

HEALTHY LIFESTYLES AT WORK: RALLYE ON THE SHORE! LAUNCHED BY THE CISSS DE LA CÔTE-NORD

Baie-Comeau, September 29th, 2021 – The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord is launching the Rallye on the Shore, an opportunity for all organizations on the North Shore to help personnel acquire and maintain healthy lifestyles.

For 6 weeks, employees will cover the North Shore virtually and in teams using the Rallye's web application. Every day, the consumption of fruit and vegetables and the practice of physical activities will be converted into kilometres!

Tried and true initiative

The Rallye has met with great success over the past several years among the CISSS de la Côte-Nord personnel. The initiative was established by the *Regroupement des diététistes et nutritionnistes de la Côte-Nord*, who brought this idea to fruition in 2009, in collaboration with Kino-Québec. It is possible to view the Rallye's launching video which contains testimonials from CISSS de la Côte-Nord employees, [here](#) (in French).

This event can be held at any time during the year, regardless of the organization's size or current work practices (on site or at home). To participate, organizations are invited to [contact the promotion and prevention agent in their area](#). For more information, visit the Rallye's website at: <https://rallyecn.com/>.

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