

# Energize Your Life 2022-2023

School District 19 (Revelstoke)

**The Energize Your Life Program starts today.**

Get up, get out, and let's all start moving. Walking, running dancing, or playing may make you happier. When you get up and move a little you tend to be happier than if you remain still. Do you want to improve your physical and mental energy levels? Would you like to lose less time due to illness or physical injury? We are inviting **all School District 19 employees and their spouses** to participate in a healthy lifestyle incentive plan. Programs of this nature are currently being used by employees of BC Hydro, TELUS, CPR, BC Building Corp, BC forest Service, and the RCMP.

## **Incentives**

The real incentives lie in improved mental and physical health, but there will also be prizes awarded to all participants. The more points you amass, the greater the value of your prize. Our goal is to get as many people active as possible so please remember, this is not a competition to see who gets the most points, but an incentive to get out and be active in whatever manner works best for you.

## **The Honour System of Point Calculation:**

Participants must keep track of their own points on simple tally sheets (see attached one plus example on the bulletin board). You might want to keep yours in your mailbox at school so that you can be reminded to jot down your progress, or keep track of your activity using a fitness tracking app such as Map My Run, Strava, etc.

**15 minutes of vigorous exercise = 1-point** You would have difficulty carrying on a conversation while exercising at this level. Examples: running, cross country skiing, swimming, ice/floor hockey, tennis, soccer, and backpacking uphill.

**30 minutes of moderate exercise = 1-point** Examples: cycling, in-line skating, volleyball, chopping/stacking wood, weight training, canoeing, or kayaking at a fast pace, rowing, rock climbing, downhill skiing, snowboarding, power walking, and backpacking.

**60 minutes of mild exercise = 1-point.** Your heart rate is only slightly raised at this level. Examples: walking, golfing, softball, dancing, canoeing, or kayaking at a casual pace, bowling, snowmobiling, and yard work.

You be the judge. (e.g., Some people might cross country ski at a very vigorous pace while others get moderate exercise out of it.)

## **Bonus Activities**

**Lowering Your Carbon Footprint:** Walk, run, ride your bike, cross country ski, or use any other self-propelled method of transportation to get to work and back and double the points you would give yourself if you were simply exercising. Earn the same bonus points for not using your vehicle to go shopping, socializing, going to appointments, or meetings. Help reduce greenhouse gases and Energize Your Life at the same time!

**Weight Management:** *One* bonus point for each pound lost or gained towards your healthy weight (comparing your weight Sept. 1, 2021, to that on May 31, 2022.) Do not report your weight, just how much you have gained or lost towards your goal.

**Quitting smoking:** *20* bonus points for quitting smoking for six months (providing you have not started again at the close of the program).

**Safety and Wellness Seminars:** *Two* bonus points per lecture or workshop attended on first aid, CPR, nutrition, or wellness.

### **Notes:**

1. You cannot earn points for exercise that is part of your occupation.
2. You cannot earn points for sitting down and watching a 30-Minute HIIT Cardio Workout on YouTube.
3. You may add up small segments of activity. For example: three twenty-minute walks = one hour = 1 point

Your point totals will be submitted in June, after which prizes will be given out. If you have any questions, please contact Barry either by email **rtapresident19@gmail.com** or at the RTA office, **250.837.2255**. You can choose to use the following tally sheet on the next page to track your Energize Your Life points.

