

# Small Changes from the Office



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# Small Changes from the Office -Step 1



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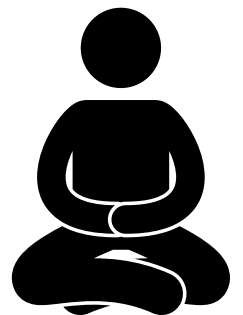
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Pick five small changes from the lists below. Make sure to mix them up and choose at least one from each list.

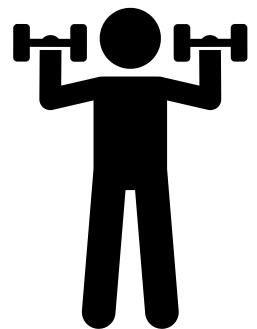
## 1 Small changes to maintaining a HEALTHY MIND:

- Take 10 minutes to meditate
- Take 10 minutes to journal
- Take 5 minutes to check-in with yourself
- Connect with a colleague in-person
- Show gratitude to a colleague



## 2 Small changes to increase PHYSICAL ACTIVITY:

- Dedicate 10 minutes of lunch to walking outside
- Take a stretch break once every hour
- Take the stairs whenever possible
- Park your car further away from the office
- Organize a walking meeting with colleagues



## 3 Small changes to practice HEALTHY EATING:

- Start the day off with a healthy breakfast
- Prepare and eat a home-cooked meal for lunch
- Stay hydrated – drink at least 2L of water
- Drink your coffee or tea without sugar
- Have a piece of fruit for a snack break



# Small Changes from the Office -Step2



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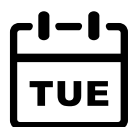
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## Build your small changes throughout the week!



**DAY 1:**

*Small change 1*



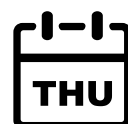
**DAY 2:**

*Small change of day 1 PLUS small change 2*



**DAY 3:**

*Small changes of day 1 & 2 PLUS small change 3*



**DAY 4:**

*Small changes of day 1, 2 & 3 PLUS small change 4*



**DAY 5:**

*Small changes of day 1, 2, 3, & 4 PLUS small change 5*

## A few notes:

- This challenge can go beyond a week, don't be afraid to keep integrating small changes into your day!
- See our "Examples of Small Changes" toolkit, for a ready made challenge.
- Tell your coworkers to join you!