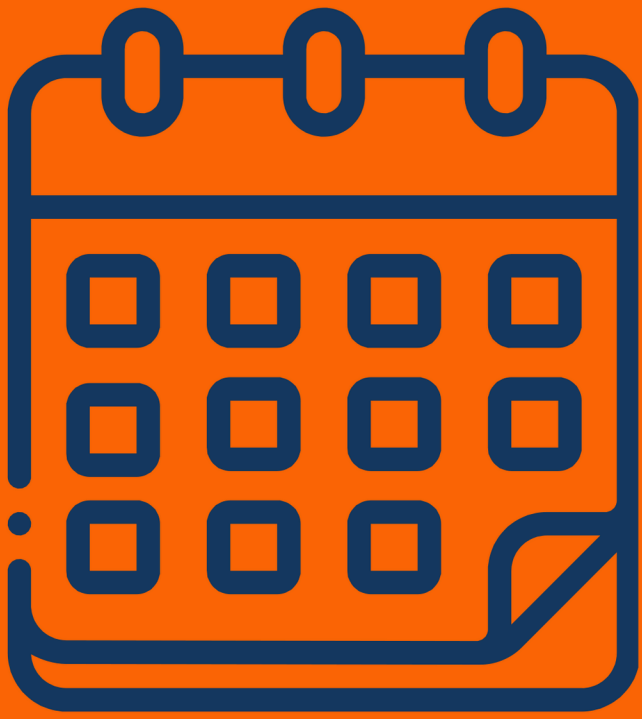


WELLNESS AT WORK UPDATE

August 2025



WHAT'S HAPPENING

[Let's go to The Ex!](#)

Save up to 47% with Ontario Tech's special rates to the Canadian National Exhibition (The Ex). The Ex runs from August 15 to September 1. Email wellnessatwork@ontariotechu.ca to receive our unique discount code and save off gate prices and retail partner prices too!



MONTHLY WELLNESS TIP

[Shake off "sunshine guilt" with these 5 simple tips](#)

"Sunshine guilt" is the feeling of guilt, fear of missing out, regret, anxiety, sadness or even shame about staying indoors on a sunny day. This guilt can actually serve as an obstacle to you keeping active!

Use these [5 tips](#) to prevent sunshine guilt from casting a shadow on your physical activity goals.



RESOURCE HIGHLIGHT

[Complimentary Fitness Classes](#)

Reminder:

The Campus Recreation and Wellness Centre offers FREE fitness classes for faculty and staff!

Visit the [Group Fitness web page](#) to book your spot today!



HAVE AN IDEA?



905-809-0727



wellnessatwork@ontariotechu.ca