part in a favourite activity. In some cases, a MSI can also negatively affect a person's emotional health (e.g., anxiety, depression).

## To help reduce your risk of getting injured while doing indoor or outdoor chores, here are a few tips...



### SHOVELLING SNOW:

When shovelling snow, pick a shovel that's light (i.e., 1.35 kg [3lb] or less) and has a blade that isn't too big (i.e., 25 to 36 cm [10 to 14 in]). The handle of the shovel should be at chest height. The shovel should also have a bend

in the shaft to decrease your forward bending. Even if you're physically fit for shovelling snow, make sure you warm up before starting. Ideally, you should walk for five to ten minutes to increase your heart rate and blood circulation before you begin. Additional ways to warm up are to march on the spot or do other tasks like brushing the snow off of your car. While shovelling, push the snow instead of lifting it to avoid lower back strain. If you need to throw the snow, only throw a light load and point your feet in the same direction you are throwing. Don't twist your body to toss the snow. Drink water to stay hydrated and take breaks often, so you don't get too tired too fast. For every 15 minutes of shovelling snow, rest for two to three minutes or up to 15 minutes in very cold weather.

### KEY REFERENCES:

Statistics Canada. (2010). *Activity-limiting injuries*. Retrieved October 15, 2010, from <http://www.statecan.gc.ca/daily-quotidien/100615/dq100615b-eng.htm>

Work Safe BC. (2008). *Understanding the risks of musculoskeletal injury (MSI): An educational guide for workers on sprains, strains, and other MSIs*. Retrieved October 19, 2010, from [http://www.worksafebc.com/publications/health\\_and\\_safety/by\\_topic/assets/pdf/msi\\_workers.pdf](http://www.worksafebc.com/publications/health_and_safety/by_topic/assets/pdf/msi_workers.pdf)



### FOLDING LAUNDRY OR MAKING DINNER:

Think about using a counter space that's not too low or too high for your chore since this can create an awkward working posture. As a guide, your work surface should be at the height of your elbows. This is to keep a proper working

posture with your head over your shoulders and shoulders over your hips to maintain upper-body alignment. Also, work within an easy arms reach.

### HOUSEHOLD REPAIRS:

When doing household repairs, avoid using sharp or hard objects (e.g., pliers) for too long. This pressure can cause tissue or nerve injury to the area where the object presses against your skin.



You should also think about switching up your tasks and working on a variety of chores throughout the day. This is to avoid repeating the same movement over and over again.

Other ways to avoid MSIs are to use a teamwork approach that allows you to switch tasks with someone else. You may want to try doing the heavier tasks first, before you become fatigued. Household chores can't always be avoided, but with a little planning, injuries to your muscles, joints, and bones can be prevented.



# PHYSICAL ACTIVITY

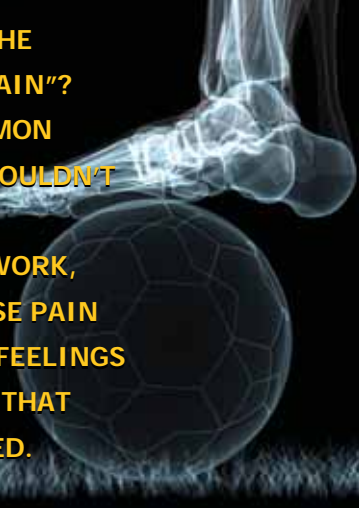
## Listen To Your Body

One out of every ten injury-related emergency department visits, the injury occurred during physical activity. Of these injuries, four out of five involved the musculoskeletal system (Borg-Stein, Zaremski, & Hanford, 2009).

### Fortunately, there are things you can do to prevent injury during physical activity:

- *Warm-up and stretch before becoming physically active.* This is thought to help prevent injuries by increasing flexibility, range of motion, and blood flow throughout the body.
- *Increase physical activity levels slowly over time.* For example, if you regularly run five kilometer races and decide to run a half marathon, slowly increase your running frequency, distance, and speed.
- *Vary physical activity types.* For example, rather than climb the stairs five days a week, you might walk two days a week, do yoga one day a week, and climb the stairs two days a week.
- *Use proper form and technique.* For example, doing the front crawl when swimming, you should keep your elbow bent and push your hand towards your feet when your arm is under water.
- *Wear protective equipment and check equipment for safety on a regular basis.* For example, if you're riding a bike, make sure you're wearing a properly fitted helmet. Also, make sure your bicycle tires are fully inflated and your steering components and brakes are working properly.
- *Wear proper equipment, clothing, and shoes.* For example, if you're bowling, make sure you wear bowling shoes so you don't slip on the lane.
- *Stop what you're doing if you feel pain or discomfort.* These are warning signs that an injury has occurred. Being physically active through pain may worsen an injury by causing more soft tissue damage or delaying healing.
- *Cool-down and stretch after being physically active.* This allows your body temperature and heart rate to return to normal, and helps relieve stiffness and improve flexibility.

**HAVE YOU EVER HEARD THE PHRASE, "NO PAIN, NO GAIN"? WHILE IT MAY BE A COMMON SAYING, THIS ADVICE SHOULDN'T BE FOLLOWED. PHYSICAL ACTIVITY CAN BE HARD WORK, BUT SHOULD NEVER CAUSE PAIN OR DISCOMFORT. THESE FEELINGS CAN BE WARNING SIGNS THAT AN INJURY HAS OCCURRED.**



**If you do become seriously injured during physical activity, seek medical attention right away. If it's a minor injury, follow the R.I.C.E. guidelines within 48 hours of becoming injured:**

**R** Rest to give the injury time to heal and to prevent further damage.

**I** Ice the injury to reduce swelling and soothe the area. Wrap ice in a towel to protect your skin. Keep the ice on for 15 to 20 minutes at a time, then remove for at least 20 minutes.

**C** Compress the injury to reduce swelling and provide minor pain relief. Wrap the injured area in an elastic compression bandage, ensuring it's snug but not too tight.

**E** Elevate the injury to reduce swelling by limiting the blood flow to the area. When possible, keep the injured area above your heart. For example, if you injured your ankle, sit back and elevate your foot using a pillow.

Being physically active on a regular basis is one of the most important things you can do to improve your overall health and well-being. To take advantage of these benefits, take steps to prevent injuries and, if they do occur, let them heal. It's important to talk to your health care provider before starting or increasing the intensity of an existing physical activity routine to make sure your body can handle it.

Also, make sure you give your body what it needs between physical activity sessions. Eat a healthy diet, drink plenty of fluids, get enough sleep, and give your body time to rest and recover between workout sessions.

#### KEY REFERENCES:

Borg-Stein, J., Zaremski, J. L., & Hanford, M. A. (2009). New concepts in the assessment and treatment of regional musculoskeletal pain and sports injury. *American Academy of Physical Medicine and Rehabilitation, 1*, 744-754.

# STRAIN & repeat

A REPETITIVE STRAIN INJURY (RSI) IS NOT JUST ONE DISORDER, BUT A TERM USED FOR MANY DISORDERS. REPETITIVE STRAIN INJURIES HAPPEN WHEN SOMEONE IS DOING REPETITIVE MOVEMENTS, OR IS IN AN AWKWARD POSITION WITH FEW BREAKS OR CHANCES FOR REST OVER A LONG PERIOD OF TIME (E.G., WEEKS, MONTHS, YEARS).

RSIs are one of the top six most common musculoskeletal conditions in Canada (Statistics Canada, 2006). RSIs are common in the hand or arm, but can also affect other body parts such as the back or legs. These injuries can be minor or major, and may cause you to take time off work or disrupt your daily activities. Examples of RSIs include:

## CARPAL TUNNEL SYNDROME:

Swelling of the synovial sheath that surrounds the tendons that run from the forearm to the wrist. This puts pressure on the median nerve, sending pain into the fingers.

## TENNIS ELBOW:

Inflammation of the tendon on the outer part of the elbow.

## TENDONITIS:

Inflammation of one of the body's tendons.

We most often think of RSIs as a workplace injury; however, they can also develop from the things we do outside of work. In addition to ensuring you're working safely, it's important to think of things you can do at home to help prevent injury. Whether you're at home or work, the best way to prevent RSIs is to take recommended breaks between repetitions and use proper posture and technique while doing things that are considered repetitive.

Consider the repetitive motions that occur when using a computer (e.g., the repetitive strokes on the keyboard, the continuous clicking of the mouse). A report done by Statistics Canada in 2008 found that 79.4% of Canadian households have a home computer, and it's expected that the number of home computer users has grown since then. It's likely that most home computers aren't set up with proper posture in mind. Consider the following tips when setting up and using your home computer to help reduce the risk of developing a RSI:

- Keep your head centered over your shoulders and your neck straight, facing the middle of the monitor.
- Keep your eyes lined up with a spot 2 to 3 inches below the top of the monitor.
- Look away from the monitor every 20 minutes and focus on something at least 20 feet away.
- Keep your hands and wrists straight and relaxed, without bending or putting pressure on your wrists.
- Don't use the armrests on your chair while typing on the keyboard.
- Keep the mouse as close to you as possible (i.e., next to the keyboard).
- Use your whole arm to move the mouse, not just your wrist.
- Sit upright with your back firmly against the backrest. Try to keep the natural "S" curve of your spine.

Be sure to see your health care provider or go to a walk-in clinic right away if you have any symptoms of a RSI (e.g., pain, stiffness, tenderness, swelling, and loss of feeling or movement in any area). Take action at home so you can enjoy all aspects of your daily life.

## KEY REFERENCES:

Cole, D.C., Ibrahim, S., & Shannon, H.S. (2005). Predictors of work-related repetitive strain injuries in a population cohort. *American Journal of Public Health, 95*(7), 1233-1237.  
Cole, P. (2009). The rise and rise of RSI: Why is non-specific arm pain still such a prevalent problem? *Occupational Health, 6*(6), 16.  
Gillespie, T. (2006). Editing ergonomics. *EventDV, 19*(1), 30-34.  
Statistics Canada. (2008). *Survey of household spending*. Retrieved October 28, 2010 from <http://www40.statcan.gc.ca/101/cst01/famil09c-eng.htm?sdi=computer%20use>





# STRONG

MANY PEOPLE STRUGGLE WITH BACK PAIN IN ONE FORM OR ANOTHER. IN FACT, FOUR OUT OF FIVE (80%) CANADIAN ADULTS WILL EXPERIENCE AT LEAST ONE EPISODE OF BACK PAIN IN THEIR LIVES, ALTHOUGH THE RATE IS HIGHEST AMONG THOSE BETWEEN THE AGES OF 30 AND 50 (Statistics Canada, 2006).

## To Your Core

### WHAT IS BACK PAIN?

Acute or short-term back pain usually lasts from a few days to a few weeks. Most acute back pain is the result of trauma to the lower back or a disease such as arthritis. Pain from trauma may be caused by a sports injury, work around the house or in the garden, a sudden jolt (e.g., a motor vehicle collision), or other stress on the spine. Symptoms may range from muscle ache to shooting or stabbing pain, limited flexibility, or an inability to stand straight. Chronic back pain is pain that lasts for more than three months. It often occurs over time, making the cause of pain or injury harder to pinpoint (National Institute of Neurological Disorders and Stroke, 2010).

Common contributors to back pain include: weak muscles, poor posture, obesity, improper lifting, heavy lifting, chronic stress, and depression. Research suggests that poor core strength may contribute to back injuries. Conditioning these muscles can help to reduce musculoskeletal damage (Peate, et al., 2007).

### THE CORE CONNECTION

Most people have heard about the “core,” and how it’s important for everything from preventing back pain to achieving a strong, lean waistline. But what exactly is it? More importantly, how are we supposed to strengthen it to prevent injuries and pain? First, we’ll take a look at which muscles make up the core.

#### “CORE” ANATOMY

- 1. Abdominal muscles:** rectus abdominis (RA)—the “six pack”; transverse abdominis—the deep muscles located below the RA; and the obliques—the muscles located on both sides of the RA.
- 2. Lower back muscles:** back extensors—a bundle of muscles and tendons in lower back region; and the quadratus lumborum—the muscle that spans from the pelvis to the top of the lower back.
- 3. Upper back muscles:** latissimus dorsi (lats)—the broad flat muscle on either side of the back.
- 4. Psoas muscle:** located on each side of the spine, the psoas attaches to the front of the spine and runs to the top of the femur (upper leg bone).

### FUNCTIONS OF THE CORE

The core acts as a support system to your spine. In fact, the main function of the core is to stabilize the back. The core muscles function differently than limb muscles in that core muscles co-contract—that is, they shorten at the same time. Therefore, training the core in a way that’s safe is different than the way we train other muscles in the body.

When we think of core training, sit-ups and crunches often come to mind. However, these exercises involve full and partial spine flexion which, research shows, overload and compress the spine and don’t activate the core properly. Lower back stretching should also be avoided as it reduces back stability and also places extra stress on the spine. And while we may think bending forward to touch our toes right after getting out of bed is good for us, it can actually be harmful to our backs. This is because the discs in our back have extra fluid in them in the morning and are more likely to burst with the extra pressure of bending over purposefully (McGill, 2010).

The key to core training for a healthy back is muscle endurance (not strength) and stability (not mobility). If you think about it, in most of our daily activities, as well as the sports we play, the job of the core is to stop movement. For example, when you open your car door, your core stops your spine from twisting as you pull the door open with your arm. Likewise, when you throw a football, your core stops you from flying forward on the release. Therefore, if we want our core to be stable and resist movement, we need to train the core muscles in a way that promotes this primary function.

## Core Strengthening Exercises for a Pain-free Back

So what exercises and stretches should you do to strengthen your core and prevent back injury? Here are the “Big Three” exercises that will keep your back healthy.



### BIRD-DOG:

1. Kneel on a mat and place your hands on the mat under your shoulders. You should be on “all fours.” Look down at the floor, keeping your neck in line with your spine.
2. Brace your abs and raise your right hand and left leg at the same time. Point your right arm straight out from your shoulder and your left leg straight out from your hip. Your pelvis should not rotate (i.e., if someone placed a ball in the small of your back, it shouldn't fall off). Hold for 3-5 seconds and then slowly lower.
3. Alternate sides, and do 5 repetitions per side.



### FRONT PLANK:

1. Lie on your stomach. Rest your forearms on the floor with elbows positioned under your shoulders.
2. Raise your body up in a straight line and support your bodyweight on your forearms and toes so that your body hovers over the mat. Keep your back straight, and your hips up. Hold your abs tight, but breathe normally.
3. Hold this position for 20 seconds, and try to hold it a little longer each workout.

### SIDE BRIDGE:

Lie on your side. Support your body weight with one elbow (directly under the shoulder), hip, and feet. Place your free hand on your hip.

Brace your abs and raise your body in a straight line so that your body is supported on the elbow and feet. Keep your back straight, hips up, and head and neck rigid. Make sure to breathe normally. There should be no sagging or rising of the hips at this point.

Hold this position for 10 seconds for each side, and try to hold it a little longer each workout.

**NOTE: If you're currently having back pain or have any conditions where you've been told to limit your motion, be sure to check with your health care provider before trying these exercises or any other workout program.**



### THE TAKE-HOME MESSAGE:

Whether you've dealt with back pain before or not, try these exercises every day for the next few weeks. You have nothing to lose and back health to gain.

#### KEY REFERENCES:

McGill, S. (2010). Core training: Evidence translating to better performance and injury prevention. *Strength & Conditioning Journal*, 32(3), 33-46.  
National Institute of Neurological Disorders and Stroke. (2010). *Back pain*. Retrieved October 13, 2010, from <http://www.ninds.nih.gov/disorders/backpain/backpain.htm>  
Peate, W., Bates, G., Lunda, K., Francis, S., & K. Bellamy. (2007). Core strength: A new model for injury prediction and prevention. *Journal of Occupational Medicine and Toxicology*, 2, 3.  
Statistics Canada. (2006). *Musculoskeletal diseases: Back pain*. Retrieved October 13, 2010, from <http://www.statcan.gc.ca/pub/82-619-m/2006003/4053542-eng.htm>




# PLAY safe at the PLAYGROUND

Playgrounds are a great place for children to be active. But playgrounds are also a place where musculoskeletal injuries occur. Each year in Canada, about 28 500 children receive hospital treatment for playground injuries

(Canadian Paediatric Society, 2007).

**P**layground injuries can be serious. Injuries can range from broken bones (e.g., arm, wrist, elbow) to head injuries (e.g., skull fractures, concussions). These injuries cause physical pain, and can result in surgery, infection, nerve damage, or being unable to return to normal activities (e.g., sports, school) (Fiissel, et al., 2005).

Although playground injuries are common, most injuries can be prevented. The information below outlines steps parents can take to help keep children safe at the playground.



Falls from equipment (e.g., monkey bars, climbers, and slides) are the main cause of playground injuries. Therefore, make sure children are using equipment meant for them:

- Children under five years of age should use equipment under 5 feet (1.5m) high.
- Children five to twelve years of age should use equipment under 7 feet (2.3m) high.
- Check what's under and around playground equipment. Choose equipment that's on a deep soft surface (6 to 12 inches) of sand, wood chips, rubber, or pea gravel

(Canadian Paediatric Society, 2007).

Check playground equipment, and report safety concerns:

- Look for and avoid broken glass, damaged equipment, needles, bolts, or sharp edges that stick out.
- Report any dangers or concerns to the playground operator (e.g., local park and recreation department, school office), and also teach children to report dangers to an adult (Canadian Paediatric Society, 2007).

Supervise children at all times:

- Stay within arms reach of young children (i.e., those five years of age and younger) at all times. Hold their hands when they're climbing, and catch them when they're coming down the slide.
- Watch older children (i.e., those five to nine years of age) closely to make sure they're following rules. This age group tends to think they can do anything, and don't always see the danger of their actions (Safe Kids Canada, 2010).

Teach children to remove the following items before using playground equipment:

- Clothing with drawstrings or cords (e.g., hoodies, hats, jackets, mittens).
- Scarves, bike helmets, and skipping ropes should be set aside before using equipment.

Teach children safety rules, and remind them of the rules often:

- For example, when using a slide, teach them to wait their turn, use the stairs, hold onto railings, slide feet first, and never jump off (Canadian Paediatric Society, 2007).

**P**laygrounds are an important part of childhood play. Playgrounds are a great place for children to be active, make friends, and develop skills. But safety should always come first. By following the steps outlined above, parents and grandparents can help keep children safe while having fun at the playground. For more information on playground safety, visit <http://www.wechealthunit.org/playground-safety>

## KEY REFERENCES:

Canadian Paediatric Society. (2007). *Preventing playground injuries*. Retrieved October 19, 2010, from <http://www.cps.ca/english/statements/ip/ip02-01.htm>

DeFranco, M.J., Carl, R., Goodwin, R.C., Bergfeld, J.A., & Iannotti, J.P. (2009). Musculoskeletal disease in children and teenagers: Addressing an emerging epidemic.

*The Journal of Musculoskeletal Medicine*, 26(2).

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Safe Kids Canada. (2010). *Playground safety tips and frequently asked questions*. Retrieved November 8, 2010, from <http://www.safekidscanada.ca/Parents/Safety-Information/Playground-Safety/Safety-Tips/Playground-Tips.aspx>



# Travel IMMUNIZATION CLINIC



## Planning a trip?

Before you leave...

- Learn all you can about your host country.
- Contact the Travel Immunization Clinic at the Windsor-Essex County Health Unit when your travel plans are set.

### SERVICES WE OFFER

Comprehensive travel health assessments and counselling.

Prescriptions for anti-malarial's, traveller's diarrhea, and high altitude sickness.

Required, recommended, and routine immunizations.

Designated Yellow Fever Vaccination Centre.



519-258-2146 ext. 1872

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## When was your last TETANUS SHOT?



**If you don't know, it may be time for a booster!**

Adults should have a tetanus booster every 10 years.

Tetanus is caused by bacteria that live in soil, dust, animal feces, and compost. It can cause severe muscle spasm and lead to death. The bacteria enters your body through a cut or puncture. Even a small amount can lead to illness if you are not protected.

A tetanus shot is free. It's available at your family doctor's office or local walk-in clinic. Keep a record of your immunizations in order to stay up-to-date.



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## Working Toward Wellness

### Healthy Workplace Awards Program 2011

Go For Health Windsor-Essex and the Windsor-Essex County Health Unit present an expanded and revised *Working Toward Wellness* Healthy Workplace Awards Program 2011.

The purpose of the awards program is to honour local workplaces that provide comprehensive workplace wellness programming. This revised program has a strong focus on workplace environmental supports and policies.

This award is presented to workplaces during Canada's Healthy Workplace Month, October 2011.

For more information about the program please contact 519-258-2146 ext. 3100 or visit [www.wechealthunit.org/workplace-health](http://www.wechealthunit.org/workplace-health)



# EVENTS CALENDAR

IN WINDSOR-ESSEX COUNTY

## BOWL FOR KIDS SAKE (BIG BROTHERS BIG SISTERS)

FEBRUARY 21 – 28

It's about more than bowling...it's about getting together with friends, family members, and co-workers and having some fun to benefit the kids!

### Empire Lanes

1771 Talbot St. West, Ruthven  
February 21: 1:00 p.m. and 3:30 p.m.

### Rose Bowl Lanes

2482 Dougall Ave., Windsor  
February 26: 6:00 p.m. and 8:30 p.m.  
February 27: 3:00 p.m. and 6 p.m.  
February 28: 2:30 p.m.

Cost: Minimum pledge of \$40  
519-945-6232 ext. 11

john@bigbrothersbigsisterswe.ca  
www.bigbrothersbigsisterswe.ca

## 15TH ANNUAL BOWL-A-THON

FEBRUARY 26

Proceeds will benefit the Windsor-Essex County Cancer Centre Foundation.

Create your own team today!  
(4-5 people)

Participants are asked to raise a minimum of \$25.

12:45 p.m. to 4:00 p.m.

Bowlero Family Fun Centre

675 Tecumseh Rd. West, Windsor

519-253-3191 ext. 58506

Nancy\_gibbons@wrh.on.ca

## TULIP DAY

MARCH 3

Purchase tulips on Tulip Day and help save lives, one breath at a time. Become the Champion for your workplace by registering and taking orders from your co-workers!

Cost: \$7 per bunch, \$9 per pot

519-256-3433

esia@on.lung.ca

www.on.lung.ca

## SPINERGIZE 2011 FOR HOSPICE OF WINDSOR-ESSEX COUNTY

MARCH 5

Ride for an hour in this unique indoor cycling event for Hospice!  
Participate as an individual, a family, or a team. It's fun. It's easy. Win great prizes.  
Cost: Free entry with \$100 in pledges (per person)

Online Registration Deadline: March 2.

Walk-ins accepted, space permitting.

8:00 a.m. – 1:00 p.m.

St. Clair Centre for the Arts

201 Riverside Dr. West, Windsor

519-974-7100

info@windsorspinathon.com

www.windsorspinathon.com

## MAPLE: FIRST TASTING OF SPRING

MARCH 6

Make maple taffy in the snow and see syrup made the pioneer way.

Cost: Adults \$6, children \$4, family pass \$20  
10:00 a.m. – 4:00 p.m.

John R. Park Homestead Conservation Area

915 County Rd. 50

519-738-2029

jrph@erca.org

www.erca.org

## MAPLE MARCH BREAK

MARCH 15 AND 18

Discover the magic maple tree with games and hands-on activities.

Make and taste maple sugar.

Cost: Adults \$6, children \$4, family pass \$20  
1:30 p.m. sharp

John R. Park Homestead Conservation Area

915 County Rd. 50

519-738-2029

jrph@erca.org

www.erca.org

## UNIVERSITY WIND ENSEMBLE CONCERT

MARCH 25

Come enjoy the fine music of the University Wind Ensemble.

7:30 p.m. – 10:00 p.m.

Banwell Community Church

2400 Banwell Rd.

Cost: \$10 for adults/seniors and \$5 for students

519-253-3000 ext. 2870

music@uwindsor.ca

## EARTH HOUR CANDLELIGHT

MARCH 26

See the pioneer farm by candlelight and discover life before hydro.

Cost: \$12 per person

Pre-registration required at

onlineregistrations.ca/jrph.

John R. Park Homestead Conservation Area

915 County Rd. 50

8:00 p.m. sharp

519-738-2029

jrph@erca.org

www.erca.org

## SWEET SUCCESS: LIVING WELL WITH DIABETES

APRIL 2

Come to this free event and learn from diabetes experts, watch cooking demos, and enjoy healthy refreshments.

10:00 a.m. – 3:00 p.m.

Windsor Croatian Centre

5259 Tecumseh Rd. East, Windsor

519-253-1797 ext. 223 or 224

Joyce.montrose@diabetes.ca

## HOLIDAY BEACH CONSERVATION AREA OPENS

APRIL 23

Stop by for a day trip and enjoy many outdoor experiences at this beautiful natural area. Walk or bike the trails. Bring binoculars and try birding.

Enjoy a family picnic in the park.

Entry fee per vehicle applies

Holiday Beach

6952 County Rd. 50

519-776-5209

www.erca.org



**EASTER EGG  
HUNT**  
APRIL 23

Come on out to the annual Easter Egg Hunt. Visit the Easter Bunny, collect goodies, buy lunch, and much more.

11:00 a.m. sharp  
Amherstburg Recreation Complex  
3295 Meloche Rd., Amherstburg  
519-736-0012  
www.amherstburg.ca

**ESSEX REGIONAL CONSERVATION  
AUTHORITY FUNDRAISING  
YARD SALE**  
MAY 1

Come out and find a bargain on a new or used treasure.

10:00 a.m. – 4:00 p.m.  
John R. Park Homestead Conservation Area  
915 County Rd. 50  
519-738-2029  
jrph@erca.org  
www.erca.org

**LION'S CARNIVAL  
SHOW**  
MAY 5 – 8

A long-standing carnival that helps the Lion's Club raise awareness for kid's causes.

Centennial Park  
399 Richmond St., Amherstburg  
519-736-7262  
www.amherstburg.ca

**FLAME OF HOPE 10,000  
STEPS (5K) WALK, RUN,  
RIDE FOR CANADIAN  
DIABETES ASSOCIATION**  
MAY 15

Join Team Diabetes and help raise money for a great cause. The day includes prizes, live entertainment, and lunch.

Registration starts at 9:00 a.m.  
Victoria Memorial Gardens  
1185 Hwy 3, Windsor  
Cost: Minimum pledge of \$20  
519-253-1797 ext. 224 or 223  
Joyce.montrose@diabetes.ca

**THE LUNG ASSOCIATION'S  
BIKE TREK**  
MAY 28 AND 29

Be a part of this fundraising event which is a two-day biking adventure where participants challenge themselves. There are three types of Treks: Double Century (200 km), Century (100 km), and Pioneer Ride (25 km).

**Double Century:** May 28 and 29  
9:00 a.m. – Leamington Marina  
90 Robson Rd., Leamington

**Century:** May 28  
9:00 a.m. – Leamington Marina  
90 Robson Rd., Leamington

**Pioneer:** May 28  
1:00 p.m. – St. Clair College  
2000 Talbot Rd. West, Windsor  
Cost: \$50 to register, minimum  
pledge amount required  
519-256-3433  
www.on.lung.ca  
esia@on.lung.ca

**8th ANNUAL WORKING TOWARD  
WELLNESS EXECUTIVE  
BREAKFAST SERIES**  
JUNE 1

Enjoy a heart healthy breakfast and listen to keynote speaker Dee Edington as he shares his knowledge on workplace wellness.

8:00 a.m. – 12:00 p.m.  
Ciociaro Club  
3745 North Talbot Rd., Oldcastle  
Cost: \$25 per person or \$125  
for a table of six  
Registration required  
519-258-2146 ext. 3100  
www.wechealthunit.org  
yreaume@wechealthunit.org

**HEART & STROKE  
BIG BIKE RIDE**  
JUNE 6, 10, 11

Big Bike Ride is a fun adventure with friends and colleagues! It only takes about 20 minutes to ride the bike, but it's an experience you won't soon forget. Register your team today.

June 6: Location to be announced  
June 10 and 11: Pour House  
46 Chatham St. West, Windsor  
Cost: Minimum pledge of \$50 per person  
519-254-4345 ext. 603  
dmckinley@hsf.on.ca  
www.bigbike.ca

**RELAY FOR LIFE**  
JUNE 10 AND 17

An opportunity to celebrate cancer survivors, remember loved ones lost to cancer, and fight back in the hope of finding a cure for cancer. Walk with us in this 12-hour overnight event as we come together to make cancer history.

7:00 p.m. to 7:00 a.m.  
June 10: Canadian Transportation Museum and Historic Village  
6155 Arner Townline, Kingsville.  
June 17: Vollmer Culture and Recreation Complex  
2121 Laurier Dr., Lasalle  
Cost: \$10 for participants,  
free for cancer survivors  
Participants are asked to raise  
\$100 in pledges  
519-254-5116  
www.cancer.ca

**WINDSOR – ESSEX COUNTY  
HEALTH UNIT SERVICES**  
519-258-2146  
www.wechealthunit.org

**INTAKE NURSE**

The Intake Nurse is available to provide information and telephone counselling on a wide variety of topics (e.g., parenting, infant care, pregnancy, community resources). Hours of operation are from Monday to Friday 8:30 a.m. – 4:30 p.m.  
519-258-2146 ext. 1350

**OFF TO A GREAT START PROGRAM**

Many researchers have identified birth to age six as the most important time for development. It sets the stage for a child's success in school and into adulthood. For help along the way, the Windsor-Essex County Health Unit is now offering the Off to a Great Start Program. Check out the website, [www.offtoagreatstart.org](http://www.offtoagreatstart.org) for current information, activities, and resources for the early years.

**BREASTFEEDING SUPPORT**

If you are breastfeeding your baby and have questions, call the Intake Nurse at 519-258-2146 ext. 1350. If further assistance is needed, you can make an appointment to visit a Public Health Nurse at a breastfeeding clinic.

**READING, RHYTHM & MOVEMENT:  
ALTERNATIVES TO TV**

*(Preventing Obesity in Preschoolers)*  
A resource kit, "Reading, Rhythm & Movement: Alternatives to TV (Preventing Obesity in Preschoolers)" is available for loan at your local library or Ontario Early Years Centre. This kit includes a music CD and children's books that encourage movement, booklets on feeding infants and preschoolers, an Activity Planner, and a booklet on physical activities for children.

**STARTING EARLY: KEEPING  
YOUR PRESCHOOLER AT  
A HEALTHY WEIGHT**

This new booklet offers easy, helpful advice on active living and healthy eating for your one to five year old child. Call the Windsor-Essex County Health Unit 519-258-2146 ext. 1340 or 1-800-265-5822 ext. 1340 to have the booklet mailed to your home.

**HAVE FUN AND PLAY SAFE  
AT THE PLAYGROUND**

Playgrounds are a great place for children to be active, make friends, and develop skills. Children can also get hurt at playgrounds. Supervision is the key to prevention. For tips on how to have fun and play safe, go to [www.wechealthunit.org/playground-safety](http://www.wechealthunit.org/playground-safety)

# 8th ANNUAL EXECUTIVE BREAKFAST SERIES FORUM

Go For Health Windsor-Essex and the Windsor-Essex County Health Unit present:

## Dr. D.W. Edington

Professor, School of Kinesiology  
Director, Health Management  
Research Center  
University of Michigan



Dr. Edington, has authored over 800 articles, presentations and several books. He's interested in how health management, worksite wellness activities and programs within organizations impact health care cost containment, productivity, and human resource development.

## WEDNESDAY, JUNE 1, 2011

8:00 a.m. to 12:00 p.m.

Salon A, Ciociaro Club, 3745 Talbot Road, Oldcastle

**FOR INFO & TO REGISTER:**  
call 519-258-2146 ext. 3100  
or visit [www.wehealthunit.org](http://www.wehealthunit.org).

**REGISTRATION FEES:** Individual: \$25 or Table of six: \$125  
Includes a heart healthy breakfast, a participant package, and door prizes.

## Websites:

**Arthritis Society**  
[www.arthritis.ca](http://www.arthritis.ca)

**Canada's Physical Activity Guide to Healthy Active Living**  
[www.phac-aspc.gc.ca/hp-ps/hl-mvs/pag-gap/index-home-accueil-eng.php](http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pag-gap/index-home-accueil-eng.php)

**Dietitians of Canada**  
[www.dietitians.ca/Your-Health.aspx](http://www.dietitians.ca/Your-Health.aspx)

**MedlinePlus - Bones, Joints and Muscles**  
[www.nlm.nih.gov/medlineplus/bonesjointsandmuscles.html](http://www.nlm.nih.gov/medlineplus/bonesjointsandmuscles.html)

**National Institute of Arthritis and Musculoskeletal and Skin Disorders**  
[www.niams.nih.gov](http://www.niams.nih.gov)

**Osteoporosis Canada**  
[www.osteoporosis.ca](http://www.osteoporosis.ca)

**Safe Kids Canada**  
[www.safekidscanada.ca/Parents/Safety-InformationPlayground-Safety/SafetyTips/Playground-Tips.aspx](http://www.safekidscanada.ca/Parents/Safety-InformationPlayground-Safety/SafetyTips/Playground-Tips.aspx)

## Interested in Bringing Wellness to Your Workplace?

Do you have suggestions for future topics? Submit your ideas to the Workplace Team.

The Working Toward Wellness Program offers consultation & support to help workplaces start & maintain a wellness program that works.

**CALL US TODAY!**

Website: [www.wehealthunit.org](http://www.wehealthunit.org)  
Email: [workplace@wehealthunit.org](mailto:workplace@wehealthunit.org)  
Phone: 519-258-2146 ext. 3100  
Fax: 519-776-6102

