




**Integrated Community Sustainability Plan
Corporate Support**

Plan or Project Summary

<p>Name of Project or Plan:</p> <p align="center">2010 Active Communities/ Active Workplaces ActNowBC Challenge</p>	<p>Photo (if available):</p> 
<p>City Contact Person:</p> <p>Cindy Kroeger, HR Advisor, Quality</p>	
<p>Date of Summary: January 21, 2009</p>	
<p>Project or Plan Description:</p> <p>As a community and an employer, the City of Prince George has accepted and is participating in the provincial government’s challenge to increase the activity level of BC residents by 10% by 2010, in order to become the most active location to ever host the Olympics. Success in this partnership will create a healthier Prince George and a healthier workplace for City employees.</p> <p>The intent of this summary is to focus on Active Workplaces. The Wellness Committee has incorporated aspects of the workplace challenge by conducting a healthy eating and physical exercise survey for employees. Other workplace activities have included yoga classes, wellness weight loss challenges, and Health & Wellness Fairs to share information with employees on the benefits of a healthy lifestyle.</p>	
<p>Project or Plan Benefits:</p>	
	<p>Economic development: N/A</p>
	<p>Land Use Planning: N/A</p>
	<p>Environmental Stewardship: N/A</p>
	<p>Social Development: Supporting plans and policies that promote physical activity, healthy eating and overall wellness will provide numerous long-term benefits for the residents of Prince George. The Active Communities portion of the challenge is more thoroughly covered under the Social Development area.</p>

	<p>Corporate Support: Employee health and wellness is a benefit not only to employees and their families, but to the employer as well. Statistics show that a healthy workforce reduces absenteeism through sickness and injuries, and assists in engaging employees resulting in increased efficiency and effectiveness.</p>
	<p>Financial Systems: N/A</p>