



Group fitness for workout success

Making regular physical activity a priority may be challenging. There might be hurdles even before you start. You have to make the time, choose the activity, find a place to do it, get the gear and so on. This can feel like a lot. There is one thing that can make it easier—enlisting a buddy or joining a group.

In practical terms, working out with others holds us accountable. You are more likely to show up, follow through and stay motivated. Working out in a group elevates mood and lowers stress. It also makes exercising fun and social, so it becomes even better for your body and mind.

We've heard them all.

**There's strength
in numbers.**

**Teamwork makes
the dream work.**

Together, we're stronger.

**We may sweat,
but together, we shine.**



Exercise quantity and quality are higher when working out in a group.

Enlist a buddy

Get moving with a partner.

- Schedule walking meetings with a coworker.
- Grab a neighbour or family member for a morning or evening stroll.
- Sign up for a dance class with a like-minded friend as your partner.
- Walk while you talk on the phone. Long-distance buddies can still help motivate you.

Stronger together

Develop a community of supporters by choosing a group activity to work on your fitness goals. There are many options, like:

- Classes at your local gym or community center. Consider yoga, Zumba, spinning and more.
- Join a sports league, like pickleball, bowling, volleyball or tennis. Groups like these get together regularly, sometimes even daily.
- Train for a competition. Whether it's a charity walk, a bike race, a fun run or a marathon, look for a group of like-minded friends through local clubs or online. You can push each other to new heights.



Whether working out with 1 or 100, getting active is important to reaching your health goals. Choose who can help you succeed.

Before you start any new exercise routine, consult your healthcare provider.



Truth and Reconciliation Day

On Monday, September 30th, Truth and Reconciliation Day is observed to reflect on the history and impact of residential schools in Canada. It's a time to remember and honour the children who attended these schools and to support the healing process for survivors and their families.¹



How we can honour it:



Wear orange

Wearing an orange shirt is a simple yet powerful way to show your support and raise awareness. Orange Shirt Day was inspired by Phyllis Webstad, who had her new orange shirt taken away on her first day at a residential school at 6 years old. Orange represents the cultural and identity loss of Indigenous children, supporting the concept of Every Child Matters.

Attend Local Events

Many communities hold events like ceremonies, marches, or educational workshops. Participating in these events is a great way to learn more about the history of residential schools and show your solidarity. Look for event listings in community centers or webpages, local news, or on social media.



Learn and Listen

Take some time to educate yourself about the history and experiences of Indigenous Peoples. Oral storytelling is a main way to share history for many nations. Listen to Elders, Knowledge Keepers, and Old Ones share their stories, as their wisdom and experiences provide insights that can preserve traditions and help us understand the world more deeply.

You can also:

- Read books
- Watch documentaries
- Listen to podcasts that share stories

Try searching your local libraries and online platforms for resources on this topic. Sharing these stories with friends and family helps us grow, spread awareness and understanding, and become better allies.

Support Indigenous Businesses

Show your support by purchasing from Indigenous-owned businesses. This could include buying handcrafted jewelry, clothing, art, or food products. Not only does this support the local economy, but it also helps preserve and promote Indigenous cultures and traditions.



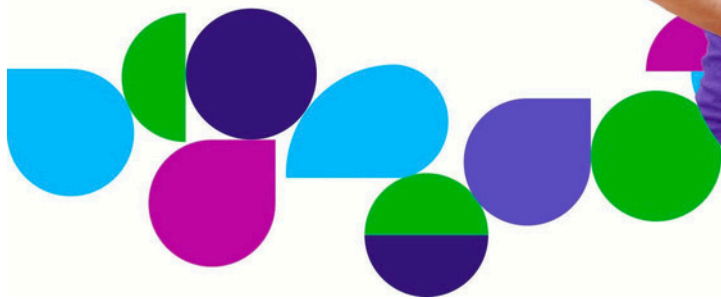
Share with friends and family

After learning and participating in events, share what you've learned with others. This could be through social media posts, conversations, or even organizing a small discussion group. Sharing your experiences and knowledge helps educate others and fosters a broader understanding and respect for Indigenous histories and cultures.

Every small action contributes to a more inclusive future for all, supporting and respecting Indigenous nations and their sovereignty in Canada.

WHO CAN YOU COUNT ON?

Friends



Friendships enrich your life.

Important events become more meaningful when they are shared with friends and loved ones.

Often, your relationships change as you go through the many phases of life. Things like school, sports, work, marriage, parenting and hobbies can bring new friends. Sharing life experiences creates feelings that are familiar and comfortable.

Open up

The instinct to get up close and personal with people often declines as you age.² You reserve your authentic self for a close few. However, you cannot maintain deep relationships by keeping people at arm's length. Talking about your secrets, desires and changes in your life is what really builds lasting connections.

Start small, and don't share things that make you feel uncomfortable.

Your supportive friends will appreciate what it takes for you to share. They may even recognize your struggle and thank you for trusting them.

Friendship facts

- No friendship or relationship is perfect.
- Every friendship is different.
- Trust and respect are the two most important qualities in a friendship.
- Friendships can change, and that's OK.



Seek new friends

You can be proactive about finding new friends as an adult.

Find your community. Your next "BFF" could be someone you just met. Bonding during a shared activity could be your gateway to deep, long-term friendships. Changing lifestyles can change the dynamic of your longtime friendships. With communication, trust and the intention to keep friends, you can keep the companionship, compassion and value your best friends have always given you.

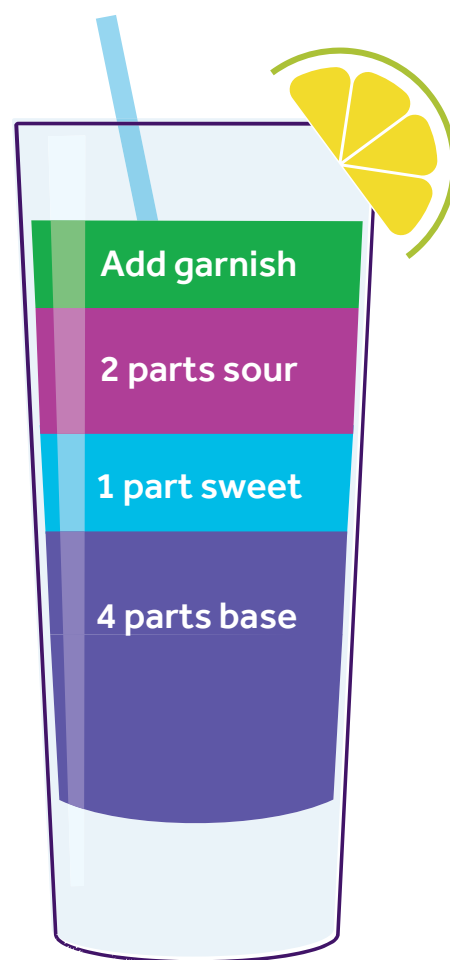
A toast to you

In social settings, the presence of good friends and great conversations is what truly makes the experience enjoyable. Alcohol doesn't need to be involved to have a good time. Laughter and connection can happen just as easily without it.

Mocktails are the way to go, and there are so many variations available.

There are options designed to mimic the flavors of traditional cocktails. Try mixing up nonalcoholic versions of drinks like mojitos (club soda, lime juice, agave and muddled mint), piña coladas (pineapple juice and coconut water) and gin and tonics (tonic water and lime juice).

You can also create completely original combinations when you follow simple rules for building better drinks. Flex your flavour-mixing muscles by setting up a make-your-own mocktail adventure for your next special occasion.





Make-your-own mocktail

Allow your taste to direct you. If you like sweet, tart, herby or spicy, your drink can reflect those tastes. There are no rules.

Follow these steps:

1. Start with a tall glass and plenty of ice.
2. Choose any combination of sour, spicy and/or sweet. Add 2 ounces of any flavoured simple syrup. It can be flavoured with berries, rosemary, thyme, honey or citrus.
3. OR add 1 ounce of a flavoured shrub, which is a vinegar-based syrup typically made from fresh fruit. It is used to layer in sweet yet acidic flavours.
4. Add no more than 2 dashes of nonalcoholic bitters or hot sauce.
5. Top with 4 ounces of a mixer. Options include anything light and/or fizzy, like club soda, tonic water, flavored seltzer, ginger beer, zero-sugar ginger ale or lemon-lime soda. Consider fresh-squeezed grapefruit, orange, lemon or lime juice, coconut water or flavoured iced teas like passion fruit, ginger, chamomile or peppermint.
6. Stir well and garnish with fresh fruits or cucumber slices. Herbs or spice blends can also be used to coat the rim of your glass.

Remember, meaningful relationships enrich our lives, and these connections grow stronger when we share our authentic selves with friends.

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