



Wellness Connection



OUR MISSION

WE ARE COMMITTED TO SUPPORTING AND WORKING WITH MUNICIPALITIES TO ENSURE THEY HAVE THE RESOURCES AVAILABLE TO HELP THEIR EMPLOYEES AND ELECTED OFFICIALS THRIVE IN THEIR WELLNESS JOURNEYS AND ACHIEVE THEIR PERSONAL HEALTH GOALS.

OUR VISION

STRIVING FOR A HEALTHY WORKPLACE ENVIRONMENT WITH ENGAGED EMPLOYEES AND ELECTED OFFICIALS.

SUMMER WELLNESS STARTS HERE



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IMPORTANT MUNICIPAL WELLNESS PROGRAM UPDATE

As of November 30, 2026, the Municipal Wellness Program will cease being offered through AMANS.

The decision to end AMANS's role as the administrator and deliverer of the program was made by the NSFM Board of Directors after it concluded an internal review. As of December 1, 2026, NSFM will assume full responsibility for the administration and delivery of the Program. If subscribers have any programming related questions please contact AMANS staff. NSFM has committed to a coordinated transition of the program. AMANS staff will communicate updates as the transition moves forward. AMANS members and CAOs have all received a letter making them aware of this change.



YOUR SUMMER WELLNESS CHALLENGE

Make a little more time for wellness this summer! Challenge yourself to check off all six before the season ends.

- ☐ **Get Outside** – Enjoy your lunch, morning coffee, or some downtime outdoors.
- ☐ **Try Something New** – Explore a new trail, activity, or form of movement.
- ☐ **Unplug** – Enjoy a screen-free evening.
- ☐ **Eat Seasonal** – Try a new recipe featuring fresh, local ingredients.
- ☐ **Connect** – Make time for a friend, family member, or colleague.
- ☐ **Recharge** – Set aside some time to slow down and do something just for you.

SAVE 30% ON A GOODLIFE FITNESS MEMBERSHIP



Looking for a little extra motivation to get moving?

Through the Municipal Wellness Program, eligible members have access to an exclusive corporate membership offer with GoodLife Fitness.

With the AMANS corporate rate, you can receive 30% off all GoodLife Fitness membership types with a \$0 enrolment fee.

Your Wellness, Your Way

Members can enjoy access to more than 200 clubs across Canada, a variety of group fitness classes, GoodLife On-Demand workouts, GoodLife Rewards, and more.

With both in-club and online options available, you can choose the type of movement that works best for your routine. Once you join, the discounted rate can also be extended to two family members.



Ready to Join?

To access the AMANS corporate membership rate, you will need a unique ID code before registering.

Contact [Sam Pellerin](#) at AMANS to request your unique ID code. Once you receive your code, you can complete your registration through the website linked below.

[GOODLIFE FITNESS CORPORATE MEMBERSHIP WEBSITE.](#)

FROM OUR MEMBERS' KITCHENS

Earlier this year, the Municipal Wellness Program invited members to share their favourite recipes as part of our wellness cookbook initiative. While the cookbook will no longer be moving forward as originally planned, we still wanted to highlight a few recipes that were shared with us—and, of course, pass them along for you to enjoy!

In this edition of the Wellness Connection, we're pleased to feature three recipes submitted by members from across the province.

From their kitchens to yours, we hope these recipes inspire you to try something new and perhaps discover a new favourite.

CHOCOLATE ENERGY BALLS

Submitted by: Ciera Robinson, Waste Services & Compliance Officer - Municipality of the District of East Hants

Ciera describes these Chocolate Energy Balls as a quick, healthy, and delicious snack. With no baking required, they're easy to prepare ahead and keep on hand for a convenient snack throughout the week.

Prep Time: 20 Minutes

Servings: 20 Balls

High Protein

INGREDIENTS

- ½ Cup Creamy Peanut Butter
- ⅓ Cup Honey
- 1 tsp Vanilla Extract
- ¾ Cup Old-Fashioned Oats
- 1 Scoop Chocolate Protein Powder
- 3 tbsp Unsweetened Cocoa Powder
- ¼ Cup Flaxseed, Ground
- 1 tbsp Chia Seeds
- ⅓ Cup Dark Chocolate Chips

Meal Prep Tip: Make a batch ahead of time and store them in the fridge or freezer for an easy on-the-go snack.

1. Add all ingredients to a large bowl and mix until well combined.
2. Roll the mixture into approximately 1-inch balls.
3. Store in an airtight container in the fridge for up to 2 weeks, or freezer for up to 3 months.

BUDDHA BOWLS

Submitted by: Geoff MacDonald, Manager of Accounting - Municipality of the District of East Hants

Geoff shared this recipe after discovering it while exploring the benefits of a Mediterranean-style diet. It has since become one of his go-to lunches because it can be prepared ahead for nearly a full week.

Prep Time: 25 Minutes
Servings: 6

Cook Time: 25 Minutes
Temperature: 400°F

Vegetarian
Budget Friendly

INGREDIENTS

Bowls:

- Baby Spinach
- 1 Red Pepper, Chopped
- 1 Zucchini, Chopped
- 1 Cucumber, Chopped
- 1 ½ Cups Grape Tomatoes
- 1 ½ Cans Chickpeas, Drained & Rinsed
- ½ Bottle Kalamata Olives
- 1 Cup Quinoa, Cooked
- Splash Olive Oil

Hummus:

- 1 ½ Cans Chickpeas, Drained & Rinsed
- ¼ Cup Olive Oil
- 3 tbsp Tahini
- 2 Cloves Garlic, Minced
- 2 ½ tbsp Lemon Juice
- ½ tsp Sea Salt
- Pinch Cayenne Pepper

INSTRUCTIONS

Meal Prep Tip: Prepare meal into 6 containers at once for an easy grab-and-go lunch option throughout the week.

1. Preheat oven to 400°F.
2. Toss chickpeas for the bowls in splash of olive oil and roast for approximately 25 minutes.
3. To make the hummus - combine chickpeas, olive oil, tahini, garlic, lemon juice, sea salt and cayenne pepper in a food processor. Blend until smooth.
4. Prepare 6 medium-size containers and fill each approximately ¼ - ½ full with baby spinach.
5. Divide roasted chickpeas, red pepper, zucchini, cucumber, tomatoes, olives and quinoa evenly among the 6 containers.
6. Top each serving with hummus, cover and refrigerate until ready to enjoy.

CAKE IN A MUG

Submitted by: Shannon Mury, Director of Community Development & Recreation – Municipality of the County of Richmond

Shannon shared this quick and easy recipe as her go-to when a craving for something sweet hits. With just four ingredients and about a minute in the microwave, it's a simple way to enjoy a warm chocolatey treat.

Prep Time: 3-5 Minutes
Servings: 1

Cook Time: 60 Seconds

High Protein
Gluten Free

INGREDIENTS

- ¼ Cup Greek Yogurt
- 2 tbsp Honey
- 2 tbsp Cocoa Powder
- Up to 2 tbsp Peanut Butter

INSTRUCTIONS

1. In a microwave safe mug or bowl, combine greek yogurt, cocoa powder & honey.
2. Add the peanut butter to the centre of the mixture.
3. Microwave for 60 seconds.
4. Let sit for 3-5 minutes before enjoying.

Thank you to everyone who submitted recipes!



Recipe images are AI-generated and are intended as visual representations of the finished dishes.

SIMPLE WAYS TO FEEL YOUR BEST THIS SUMMER

Summer is a great time to refresh your routine and enjoy some of the simple things that support your well-being. You don't need to completely change your habits—small choices throughout the day can make a difference. Here are a few easy ways to support your wellness this summer:



Take advantage of the longer days by spending a little more time outdoors. Go for a walk, or simply take your lunch break outdoors. Even a few minutes of fresh air can be a welcome change in your day.

Summer brings plenty of fresh fruits and vegetables into season. Visit a local farmers' market, try a new recipe, or add some seasonal produce to your favourite meals and snacks.



Sunscreen isn't just for beach days. If you're spending time outdoors, make sun protection part of your daily routine—along with seeking shade and wearing a hat or sunglasses when possible.

Warmer weather can make it easier to become dehydrated. Keep a reusable water bottle nearby and sip throughout the day. If plain water isn't your favourite, try adding fresh fruit, cucumber, or mint for a little extra flavour.

