



2022 Wellness-Charity Challenge

In partnership with the OPFFA Charities Committee, the Wellness Fitness Initiative Team is proud to present the first annual 2022 Wellness Challenge. This Wellness Challenge is designed to assist all OFS Members in working towards making healthier lifestyle choices for 2022 and beyond! Bonus? All money raised will go to a registered charity!

Who can participate in the Challenge?

All OFS and/or OPFFA Members are welcome to participate.

What are the rules of the Challenge?

This Challenge is an 8-week, wellness “program” where participants work to complete various healthy-lifestyle goals that they have set for themselves.

How does the Wellness Challenge work?

Participants will set their own personal goals based on 4 different categories – Nutrition, Fitness/Exercise, Rest/Mobility and Lifestyle. You will try and meet each of the goals on a weekly basis.

What are the timelines for the Challenge?

The Challenge starts on January 31, 2022 and ends on March 27, 2022. This timeline gives all participants 8 weeks to really start 2022 off with a bang!

Is there a cost to participate?

The Challenge costs \$20/person, or \$100/station/platoon, or \$100/six rural station/communications/administration/prevention/training members. All money collected will go to the winning participant’s registered charity of choice.

Will I have any help or support throughout the Challenge?

All on-shift Peer Fitness Trainers will be available to assist with goal-setting, motivation, and workout programming.

Who tracks my information?

You do! All personal information will be tracked by each individual participant and WILL NOT BE SHARED with anyone else.

How do I join?

To join, please send an email transfer of \$20 per person or \$100 for a station entry to opffcharities@ottawafirefighters.org. Clearly indicate your name(s), station and platoon. Upon receipt of payment, you will be sent a Challenge “package” with instructions on how to get started!



2022 Wellness-Charity Challenge

Introduction

The Ottawa Firefighter WFI Team has partnered with the OPFFA Charities Committee to deliver a Wellness-Charity Challenge! What better way to get back on the resolution wagon, raise some money for your favourite charity and win bragging rights?! With this Challenge you will create your OWN goals for a healthier lifestyle. Every week, if you accomplish your goals, you will win up to four ballots towards a draw at the end of the competition. If your name is picked at the end of the competition, you get to choose which registered charity all the money goes toward. It's that easy! The more weekly goals you crush, the more chances you will have to get your charity all the money!

Details

- To enter the Challenge, send an e-transfer of \$20/person or \$100/station/platoon or \$100 for a rural station/communications/administration/prevention/training team of six to:
 - opffcharities@ottawafirefighters.org
 - Include your name(s) and station/platoon/division and best email to reach you/your team
- The competition starts on January 31, 2022 and ends on March 27, 2022
 - That gives you 8 weeks to really start 2022 off with a bang!
- The Challenge is to complete 4 goals each week in the category of your choice
- There are 4 different goal categories:
 - Nutrition
 - Fitness/ Exercise
 - Rest/Mobility
 - Lifestyle
- Each goal completed for the week gives you one ballot entry, up to four ballots per week
- At the end of each week, send your Platoon Challenge Lead how many ballots you need entered
- The Platoon Challenge Lead will keep track of and enter your ballots into the draw
- The draw will be held on April 4, 2022

Privacy

Don't worry, we are not collecting any personal information and will not be sharing any information that is shared by you with the employer or anybody else. Everything is kept strictly confidential between you, the competition organizers, your Platoon Challenge Lead and any Peer Fitness Trainer you decide to work with, if you decide to work with one.



2022 Wellness-Charity Challenge

Support

All the Peer Fitness Trainers want to help you! Whether it be thinking of goals or designing a workout program that suits you and your needs, you can reach out to your on-shift PFTs. Here is a list of your PFT's by platoon:

Platoon	Name	Email
A	Stu Ault	Stuart.ault@ottawa.ca
A	Glen Currie	Glen.currie@ottawa.ca
A	Marie-Eve Julien	Marie-eve.julien@ottawa.ca
A	Bryce Luker	Bryce.luker@ottawa.ca
A	Tyler McCammon	Tyler.mccammon@ottawa.ca
A	Pat Portugaise	Patrick.portugaise@ottawa.ca
A	Ty Sullivan	Ty.sullivan@ottawa.ca
A	Tony Wu	Anthony.wu@ottawa.ca
B	Jenna Beatty	Jenna.beatty@ottawa.ca
B	Jason Dupuis	jason.dupuis@ottawa.ca
B	Liz Hobbs	Liz.hobbs@ottawa.ca
B	Scott Patey	Scott.patey@ottawa.ca
B	Jesse Potter	Jesse.potter@ottawa.ca
B	Joey Shortliffe	Joseph.shortliffe@ottawa.ca
C	Pat Bolger	Patrick.bolger@ottawa.ca
C	Matt Daley	Matthew.daley@ottawa.ca
C	Bryan Dickie	Bryan.dickie@ottawa.ca
C	Mike Giroux	Michael.giroux@ottawa.ca
C	Taylor Halfinger	taylor.halfinger@ottawa.ca
C	Amanda Mallany	amanda.mallany@ottawa.ca
C	Jeremy Park	Jeremy.park@ottawa.ca

Platoon	Name	Email
D	Andrew Ellis	Andrew.ellis@ottawa.ca
D	Helena Inaloz	Helena.inaloz@ottawa.ca
D	Laurence Lemieux	Laurence.lemieux@ottawa.ca
D	Shaun McGibney	Shaun.mcgibney@ottawa.ca
D	Jason Murray	Jason.murray@ottawa.ca
D	Terry Rathwell	Terry.rathwell@ottawa.ca
D	Clayton Wallace	Clayton.wallace@ottawa.ca
D	Nic Wyman	nicholas.wyman1@ottawa.ca
D	Kelly Zimnicki	Kelly.zimnicki@ottawa.ca
District 6	Blaine MacDonald	blaine.macdonald@ottawa.ca
District 6	Adam O'Rourke	adam.orourke@ottawa.ca
District 7	Pat Bergeron	patrick.bergeron1@ottawa.ca
Comms	Mike Caverly	mike.caverly@ottawa.ca

Or feel free to email the WFI Committee at ottawaFFwfi@gmail.com



2022 Wellness-Charity Challenge

Goals

When you make your goals, they don't need to be lofty ones. In fact, we'd prefer they weren't! Small, positive changes to any lifestyle have a huge affect over the long term. The goals do have to be measurable though. See below for the category descriptions and goal examples.

Nutrition

The purpose of nutrition is to fuel your body and give it what it needs to function optimally. That does not mean sacrificing variety or taste! Making nutrition goals doesn't have to be hard. If you are starting (or restarting) your health journey it could be something as easy as drinking more water or eating more greens. Here are some examples:

Nutrition Weekly Goal	Achieved?
Eating 1 serving of greens in at least one meal a day.	yes/ no
Only having chips on Fridays.	yes/ no
Having black coffee instead of having sugar and cream with it.	yes/ no
No ice-cream on duty.	yes/ no
Having one vegetarian day a week.	yes/ no

Fitness/Exercise

Our bodies are meant to be high performing machines. Sometimes, life has gotten in the way and we may not be where we want our selves to be physically. Whether we want to lose weight, increase our cardio capacity or get stronger, we can all improve. Here are some examples of fitness/exercise goals to get you there:

Fitness/Exercise Weekly Goal	Achieved?
Complete 3 weight training sessions a week.	yes/ no
Complete 3-hours of cardio per week.	yes/ no
Complete 20 pushups every day.	yes/ no
Complete 20 squats every day.	yes/ no
Getting 10 000 steps every day.	yes/ no



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Rest/Mobility

Getting enough rest is crucial to both physical and mental health. When we are off-shift ensuring we get enough rest will allow body and brain to better recover. That being said we also should take some time every week to get more mobile so we don't pull muscles or get hurt as easily on the fire ground but also doing everyday repetitive stuff like getting in or out of the truck or even just twisting weird while doing ordinary things like grocery shopping. Here are a few examples of rest/ mobility goals:

Rest/Mobility Weekly Goal	Achieved?
Getting 8 hours of sleep a night while off shift.	yes/ no
Stretching for 10 minutes every day.	yes/ no
While on shift, get your 1/2-hour nighttime activity preparation (N.A.P.) time/ meditation.	yes/ no
Booking and getting a massage/physio/chiro/psychology/dietitian appointment.	yes/ no
Doing 3 yoga sessions a week.	yes/ no

Lifestyle

Lifestyle goals can be something that you want to achieve that doesn't really fit into any of the above categories. Examples of lifestyle goals are:

Lifestyle Weekly Goal	Achieved?
Only consuming alcohol/cannabis on the weekends.	yes/ no
Reading 10 pages of a book every day.	yes/ no
Decreasing screen time by 25%.	yes/ no
Practicing another language for 10 minutes a day, (Duolingo).	yes/ no
Spend uninterrupted time/play with a loved one for 15 minutes a day.	yes/ no



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Week 1 Date: _____

Lifestyle Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Rest/ Mobility Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Fitness/ Exercise Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Nutrition Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no



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Week 2 Date: _____

Lifestyle Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Rest/ Mobility Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Fitness/ Exercise Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Nutrition Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no



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Week 3 Date: _____

Lifestyle Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Rest/ Mobility Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Fitness/ Exercise Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Nutrition Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no



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Week 4 Date: _____

Lifestyle Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Rest/ Mobility Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Fitness/ Exercise Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Nutrition Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no



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Week 5 Date: _____

Lifestyle Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Rest/ Mobility Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Fitness/ Exercise Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Nutrition Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no



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Week 6 Date: _____

Lifestyle Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Rest/ Mobility Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Fitness/ Exercise Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Nutrition Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no



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Week 7 Date: _____

Lifestyle Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Rest/ Mobility Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Fitness/ Exercise Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Nutrition Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no



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Week 8 Date: _____

Lifestyle Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Rest/ Mobility Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Fitness/ Exercise Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no
Nutrition Weekly Goal	Achieved?
	yes/ no
	yes/ no
	yes/ no
	yes/ no
	yes/ no