

THE CISSS DE LA CÔTE-NORD CONGRATULATES THE SMEs THAT TOOK PART IN THE FIRST RALLYE SUR LA CÔTE – PETITES ENTREPRISES!

Baie-Comeau, November 9, 2022 – The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord wants to congratulate the 16 businesses that have taken on the challenge of the first Rallye sur la Côte – Petites entreprises, which has just ended. Thanks to their active participation, they can say that they have helped their employees acquire and maintain healthy lifestyle habits.

For six weeks, employees virtually travelled across the North Shore in teams on the website of the Rallye. Every day, their consumption of vegetables, fruits and water, as well as their practice of physical activities, were converted into kilometres. In addition to being more active, participants witnessed other benefits: more energy, better concentration at work and increased complicity with their team.

“By leading activities with participants during the Rallye, we came to realize that it generated real interest for healthy lifestyle habits. People strive to do more than before and feel motivated to do it in teams with their colleague,” stated Marie-Hélène Fournier co-organizer of the Rallye, who also mentioned that the next edition will take place next fall.

Also available for large businesses

The Rallye has been successfully held for several years among employees of the CISSS de la Côte-Nord. The initiative originates from the Regroupement des diététistes et nutritionnistes de la Côte-Nord, which achieved the idea in 2009, in collaboration with Kino-Québec. In addition to the “Petites entreprises” edition, led by the CISSS, large business can also hold their own Rallye, at any time of year. To participate, businesses are invited to contact [their territory’s prevention and promotion officer](#). For more information, visit the website of the Rallye sur la Côte: <https://rallyecn.com/en>.

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