

## MLPAO Healthy Lab Challenge

Laboratory Services at Mackenzie Health is rising to the MLPAO Healthy Lab Challenge during the Q4 October 1<sup>st</sup> to December 31<sup>st</sup>, 2018 quarter.

Thirteen participants of the Mackenzie Health Richmond Hill Laboratory team are participating in the “Biggest Loser” weight loss challenge. They will be introducing a healthier lifestyle and habits through making wiser choices in foods and exercise to accomplish their personal goals.

Here are a few reasons why some of our participants decided to join the challenge:

*“There are many benefits to changing to a healthy lifestyle. Other than losing weight, it’s important to incorporate exercise into everyone’s daily routine. Coming from a family with a history of heart disease, I know this is something that I personally need to do. At the same time, I want to set an example for my family and friends and hopefully influence them to incorporate a healthy lifestyle. Recently I have been feeling more tired and eating unhealthy and knew that I needed to change. Already I have more energy than I used to, I feel better about myself, and hopefully reduce my risk for serious health problems.” - Mohsin*

*“I have been trying to live a healthier lifestyle since the beginning of the year through intermittent fasting. Unfortunately, I haven’t really been keeping track of my progress. This contest will help me justify if these lifestyle changes that I have implemented have the desire affect by recording my initial weight and final weight. I also am fairly competitive. So this competition will also help to keep me motivated.”  
- Milton*

*“Doing this weight loss because seeing what my father is going through it will be me soon if I don’t watch what I eat and take better care of myself. So for better health to avoid health problems in the future especially diabetes which runs in my family heart disease, cancer, dialysis etc etc etc....I have to try to avoid these problems down the road. To feel better and not always tired and of course to enjoy my retirement and family. Doing it to live longer and to have a healthy life. This will be hard because I love food!” - Marlene*

*“The main purpose is having an active life style which needs not to be overweighed.”  
- Mehri*

Amy is the main force and organizer of the “Biggest Loser” event in our Lab and this is why she is motivating her peers:

*“Like most workplaces, we spend more time here than with our normal families. If we can do one thing to help motivate one of our team members to shed some unneeded weight, than that's what we need to do.*

*If we're healthier as a team than we'll be happier as a team. And that all trickles down to a better experience for our patients." - Amy*

Mackenzie Health Richmond Hill promotes and provides support for staff health and wellness by providing wellness programs. Investing in their staff to achieve their potential in their journey is an opportunity for happiest and healthiest employees by offering different types of programs throughout the week such as Pilates, Kick Boxing, yoga, circuit training, Zumba classes, walking or running during lunch are a few of the activities offered.

Being active helps manage stress, making healthier food choices, makes the team function more efficiently. It's amazing seeing the transformation in the staffroom at lunch. Conversations around the table are about the food in they are now eating or exercise programs they are participating in to achieve and strive for their personal goal. During the four month period, discipline, planning and perseverance challenged the team as the Holiday festivities and activities constantly antagonized the participants.

Before picture taken in September from left to right is Daniel, Milton, Marlene, Linda Mohsin and Paula.





Picture above of all the Lab Rat participants: Top row is Jenny, Marcena, Marlene, Milton. Second row: Rawa, Mohsin, Paula, Daniel. Bottom row: Gloria, Mehri, Maureen and Linda and Nicole was absent.

The goal setting began and the team took on the adventure as a Laboratory experiment. Interesting concepts and routines evolved in the journey towards their personal goal and the Lab Rats team Challenge saw transformation at different rates of the participants. Their way of achieving personal outcomes of their personal weight varied:

- Mohsin chose to exercise “Beach Body” exercise with low carb and high protein diet and was very successful at achieving his personal goal.
- Milton opted to intermittent fast 5 days a week for 14-hour intervals with minimal exercise.
- Maureen chose the keto diet intermittent fasting for 5 days 18 hours with no exercise.
- Daniel changed his eating habits by making wise choices and portion control when eating exercising three days a week with light weights and cardio.
- Linda choose to eat wisely by eating smaller portions and low carbs with no exercise.
- Paula also changed her eating habits by making wise choices and portion control with moderate exercise.
- Marlene, Rawa, Gloria, Mehri and Nicole portion controlled their intake and made wise food choices.
- Jenny moderately exercised and ate healthier.
- Marcena intermittently fast and made wise food choices with moderate exercise.

Here is the after shot:



From left to right: Maureen, Daniel, Milton, Marlene, Linda, Mohsin and Paula.

Back in October 2018, Jenny and Paula participated in the Toronto Scotiabank Marathon raising funds for the CNETS Canada (Carcinoid Neuroendocrine Tumour Society), in finding a cure for cancer. They were part of the Zebra Team that raised over \$60,000. All funds raised went directly to CNETS Research toward finding a cure.



*Toronto Scotiabank Marathon, October 21, 2018*

Working in the Health Care environment, taking care to make a difference for others, is our Professional standard of practice and accountability. Obesity in North America is a growing health risk in many aspects of health care. The Lab Rats journey at Mackenzie Health illustrated that healthy life style choices of food and exercise at any stage of life, saw the most transformation of weight loss for a healthier life style.