



# Why Make Small Changes in Your Life?



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by



# Benefits of Small Changes



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by  
**iA**  
Financial Group

**Main Areas of  
Focus:**

**Healthy  
Eating**

**Physical  
Activity**

**Healthy  
Mind**

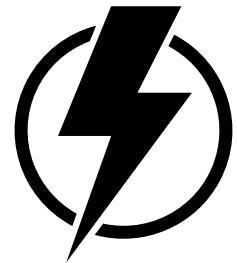
Reduce stress levels



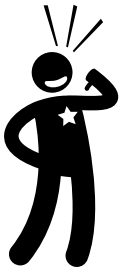
Better sleep



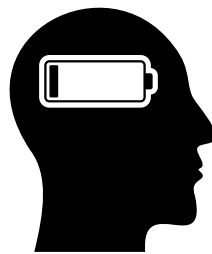
Increase energy levels



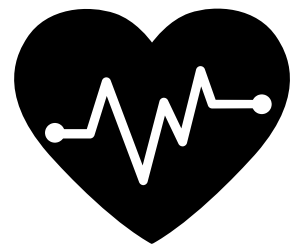
Feel proud of yourself



Reduce worker burnout



Better long-term health



Increase productivity



Inspire others around you



Improve mood



***Small changes can establish habits towards a  
healthier lifestyle!***