



# M'AKOLA GROUP OF SOCIETIES

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M'AKOLA  
HOUSING  
SOCIETY



M'AKOLA BCH  
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M'AKOLA  
LEASEHOLD  
HOUSING  
SOCIETY



M'AKOLA RNH  
HOUSING  
SOCIETY



M'AKOLA ILBC  
HOUSING  
SOCIETY



MIS'KOW'AAO  
DEVELOPMENT  
SOCIETY

## OFFICES:

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## **RE: Canada's Healthy Workplace Month Oct 3 – 31<sup>st</sup> 2011**

[www.healthyworkplacemonth.ca](http://www.healthyworkplacemonth.ca)

M'akola's Health & Safety Committee took the opportunity to participate in the concept of "Healthy Mind, Healthy Body and Healthy Work Lifestyle" by conducting a Steps Challenge with all the staff for Healthy Workplace Month during the month of October. All staff were provided with a pedometer and weekly log sheets. They were able to track their daily steps, and each week handed the log sheets in to enter a participation draw for a prize donated by a local business. For the grand finale on Oct 31<sup>st</sup>, all of the log sheets were tallied to determine the staff member with the highest number of steps taken in total. This was broken down to 4 prize categories: men, women, office, and most improved.

There was an astounding 60% participation; 30 out of 50 staff members enjoyed the benefits of the challenge! Some staff feedback included: that it helped them to realize what their daily activity levels were, the walking increased those levels and some would like to see the challenge happen again. M'akola felt that this was a good incentive to increase the 'health' of our staff and plan to do the steps challenge again in the future. Thanks to M'akola staff for participating.

Warm Thank You's to:

[Aloyd Fitness Equipment](#)

[Bolen Books](#)

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for the Incentive prizes that were kindly donated to us. It is very much appreciated for your kind generosity.