

Great benefits at this workplace

Easy access to physical activity

When Sean Flynn, 43, lost 30 pounds and gained more energy than he knew what to do with, his staff at work had no idea they would benefit, too.

“My real goal was to get fit—I was having a hard time keeping up with the kids,” said Sean, who lives with his wife and four children in Kingston west. “It had been slowly creeping up on me. I was slowing down, out of breath a lot.

Sean decided to hire a trainer, who helped him start a program of physical activity and stick to it. Sean began running, walking, and he visited the gym regularly. “I also started watching what I ate.”

That was three years ago. Today, Sean is lighter and leaner and can handle whatever his children throw at him. Last November, however, he realized that his regular workouts at the gym were taking too much time away from the office. Sean owns Catarauqui Cabinets, a business his family started nearly 30 years ago.

“I was gone for two hours at a time and I’d feel so guilty for being away—I’d come back and there would be a million messages for me.”

The solution? Bring the gym to the workplace. Sean was in the midst of renovations at his O’Connor Drive business anyway, so he decided to add a workplace gym facility to his plans. “In the beginning I was thinking of myself using it, but a few staff members expressed an interest, and I thought it would be a great idea to open it up to everyone here.”

“Being physically active is a big stress reliever for me,” said Sean. “And I know how hard my staff work so I thought it would be great for them, too.”

The office staff is now given forty minutes each day—on top of their lunch break—to use the gym or do something else that’s physically active. Because they work in the production end, employees in the on-site factory are unable to take that

kind of break so they tend to use the work-out facilities before and after their shifts.

All 29 staff members have access to the gym, which features a five-station workout area, along with a treadmill, stationary bike, and other equipment including medicine balls, Bosu balls, balance pads, dumbbells, skipping ropes, and more.

Sean’s success comes from his ability to change his environment. Because the gym is close at hand, he and his staff can easily slip in for a quick workout. Finding a way to naturally incorporate physical activity into daily life is key to a healthy lifestyle—in this case, visiting the gym is an easy choice.



This is one message behind a KFL&A Public Health initiative called Motiv8. This program is about eating well, getting fit, and living life. The Motiv8 vision is that all adults in KFL&A will have the supportive environments they need to increase awareness, promote

motivation, and build skills to improve their health by eating well and being active. These adults can then pass these healthy habits on to the children in their lives.

Indeed, Sean said, “my wife and kids use the gym all the time as a way to be more active.” It all started by a desire to boost his fitness level. Sean has now spread his healthy lifestyle habits—and become a role model for the other people in his life.



An initiative by KFL&A Public Health

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