



Staying Well at the U of L – September 2014 – Angela Luck

Angela Luck of the Dean's office in Fine Arts, **stays well at the U of L** by hiking and kayaking! Angela started hiking since she moved to Alberta and enjoys heading to the mountains as often as possible. Angela started kayaking after a back injury which forced her to give up her favorite sport of soccer. Angela tells us that she couldn't live without either hiking or kayaking, and also enjoys them with family and friends.

Angela started hiking by buying a map of the various hiking trails in various parks around Lethbridge. Angela suggests purchasing good hiking boots and trekking poles if you would like to start hiking. In 2012 Angela climbed Mount Kilimanjaro in Tanzania with her daughter and she tells us the poles and good boots were essential. Angela tells us when hiking in southern Alberta to go in groups. The more noise you make the better. You can also join a hiking group such as the Chinook Outdoor Club, which hikes and cross-country skis every weekend all year.

Angela has been kayaking for 6 years. "I wanted to find something that would take me into the wilderness that would be an additional activity to hiking" she says. "Now, when I go camping, I can find a nice lake or river and nice mountains and fit in both activities on the same weekend". Angela started kayaking by taking a course at the University. Also, she joins up with High Level Canoes and Kayaks from time to time on their river runs. Angela suggests ensuring you have the proper safety equipment including PFD's, a knife, helmet, throw rope, first aid kit, dry bag, and a whistle. If you want to get started, Angela suggests taking a course and beginning with people who are experienced. "You need to learn to read the rivers, and know when they are high enough and not too fast". Angela keeps a log which includes river flows and comments for future reference.

Angela tells us that she also couldn't live without kayaking or hiking. "I love the motion of the water beneath my boat as I splash through the rapids. I love the peaceful serene morning on the lake while the loon calls and the fish begin to jump" she says. "I feel the need to head for the hills often" she says. Two of her three children also enjoy hiking, and go with her as often as they can. Angela says "it's an amazing thing to enjoy a love with those you love". Thanks so much Angela, for showing us how you **stay well at the U of L**.