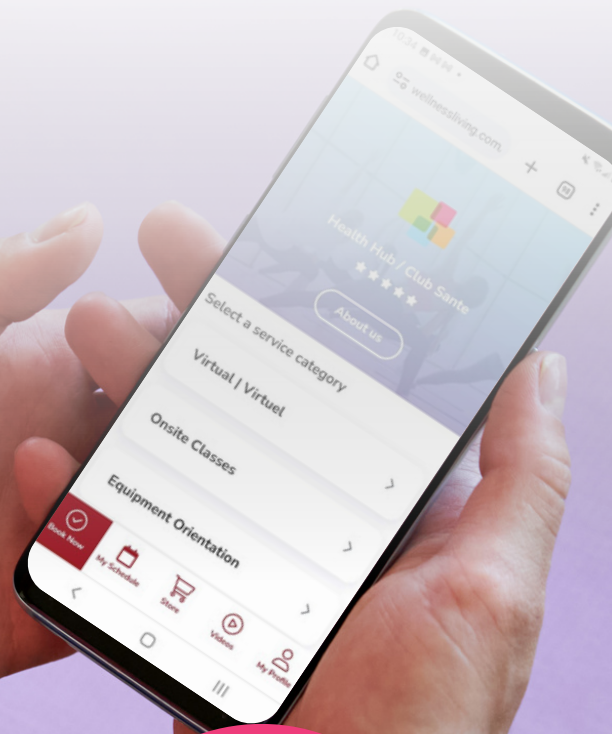




# VIRTUAL EMPLOYEE WELLNESS PROGRAM



SPRING  
2024

LIV<sub>unLtd</sub>

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FIND MORE AT [WWW.HEALTHHUBCANADA.COM](http://WWW.HEALTHHUBCANADA.COM)

# Welcome to the Health Hub!



LIVunLtd is the Canadian leader in fitness and wellness program management. With over 45 years of experience, we employ award winning and industry leading staff, from coast to coast, so you can be sure that the services you use are safe and effective.

## Welcome to the Health Hub - the TJX Canada Employee Wellness Program.

This service is free of charge to all employees of TJX Canada.

This fully virtual program is accessible from anywhere and at anytime - from your computer or your mobile device.

### Getting started is simple!

**CLICK HERE** to learn more about activating your membership and continue reading to learn about all of the services available to you.

Most services are included at no charge to you, so be sure to take advantage of all the amazing opportunities provided.

# Fitness Classes

## January to March, 2024

Nutrien Fitness members can access the following classes through the member portal or app. All classes stream live via Zoom. If joining from a mobile device please ensure you have Zoom downloaded prior to the class starting.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15AM ATLANTIC 7:15AM EASTERN 5:15AM MOUNTAIN 4:15AM PACIFIC	<b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING AMANDA	<b>CARDIO</b> SCULPT LISA C.	<b>STR</b> NG DEB	<b>YOGA</b> LISA C.	<b>CARDIO</b> BOXING AMANDA
12:30AM ATLANTIC 11:30AM EASTERN 9:30AM MOUNTAIN 8:30AM PACIFIC	<b>STRETCH</b>	<b>STRETCH</b>	<b>STRETCH</b>	<b>STRETCH</b>	<b>STRETCH</b>
1:10PM ATLANTIC 12:10PM EASTERN 10:10AM MOUNTAIN 9:10AM PACIFIC	<b>CARDIO</b> SCULPT BRENDA	<b>BARRE</b> KYLA	<b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING BRENDA	<b>CARDIO</b> SCULPT CHRISTYN	<b>STR</b> NG CORY
2:30PM ATLANTIC 1:30PM EASTERN 11:30AM MOUNTAIN 10:30AM PACIFIC	<b>MIND</b> MAT	<b>MIND</b> ON DEMAND	<b>MIND</b> MAT	<b>MIND</b> ON DEMAND	<b>MIND</b> MAT
3:10PM ATLANTIC 2:10PM EASTERN 12:10PM MOUNTAIN 11:10AM PACIFIC	<b>BARRE</b> KYLA	<b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING ON DEMAND	<b>STR</b> NG ANN	<b>CARDIO</b> BOXING ON DEMAND	<b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING ANN
5:30PM ATLANTIC 4:30PM EASTERN 2:30PM MOUNTAIN 1:30PM PACIFIC			<b>YOGA</b> FUSION TRINH		
8:15PM ATLANTIC 7:15PM EASTERN 5:15PM MOUNTAIN 4:15PM PACIFIC	<b>STR</b> NG LISA S.	<b>YOGA</b> ON DEMAND	<b>CARDIO</b> SCULPT LISA S.	<b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING ON DEMAND	

See class descriptions and recommended equipment on the next page.

# Fitness Classes

	Description	Equipment Required
<b>STRONG</b>	This 30-minute session is dedicated to sculpting and toning your muscles through a series of high-repetition, strength-based movements.	1 Mat Weights or Dumbbells
<b>CARDIOBOXING</b>	Set to energizing music, Cardio Boxing incorporates dynamic boxing moves like punches, kicks, knees, and elbows to elevate your heart rate and melt away tension.	None
<b>CARDIOSCULPT</b>	Using a combination of cardio exercises and strength training, Cardio Sculpt delivers a comprehensive fitness experience. Feel the burn as you work every major muscle group, all set to motivating music that propels you through the workout.	1 Mat Weights or Dumbbells
<b>YOGAFUSION</b>	Yoga Fusion seamlessly combines the best of yoga and Pilates, guiding you through a flow of invigorating movements that enhance flexibility, build core strength, and promote mindfulness.	1 Mat
<b>HIIT</b> <small>HIGH INTENSITY INTERVAL TRAINING</small>	Get ready to elevate your fitness with our invigorating HIIT class! No need for fancy equipment – just grab your mat, and let's break a sweat together. This bodyweight-only workout is designed to push your limits and boost your energy.	1 Mat
<b>STRETCH</b>	In this short but impactful class, we'll guide you through a series of gentle movements designed to reduce pain, and counteract the strains caused by prolonged periods of sitting.	None
<b>BARRE</b>	A fusion of Pilates, barre, and core exercises designed to sculpt and strengthen. Grab your light weights and find stability with a chair or barre as we guide you through a transformative core-focused experience.	Light weights Barre/chair 1 Mat
<b>YOGA</b>	Ignite your inner strength and flexibility in our invigorating Yoga class. This fitness-inspired session seamlessly blends flowing movements to improve flexibility, mobility, balance, and overall well-being.	1 Mat
<b>MIND</b>	Immerse yourself in the present moment, cultivate inner calmness, and discover the transformative benefits of mindfulness in this immersive guided mindfulness session designed to forge a connection between body and mind.	None



# stackable workouts

## Create your own customized workout with Stackable Workouts!

Stackable Workouts are new in the on demand section of Health Hub. These are short (12 minutes or less) workouts that are designed to be quick, effective and easy to use. The workouts are either bodyweight only, or use dumbbells.

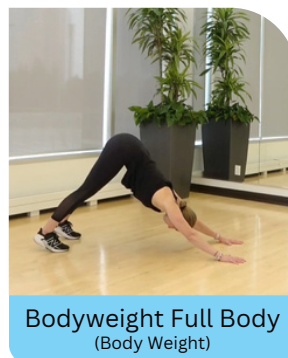
There are over 20 workouts available with a variety of options: core, upper body, lower body, HIIT, and full body.

### How to use Stackable Workouts:

- Head to your Health Hub member portal and click On Demand
- Once you are in the on demand section, click the Stackable Workouts heading
- From here you will see all workouts available
- For the best results, STACK your workouts together to create a 20-30 minute complete routine!

We will continue to update the database of workouts 3 times a year - January, May and September.

**CLICK HERE** to learn more!



# wellSMART

## Self Guided Wellness Plans

### Get SMART with your Wellness Plan!

Be SMART with your health and wellness - try out our SMART series of wellness programs to help you make changes that will improve your wellbeing.

Get tips, guidance and a plan. Choose the topic you want to start with and begin your self-guided program today!

Choose from one of our 2 current wellSMART plans:



### MOVESmart

MOVESmart is a 14 day self guided wellness program. It is specifically designed to help you get more movement in your day and include an email each day for 14 days with a simple, actionable tip.



### SLEEPSmart

SLEEPSmart is a 14 day self guided wellness program. It is specifically designed to help improve your quality of sleep, while also helping you fall asleep faster.



### EATsmart

EATsmart is a 14 day self guided wellness program. It will provide you with 1 tip or trick to improve your eating habits in a variety of ways including mindful eating tips, nutrition information, and action items.

These program are an email based program that will provide you with 1 tip or trick daily that can be implemented to help you work towards you health and wellness goals!

As a part of the program, you will also have access to special Wellness Coaching sessions with LIV North Wellness Coaches. Be sure to take advantage of them as they are free and can really help you in your personal journey to improve your movement.

**[CLICK HERE](#)** to learn more!

# Wellness Coaching

Coaching that goes beyond fitness!

Wellness Coaching sessions are designed to help you explore your behaviours and habits and support you in the process of changing and continuing to make positive choices.

Our Wellness Coaches are here to do that - support you on your path to a healthier lifestyle in whatever manner you require. Our Wellness Coaches tend to focus on:



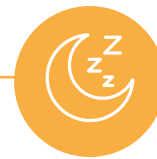
## Value Setting

Let our Coaches assist you in digging into your 'Why' and your values to ensure you long term success in any goal.



## Nutrition

Nutrition can be complicated, and our Coaches can help you track, explore and make positive changes.



## Sleep

If your goal is to improve your sleep quality to increase energy and decrease stress, our Coaches can help.



## Movement

Movement is more than just fitness, it's finding way to move better and feel better everyday. Our Coaches can help.



## Recovery

Ensuring adequate recovery from fitness, stress, etc., is crucial to success. Let our Coaches teach you.



## And more!

Book your free consultation today to learn how a Wellness Coach can help you on your journey.

If you would like to learn more about Wellness Coaching, we recommend you book a free consultation first to learn more about all of our sessions and services.

**[CLICK HERE](#)** to learn more about Wellness Coaching.



# Challenges & Events

April 2024



Discover the joys of staying fit amidst the open air, exploring the myriad benefits of outdoor exercise. Let us guide you in planning your outdoor fitness routine for a refreshing and energizing experience this season.

Learn more at [healthhubcanada.com](https://healthhubcanada.com)



Keeping your bones healthy only gets more important as you age - explore the positive impact of physical activity on bone health and discover the most effective exercises to enhance your skeletal strength.

Learn more at [healthhubcanada.com](https://healthhubcanada.com)

# Challenges & Events

April 2024



## 15/30 Challenge April 1 - 30, 2024

As we step into April, let's embrace the season of renewal by focusing on our health and fitness goals. The 15 in 30 challenge is your opportunity to bloom alongside the flowers – attend 15 classes (any classes!) during April and earn a ballot for a chance to win an exciting prize drawn at the end of the month.

### How to Participate:

- Join any LIVE class on our new spring schedule and earn one point per class.
- Attend 15 classes throughout the month to qualify for the prize draw.

Your points will be automatically tracked on your Nutrien Fitness profile.

No registration is required for the 15 in 30 Challenge; simply start attending classes from the new spring schedule and you're on your way to winning the prize!

Learn more at [healthhubcanada.com](https://healthhubcanada.com)

# Challenges & Events

April 2024



## Optimal Nutrition

**Free for TJX Canada Associates**

**Thursdays, April 4-25, 2024**

**1:10pm AT / 12:10pm ET / 10:10am CT/MT / 9:10am PT**

Take control of your nutrition and improve your health!

Optimal Nutrition is led by a Registered Nutritionist and offer 4 weekly sessions that cover topics including:

- Nutrition & Stress Response
- Nutrition & Immunity
- Gut Health
- Creating a Healthy Eating Plan

Each live session will be recorded and available for registered participants to review.

Registration is limited and opens on February 15, 2024.

Learn more at [healthhubcanada.com](https://healthhubcanada.com)

# Challenges & Events

May 2024



Discover positive self talk - a reassuring and optimistic inner conversation that can be easily integrated into your daily life with just a bit of practice. Explore the profound impact positive self-talk can have on mental well-being and its role in preventing burnout across all facets of your life. Join us on a journey of self-empowerment through uplifting self-dialogue.

Learn more at [healthhubcanada.com](https://healthhubcanada.com)



Join Megan as she helps you restore your natural energy flow and harmonize your mind and spirit in this sound event that combines ancient wisdom with modern therapeutic techniques. Whether you are seeking relief from physical discomfort or yearning for emotional equilibrium, this sound bath will offer you a unique path toward total wellness.

Learn more at [healthhubcanada.com](https://healthhubcanada.com)

# Challenges & Events

May 2024



## Mindfulness BINGO May 6-17, 2024

As we celebrate Mental Health Month in May, we invite you to embark on a journey of self-care and mindfulness with our special BINGO challenge. Mindfulness comes in many forms, and there's no 'one size fits all' solution. Join us for a game that's not just fun, but also promotes mental well-being!

Your goal is simple: complete a line on your BINGO card by engaging in mindfulness activities.

Whether you choose a vertical, horizontal, or diagonal path, each completed line brings you closer to winning. Once you've completed your line, return your card to WellNorth to be entered into our draw for prize!

### How to Participate:

- Register for Mindfulness BINGO to receive an email confirming your enrollment.
- Your BINGO card will be sent to you via email on May 6th, 2024.

Let's make Mental Health Month memorable and uplifting together! Join us for Mindfulness BINGO and prioritize your mental well-being in a fun and rewarding way.

Learn more at [healthhubcanada.com](https://healthhubcanada.com)



# Challenges & Events

May 2024



## The Macro Challenge May 6-31, 2024

For most people, counting calories on a daily basis is a given.

The thing is, a calorie isn't just a calorie.

So instead of just counting the amount of calories you eat, we now know that it's the quality of the food we eat that has more of an impact on our health and weight loss. That means macros - the nutrients your body needs like carbohydrates, fats, and proteins - are a far better way to measure and fuel your body with what it needs.

Join the Marco Challenge and learn exactly what a macro-based eating plan is so that you can calculate your own unique macros, adjust your portions, create your own meal plans and implement them into a schedule that works for YOU!

Aside from weight loss and feeling better, this challenge can also lead to:

- Better sleep
- Lower inflammation
- Balanced hormones
- Improved memory & focus
- Better digestion
- Improved blood sugar balance
- Enhanced energy
- Enhanced mood & self-confidence
- Better libido
- And so much more!

Space is limited. Learn more at [healthhubcanada.com](https://healthhubcanada.com)

# Challenges & Events

June 2024



## Shopping on a Budget Virtual Workshop June 12, 2024

Explore practical strategies for maintaining a healthy and budget-friendly shopping list. Discover the tips for smart shopping, uncover food prep secrets, and embrace the value of leftovers. Join us as we guide you through delicious and nutritious meal options that won't break the bank, ensuring your well-being flourishes without compromising your budget.

Learn more at [healthhubcanada.com](https://healthhubcanada.com)



## Fit in the Kitchen - Asparagus Potato Salad Virtual Workshop June 19, 2024

When it comes to achieving our health and wellness goals, what we do in the kitchen can be a major contributor. Fit in the Kitchen explores a healthy ingredient, shares education, and includes a live cooking demo using that ingredient. Join Amanda in the kitchen as she shares all about Asparagus, shows you how to use them and walks you through making amazing Asparagus Potato Salad.

Learn more at [healthhubcanada.com](https://healthhubcanada.com)

# Challenges & Events

June 2024



## **The Amazing Race** **June 3 - 28, 2024**

Grab a partner and join this race from coast to coast - virtually!

The 2024 edition will have you visiting and participating in challenge in Europe, Australia, the USA and Canada!

Through this 4 week journey you will be asked to complete weekly challenges related to fitness, mindfulness and nutrition, with the occasional road block or speed bump thrown your way. Each challenge will be themed on the 'location' you are visiting that week.

At the end, all teams that successfully reach the finish line will be entered into the draw for our grand prize!

Click below to explore more challenge details and to sign you and your partner up.

Learn more at [healthhubcanada.com](https://healthhubcanada.com)

# Other Fitness Services

## **ON DEMAND SESSIONS**

Looking for a fitness solution at any time of the day? Not to worry. With an ever growing library of on demand fitness, wellness and education sessions, you can find what you need on the Nutrien Fitness Employee Wellness platform. On demand sessions include all live streamed fitness, wellness and workshop sessions. View videos from your desktop, tablet or phone using the member portal or app.

On demand videos are available at no additional fee.

## **PERSONAL TRAINING**

You don't need to be in a gym to use the services of a Personal Trainer! Our industry leading and certified trainers will meet you wherever you are via Zoom and deliver a truly personalized workout to you. If you are not sure, you can book a complimentary Consultation through the member portal or app to find out more.

Personal Training fees range from \$50-\$65 per session.

## **SMALL GROUP TRAINING**

Training as a group can provide you with support and motivation that you didn't know you needed. Small Group Training allows you to work with a Personal Trainer and up to 7 other individuals with similar goals to you. These sessions are still personalized to your abilities and goals with the cost being shared among the participants.

Small Group Training is available upon request. Fees vary. Inquire for more details.

## **GOAL SPECIFIC SELF PACED FITNESS PROGRAMS**

Every other month a new goal specific, health themed fitness program will be released for you to download and use on your own time. Programs include Heart Health Program, Learn to Run 5Km and more.

# BRING THE HEALTH HUB TO YOUR NEXT MEETING!

The Health Hub is pleased to offer free 5-15 minute virtual sessions during your meetings, events, etc.

- Mindfulness
- No Sweat Stretch Break

**SEND US AN EMAIL AT  
FITNESS@TJXCANADA.CA TO BOOK**



**HEALTHHUB**  
  
**CLUBSANTÉ**

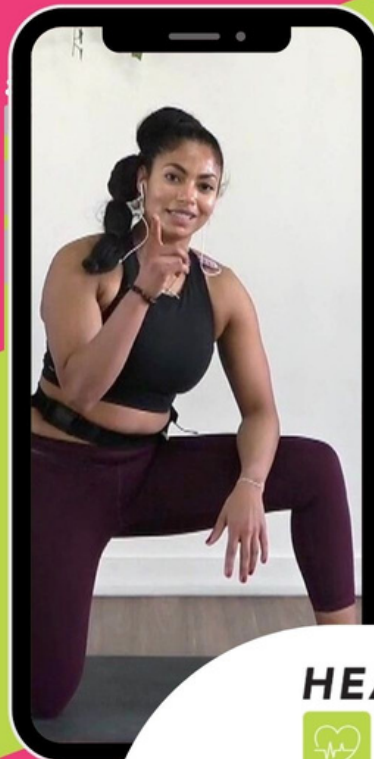
# ANYTIME ANY WHERE ANY SESSION



Health Hub offers an ever growing library of on demand fitness, mindfulness, stretch and education sessions!

Join the Health Hub today for FREE!

Visit [healthhubcanada.com](http://healthhubcanada.com) to learn more!



**HEALTHHUB**  
  
**CLUBSANTÉ**