

## Newsletter – March 2022

As members of the North York Toronto Health Partners (NYTHP) OHT, we invite you to participate in the staff wellness program organized for you!

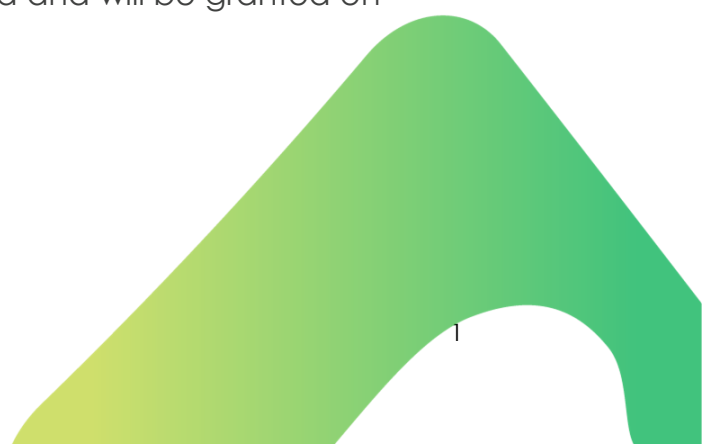
“Your Wellness Matters” is a NYTHP staff resilience initiative that provides wellness information and resources across the NYTHP network. This collaborative approach will help NYTHP share tools and resources related to mindfulness, physical activity, nutrition, and psychological support. This newsletter will be sent out monthly and will include upcoming wellness events, challenges, and activities.

### Spring Staff Step Challenge

Join us for our first Staff Step Challenge of the year! This challenge is a great way to incorporate more movement into the workday and an opportunity to win prizes for your efforts. The Step Challenge will run from **Tuesday, April 19<sup>th</sup> to Tuesday, May 17<sup>th</sup>**. To participate please [REGISTER HERE](#) – the **last day to register is Friday, April 1<sup>st</sup>**. The first 10 people to register will receive a prize so sign-up quickly! All registrants will receive an email with details and instructions for the Step Challenge.

### Wellness Webinar: Workplace Wellness

Join us for a free virtual discussion on **Workplace Wellness – a workshop provided by the Canadian Mental Health Association**. Learn to identify and minimize employee stress, recognize the signs of bullying and develop strategies to improve wellbeing. We look forward to having you join us **Tuesday, March 22<sup>nd</sup> at 2:30-3:30 pm**. Please [REGISTER HERE](#) for this workshop as soon as possible. Space is limited and will be granted on a first come first served basis.



## Body + Soul Fitness

As part of our program launch, **Body + Soul Fitness** is offering complimentary, custom health and fitness programs for all NYTHP members. The programs are designed to provide a convenient way to access their resources and expertise. [CLICK HERE](#) for more information

## Wellness conversation starters:

- ♥ What is one thing you are grateful for this week?
- ♥ Describe two things you're doing to take care of yourself this week.

## Simple & Healthy Recipe: *Breakfast Banana Split*



Photo from *Smart Nutrition*

Looking for your next go-to breakfast? Try this recipe from *Smart Nutrition*! [CLICK HERE](#) for details.

\*Disclaimer: recipes can be modified according to your dietary needs and preferences\*

### Ingredients

- ♥ 4 bananas
- ♥ 1 1/3 cup plain Greek Yogurt
- ♥ 1/2 cup high fibre cereal or granola
- ♥ 1/2 cup chopped peanuts
- ♥ 1 cup raspberries
- ♥ 8 tsp chocolate hazelnut spread

### Instructions

- ♥ 1. Peel a banana and cut lengthwise into two. Arrange beside each other on a plate
- ♥ 2. Add 1/3 yogurt between the banana slices
- ♥ 3. Sprinkle 2 tbsp high fibre cereal and 2 tbsp chopped peanuts on top of yogurt and banana slices
- ♥ 4. Add 1/4 cup raspberries on top
- ♥ 5. Drizzle 2 tsp chocolate hazelnut spread
- ♥ 6. Repeat for remaining 3 bananas