

Dear Lee,

Wow! What a blast the c2cfits program has been! Our employees have never been as engaged as they were with this terrific program. Not only that, the participation level was unbelievable. With a staff of 3,000 spread over 3 sites and working 24/7, it can be quite difficult to get information out to everyone and even more challenging to get them involved. Many of our staff work 12 hour shifts and I think it's safe to say, health care workers are generally not the best at looking after their own health care needs. But the c2cfits program created so much enthusiasm we had almost 1,000 staff log on and track their distances. Everywhere I went around the hospital I saw people checking their pedometers. We even had a Vice President invite her team members for a lunch time walk to keep them in first place. When they found it was raining, they went up and down the stairways!

Lee, I can't thank you enough for introducing c2cfits to the North York General Hospital family. We all got a geography lesson, (so nice that c2cfits is Canadian), and with this program we were able to motivate our people to participate in a fun challenge while enjoying the benefits of ongoing physical activity. Today Canada, next time....the world!

Yours in good health,



Maria Bates
Wellness Coordinator
North York General Hospital