

Workplaces

- Healthy foods in vending machines or at the cafeteria
- A positive, supportive work team



What are wellness-supporting environments?

The people, places and other factors in your life that support your wellbeing and help make healthy choices more accessible.

Other factors can include things such as early child development, education, income and other determinants of health.

New Brunswick's Wellness Strategy explores the factors that influence our wellness in more detail. Have a look at wellnessnb.ca/resources/nb-wellness-strategy.

Homes

- A smoke-free home and car
- Preparing and eating meals as a family

Schools

- Safe and modern playground equipment
- Student-led committees or clubs

Here are some examples of things you might find in various wellness-supporting environments.

Communities

- Accessible trails, parks, and green spaces
- Breastfeeding-friendly restaurants and public places