

wellness

What is the **Guelph Wellness Initiative**?

The **Guelph Wellness Initiative** (GWI) is a program of the **Advanced Foods and Materials Network** (AFMNet; www.afmnet.ca), a not-for-profit organization in Guelph. The goal of the program is to optimize the wellness potential of everyone who lives and/or works in Guelph. The GWI promotes health and wellness programs already established in Guelph; addresses gaps in current wellness initiatives; empowers individual participants with knowledge of their own current health status and; opens pathways to better lifestyle choices.

The importance of this program is evidenced by the support it has received from both public and private sector leaders in Guelph. Karen Farbridge, Guelph Mayor, Dr. Alastair Summerlee, University of Guelph President, Jim Bonk, YMCA YWCA CEO, Dr. Nicola Mercer, Wellington-Dufferin-Guelph Public Health CEO, Kelly Murumets, ParticipACTION CEO and Ross Kirkconnell, Executive Director of the Guelph Family Health Team, have all provided letters of support. In addition, Margaret Best, Minister of Health Promotion, attended the launch on September 8th and reiterated the potential for the GWI to improve wellness and reduce healthcare costs.

How Can Your Organization Get Involved?

The Guelph Wellness Initiative is seeking partners to help increase the awareness of the GWI and its potential to increase wellness.

What does it mean to be a partner?

The only commitment is to make information on the GWI available to your employees. Some partners have invited us to attend town hall employee meetings to talk about GWI. Others are hosting testing clinics and including GWI articles in their internal newsletters.

What is the time commitment to be a participant?

This is up to each participant. At a minimum, they will be tested twice a year (30 minutes per test) on the following 5 physical markers to establish their wellness baseline: balance, blood glucose, blood pressure, body mass index (BMI) and flexibility. These clinics are run by registered nurses and hosted at local venues. For those who want to get more involved, there are many options like being a neighbourhood ambassador or a workplace champion.

To learn more, please visit guelphwellness.ca or contact **Paula Allen**, Project Coordinator, at **519-822-6253** ext 56514 or via email at paula.allen@afmnet.ca



www.guelphwellness.ca