

Employee Tips from Camslide!

Learn from a Wellness Champion at Camslide, Ms. Brenda Allen!

"Since I started the wellness program, I have a lot more energy to keep going even after work. I sleep much better, my breathing is easier. Not only are my clothes fitting better I have dropped 8 lbs. I exercise almost every day for 30-60 minutes. I have found that stable vegetables like carrots and cucumber are very tasty when served with new dips (try hummus!). I do not know of any other company that cares about your health like Magna. It is up to you to get healthy. If you don't care who does." - Brenda Allen, Camslide



Amazing job by all the challengers at Camslide East and West!

In just three month's challengers:

- Ate over 407 grocery bags (approx. 12 items) of fruits and vegetables
- Exercised for over eight days continuously
- Stepped their way from Toronto to New York City and Philadelphia!

From everyone at Magna Wellness, **Congratulations!**