

### Take Your Break!

Summer is a great time to leave the office behind. However, many of us stay connected to work through email, cellphones and social media. In fact, employees will forgo a 2 week vacation to avoid being out of the loop resulting in many allocated vacation days going unused.

Evidence shows that taking breaks of any kind is not only good for us, it increases productivity and well-being. So lose the guilt of taking vacation time and remember that we benefit both physically and mentally from taking a break from the daily routine. Here's why:

- Employees report feeling better and more motivated to work post vacation. Conflict and tension in the workplace is also reduced.
- Vacations relax and recharge us, and this positive effect lasts well after the vacation is over.
- Employees who don't take time away from work become less productive. Presenteeism (showing up to work while unwell) and burnout are real health issues that affect everyone in the workplace.
- Vacation time is medicine. Employers should monitor time off just as health professionals monitor blood pressure and cholesterol. Time away from work helps reduce stress and improves productivity.
- Spending time away with family or friends promotes bonding and strengthens social relationships, important for mental health.

If long vacations are not easy for you, start by incorporating shorter breaks such as extended unplugged weekends. Take small breaks throughout the day such as lunch with a friend or several short walks. Taking your break will ensure you are a happy, productive employee.

<http://www.forbes.com/sites/work-in-progress/2013/06/25/the-best-reason-ever-to-take-a-two-week-vacation/>  
<http://www.nationalgeographic.com/adventure/news/how-to-get-more-vacation-time.html>



### Tri Fit Green Tips

#### Create a garden that repels bugs and insects

Rather than using harmful chemicals in your garden, plant these plants and herbs to help repel bugs, insects and other pests.

**Mint:** Not only does it smell great, but mint will also ward off ants and mice.

**Basil:** Delicious in a salad and also great for keeping flies away.

**Bay leaves:** Nobody likes roaches! Plant some bay leaves in your herb garden and deter roaches.

**Lemongrass:** It looks great in your garden and also helps to keep away mosquitos and bees.

**Pyrethrum Chrysanthemums (Mums):** A super plant that can help ward off fleas, ticks, lice, bedbugs and roaches.

**Citronella:** Probably the best known plant for its insect repellent properties, citronella is great for repelling mosquitos.

**Marigolds:** Particularly good at protecting tomato plants, marigolds will also repel mosquitoes, aphids and maggots.

**Share your DIY green ideas on social media**  
**#TriFitGoGreen**

Source: <http://serendipityandspice.com/8-plants-to-repel-bugs-insects-and/>

## Adventure Travel with Tri Fit

Are looking for a vacation that combines fitness, fun and adventure? Our Tri Fit Wellness Consultants share their best active travel experiences.

### Elephant Nature Park Thailand

A love of animals and travel made this working holiday a perfect fit for

Tri Fit's Rochelle Malley (Toyota Park). The nature park sanctuary cares for elephants rescued from abusive working conditions. Being fit allowed Rochelle to keep up with the physically demanding work including shearing banana trees, building fences and



preparing food for the elephants. Volunteers were provided with basic accommodation, Thai meals and a priceless opportunity to care for the elephants. Rochelle says, "It was the hardest working but most rewarding week of my life and I met people that share my passion for adventure and helping animals." [www.elephantnaturepark.org](http://www.elephantnaturepark.org)

### Bike and Hike New Zealand

Seeking an active holiday, Tri Fit's Jennifer Oke (Dupont) opted for a camp and bike adventure, travelling through New Zealand. Jennifer was awestruck by the beauty of Fox Glacier, the Paparoa National Park and the Southern Alps and loved the scenic cycling along the way. Attending spin and Pilates classes helped Jen meet the challenges of the hilly terrain. Jen says, "I saw so much more from a bicycle than I would have from a car or a bus and camping was a great budget-friendly way to meet the locals and other travellers!" <http://www.flyingkiwi.com/>

### Argentinian Patagonia Treks

Adrienne Sutton (Tri Fit's Director of Operations) highly recommends Argentinian Patagonia; the "mecca" for trekkers. While Adrienne chose the challenging multi-day treks, the network of trails includes gentler hikes lasting a couple of hours. Adrienne says, "All hikes are well marked and allow you the freedom to stop at a Refugio, or mountain hut, to rest, eat, and share stories and trek recommendations with travellers from around the world." Magnificent ice-fields, glacial lakes and majestic peaks made this a trip to remember! Adrienne's next adventure will take her trekking through Guatemala.

Are you looking for an active vacation closer to home? Check out bike and hike opportunities in your community. Visit: <http://www.biketrain.ca/> [www.tctrail.ca](http://www.tctrail.ca)

**Share your active vacation experiences #TriFitTravelHealth**

## Upcoming Events

### Sun Awareness Week – June 1<sup>st</sup> to June 7<sup>th</sup>

June 1 through June 7 is National Sun Awareness Week and will be marked by a number of events and activities including free skin screenings across Canada. For more information visit the [Canadian Dermatology Association](http://www.CanadianDermatologyAssociation.org). Share your sun safety strategies on social media @CdnDematology #TriFitSunAwareness

### Pan Am & Parapan Am Games–July/Aug 2015

More than 7000 athletes from across the Americas and Caribbean will meet in the host city of Toronto and compete in venues from Oshawa to Welland, Ontario. The 36 Pan Am events will take place from July 10-26<sup>th</sup> and the 15 Parapan Am events from August 7<sup>th</sup>-15<sup>th</sup>. Find your favourite event at <http://www.toronto2015.org/schedule>

## Featured Recipe

### DIY Coconut Oil Cooling Lotion

This all natural moisturizer is full of anti-oxidants and is hydrating and healing when applied to the skin. Can be used for sun burns, insect bites or rashes.

#### INGREDIENTS

1 cup coconut oil (solid)  
 ½ cup Aloe Gel  
 18 drops essential oil (lavender and peppermint recommended)

#### DIRECTIONS

Place all ingredients in a bowl using a hand mixer or a stand mixer, mix ingredients for 5-8 minutes until you see that the coconut oil is turning white and forming peaks. Store in a container or jar and enjoy!

<http://hip2save.com/2014/04/30/homemade-whipped-coconut-oil-cooling-lotion/>