



*Improving life with...*

# The Winter Wellness Challenge!

The NSTU Group Insurance Trustees are pleased to bring you this five-week event starting Feb. 2<sup>nd</sup> to challenge you to discover what wellness looks like for you.

When most of us think about wellness, we think of physical fitness and healthy eating. While those are components of health, there are many other factors that affect our well-being and quality of life. This event will encourage you to incorporate many different aspects of wellness into your life, including physical, nutritional, psychological, intellectual and social/community wellness.

As a registered participant, you will input your daily activities with just a few clicks of the mouse. Keep a log of your activities and enter them at the end of the week or take a few minutes at the end of each day and watch your points add up to a healthier you!

Join the winter wellness challenge and have fun getting healthy with us!



## Individual & Team Challenge

**Open to active members  
(term, probationary &  
permanent contract) of the  
Nova Scotia Teachers Union &  
PSAANS**

## Prizes to be won for:

- ☐ Highest Score
- ☐ Random weekly prizes
- ☐ Random draw for registering before Feb. 1<sup>st</sup>, 2026

Registration begins Jan. 19th [www.healthycommunity.ca/lifestyles/NSTUChallenge](http://www.healthycommunity.ca/lifestyles/NSTUChallenge)