



Fitness Terminal's Quarter Report

Fitness Coordinator of the Fitness Terminal: Criss De Francesco Date: January 29th 2016

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Balance: Work vs. Life

6 Tips for Better Work-life Balance

1. Let go of perfectionism
2. Unplug from technology
3. Exercise and Meditate
4. Limit time wasting activities and people
5. Change the structure of your life
6. Start small. Build for later

*Full article is posted on the main fitness board.



Nutrition and Wellness Information

5 Powerful Stress Relievers You can do at Your Desk

1. Progressive Muscle Relaxation
2. Visualization
3. Deep Breathing
4. Engaging your Senses
5. Laugh

Practice makes perfect!
Full article is posted on the main fitness board



Flexibility Corner

The Holidays are coming to the end for many of us and we are now getting back our normal routines. That means tension will soon set in from the stress of playing catch up at work . A good way to combat tension and stress is to stretch out tired and tension prone areas. A common area for tension are the shoulders and neck.

Here is a list of great stretches to complete:

- Standing chest stretch
- Standing cat stretch
- Neck movement stretches
- Shoulder roll release

If you are unsure of how to complete these stretches please e-mail Criss at christina.defrancesco@honeywell.com to set up some group stretching demos.

Therapeutic Massage Services

Massage Services Highlights

Benefits:

- Reduces stress
- Reduces muscle tension, pain and headaches
- Provides relief from injuries
- Onsite
- Excels as part of a wellness program

Fee Schedule:

15min = \$25
30min = \$45
45min = \$60
60min = \$75

To Book an appointment please contact Denise Dubreuil, text at 647.455.1466 or email at rmtdenise@hotmail.com

*If you are in the fitness centre you can also leave your name and contact information and when Denise is in she will follow up with you at her earliest convenience.

Member of the Quarter



If you know someone has been inspiring you to get active, eat healthy and make wellness apart of your lifestyle; please write a small inspirational piece on how they inspire you.

[Lets make this the Year of Inspiration!](#)

All nominations are to be e-mailed to Criss or left in the suggestion box beside the fitness door.

Volunteer of the Quarter

Sean Cragg

Sean has been amazing in supporting my transition into Honeywell and the Fitness Terminal. He made sure that I was well taken care of and assisted in helping me when needed.

Sean is also an early morning instructor who brings his high energy every Friday making those early risers sweat and work hard.

Sean keep up the amazing hard work, looking forward to working more with you and hearing more great news about your fun and challenging class.

Thank you,
Criss D

House Keeping: Please remember to put all weights away and clean the machines after use; including the cardio equipment bases if needed.

During non staffed hours try to come with a buddy or during peek hours of the facility to ensure safety at all times.