

Rewarding
Your Spirit

Live Well



Get the most out of your Cintas Benefits

Partners, check out the information below to help you get the most out of your Cintas benefits!

Desjardins

The Cintas Canadian Retirement Plan (RRSP and DPSP) was moved to Desjardins last year. Be sure to visit the Desjardins [website](#) to register and check out the available financial wellness tools. Watch the short video on [Target Retirement](#) to help get started on retirement goals or the video with [Penny, the virtual assistant](#) to help you navigating the [OMNI app](#) and access the Wellness Centre for content and training on topics from finance to retirement.

You may also contact Desjardins at 1-800-968-3587 Monday to Friday, 8 am to 8 pm (ET).



Target Retirement (1 min 58 s)

Quit for Life, 365 Chances for a New YOU!



While quitting smoking can be tough — and it may take more than one attempt to stop — having support and planning ahead can boost your chances for success. Cintas offers partners and their family members access to the Quit for Life® program. This program is fully paid for by Cintas.

- **Online Support.** Get tips, advice and support that make it easier to quit.
- **Personalized Support.** Work with a Quit Coach® to develop a plan.
- **Quit Medications.** Get nicotine patches or gum, if you qualify.
- **Text2QuitSM.** Get texts to help you prepare to quit, beat urges and more.

Remember to take it one day at a time and turn to your resources—including our Employee and Family Assistance Program (EFAP)—if you need support or information. Additional information can be found at rewardingyourspirit.ca under [My Resources](#).

If you're ready to kick the habit, go to www.quitnow.net or call **1-866-QUIT-4-LIFE** (1-866-784-8454).

Lifeworks – New EAP Platform



The COVID-19 pandemic has brought many challenges with it. Between isolation, rapid changes and uncertainties, this led to a rapid increase of people suffering from depression or depression symptoms. Visit our Employee and Family Assistance Providers [new microsite](#) that explores the relationship between the pandemic and depression through four pillars of wellbeing: mental, social, physical and financial. For additional COVID-19 related resources check out the articles [here](#) on topics such as Financial worry, Returning to normal after the pandemic, Grief and loss, Family and parenting, and many more.

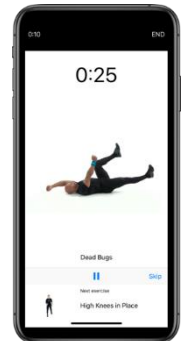
The topics of discussion for this month provided by Lifeworks, include: [10 "super foods" for better health](#) and [Stay active, even in the winter](#).

It is never too early (or too late!) to safeguard your health by eating a healthy, balanced diet. Good food is the foundation of good health and a diet rich in vegetables, fruits, whole grains, nuts and legumes can help to ward off many common ailments such as heart disease, cancer and osteoporosis. Learn the most effective disease-fighters found in your supermarket in the above article.

These winter months don't have to be gloomy. There's a sure-fire way to lift your mood and boost your immune system – regular exercise! Don't like skiing, skating or other winter activities? Can't stand the cold? No problem. Read the article above to find out how to be creative and more importantly, stay motivated.

LIFT Session Fitness

LIFT is a custom developed mobile training app that provides a full suite of fitness offerings that makes working out easy, exciting and efficient. Workout from anywhere, live chat with experienced fitness professionals and access online group or 1-1 training sessions, 24/7, without stepping foot outside your house. [Click Here](#) to start your fitness journey today- **free for all Cintas employees!**



Weight Watchers



Cintas is proud to offer our partnership with **Weight Watchers** in Canada. A **50%** discount is applied to the **3 and 6 month plans only**. Please note that with the 6-month plan, you will need to cancel at the end of the 6 months, and then use the link to re-sign up to avoid losing the discount. We are working on a more streamline process, but for now, the little extra work is well worth the savings!! Sign-up information can be found [here](#), or on the Rewarding Your Spirit Website, under [My Resources](#).

Wellness Website

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Happy New Year! We hope that partners across the country were able to wind down and unplug during the 2021 holiday season and are feeling refreshed and ready to take on this new year.

Many of us can relate to overindulging over the holiday season, if you are looking to kick this habit and rest your digestion for a fresh start to the New Year check out this month's article for great tips and strategies [here](#).

Try this this fresh, high-fiber kale rich [Citrus & Avocado](#) salad served with the creamy avocado, the sweetness of the orange and tangy Feta!