

**November Comfort Zone** - Health and Wellness newsletter - This month's issue discusses layering for winter, working safely when wearing contacts, winter driving tips, and more! Check out the Wellness Zone section. <http://www.uleth.ca/hr/wellness/newsletters>



# November Wellness & Recognition Newsletter



## U of L joins groundbreaking health promotion movement

Canadian universities are leading an international effort to create campuses that improve the health and well-being of students, faculty and staff.

The University of British Columbia, Simon Fraser University, Memorial University, Mount Royal University, the University of Calgary and the University of Lethbridge are the first universities to formally adopt the [Okanagan](#)

## Staying Well at U of L

Diane Minamide  
International Student Services



Diane has been practising karate at Taka Karate School for more than five years now. She always thought that martial arts was very cool and wished to move with such grace. "I have terrible coordination and balance so I thought it wasn't possible, but that's the whole reason for joining - it is



## Upcoming Events

11/16

**Mini Massage**

1-3pm

AH119

[Register here](#)

## Mindful Employer sessions

Wellness will be contacting your department to set up 1 hour workshops in one of the following areas:

**Accommodation, Resolving Conflict,**

[Charter: An International Charter for Health Promoting Universities and Colleges.](#) The

charter calls on post-secondary institutions to make a commitment to health and well-being in all policies and practices.

UBC and SFU led the development of the charter with international partners from post secondary institutions, the Pan American Health Organization and the United Nations Educational, Scientific and Cultural Organization (UNESCO). The six Canadian universities adopted the charter to inspire other institutions to follow suit, recognizing that universities and colleges can set an example as communities that promote health.

Research shows that health and well-being is essential to learning, retention, productivity, satisfaction and building a sense of community. Universities and colleges are in a unique position to promote well-being through education, research, policies and practices that can be developed on campuses. The Okanagan Charter provides a common framework for universities and colleges to lead this important charge.

Each institution has made individual commitments to enacting the Okanagan Charter on their campuses in different ways—from campus-wide mental health strategies, to developing campus spaces that support connection and community.

More information about the Okanagan Charter [here.](#)

possible.”

To get started, Diane researched different martial arts schools in Lethbridge and found Taka Karate was the best fit. She liked the fact that it wasn't competitive, and it's actually considered an art.

She had help along the way from Kinjo Sensei, a 10<sup>th</sup> degree black belt from Okinawa, who teaches two traditional styles. He also helps people with fibromyalgia, asthma and many other illnesses. He was instrumental in helping Diane with her foot surgery recovery.

When you're tired at the end of the day, and you just want to head home, that's the best time to go to the dojo.

**“Karate requires focus and concentration, and all my stress disappears. I leave the dojo feeling energized.”**

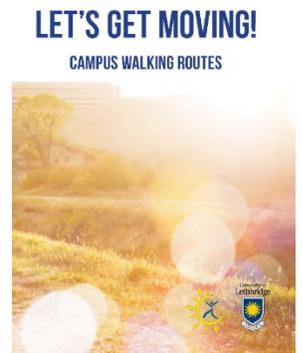
If you're interested in trying karate, Diane suggests you check out the different martial arts schools in Lethbridge.

You have to find a style that works for you. Try out the free drop-in classes. She tried out judo for several weeks, and had a tough time getting through the warm-ups and basic moves.

If you visit the dojo, Sensei Kinjo is always available to talk to you about your needs and to try out the class.

The people who practice at the dojo will

**Improving Workplace Relations, Responding to Mental Health Issues.** Click [Here](#) for more info or contact [wellness](#)



"Let's Get Moving!" is a campus walking route guide that was a result of feedback from the 2015 Employee Health & Wellness Survey. People told us they want to be active on campus. Walking routes (both indoor and outdoor) were mapped out for the university community to use. Walking is an essential part of health and wellness and we are lucky enough to have several routes available to us.

Don't let winter keep you cooped up! Thanks to

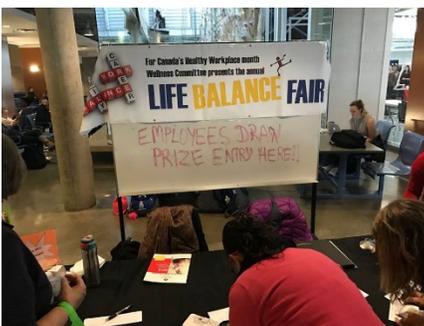
To read full release [CLICK HERE](#).



## Thank you for Attending the Life Balance Fair!

“Thanks” to all of you that joined us for our 10th Annual Life Balance Fair for University of Lethbridge employees and students on Oct 26, 2016. It was a successful event with 65 exhibitors and more than 555 attendees this year.

Photos from the fair can be found at the [Wellness Facebook Page!](#)



make you feel welcome, and they will help you learn the moves.

“Karate has improved many aspects of my life, but overall, it has made me a happier person.” further my passion.



Calgary Corner

## November—it’s not just about the Facial Hair

When November begins, it starts to appear. We’ve all seen it. Some love it. Others hate it. And some hate that they love it. November brings a lot of things: changes in whether, time, holiday decor and of course—facial hair. That’s right-- in addition to seeing a rise in festive decorations and Starbucks’s holiday drink selection, you can expect to begin to begin to see the growth of hundreds of mustaches everywhere you look.

But what is all the hype around Movember?? Chances are that you’ve heard about it. Especially if someone in your life has taken up the Movember challenge to raise money while growing out

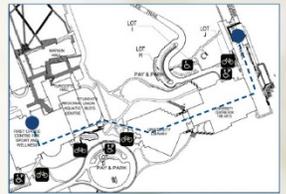
our unique design (and an underground tunnel) you don’t need to go outside to get in a good walk. Follow our indoor routes during lunch to get in extra steps into your day.

Find a downloadable version on the [Wellness website!](#)

### COFFEE LOOP 2.5 KM

Starting at the Tin Horn’s in the 1st Choice Springs, utilize the underground tunnel to make your way to the Tin Horn’s on the 8th floor of L-Hall. Grab your coffee at one and your get your team at the other.

On a cold windy day you can get from one coffee shop to the next without seeing a foot outdoors by using the underground tunnel.



INDOOR ROUTE



### Lunch & Learns

We are currently booking and planning monthly Lunch & Learns for 2017. Have an idea or want to present? Contact [wellness@uleth.ca](mailto:wellness@uleth.ca).



a wild Mo'. (Let's be real—you all know at least one person who's done this). This facial hair challenge brings awareness to health issues for men: prostate and testicular cancers, mental health and suicide prevention. The fundraiser aims to find and fund research for cures to all issues related to men's health.

This year, the Movember campaign has a new challenge: 'Move for Men's Health'. The Movember foundation is challenging supporters to get physically active during Movember. One of the best things you can do to maintain your health is to be active. You can sign up to raise money, or attend one of the many community events occurring to support the Movember cause.

Calgary has lots of events coming up in November that support Movember. There's everything from a 'Mo Ride Spin class' (<https://ca.movember.com/events/view/id/rY5k>), Movember Bowling Tournaments (<https://ca.movember.com/events/view/id/902p>) to Movember Fire Fit Challenges (<https://ca.movember.com/events/view/id/3MNq>). There are all types of community events this month that help to raise funds for the Movember cause. A full listing of events by city can be found on the Movember website at <https://ca.movember.com/events/>.

For those of you in Lethbridge, there are events listed for you too. This is a chance to get out, try something new, get active and support a good cause. November brings

A light lunch is provided.

**11/09 - Today!  
All About Sleep**

Dawn Filewych from the Sleep clinic will be here to provide tips for getting that good nights sleep.

12 - 1:00 PM

AH100

[Register here](#)

**12/07  
Journey to Wellness  
with Cal Toth**

Join us to hear Cal talk about his path to Wellness through running

12 - 1:00 PM

AH100

[Register here](#)



**November Mental  
Wellness Tip**

**5 Tips for  
Practicing  
Mindfulness at the  
Office**

(Source: [Mindful.org](https://www.mindful.org))

did you know?



**U of L Staff Can Have a Free  
Ergonomic Assessment of the  
work space?**



We are all different. Some people have long arms, others have short torsos, others have long legs - our differences are endless, yet many of our workstations look exactly alike. We spend several hours a day at our workstations, why not make them fit us?

To sign up call Suzanne McIntosh at 403-352-5217 or email [wellness@uleth.ca](mailto:wellness@uleth.ca)

feelings of coziness—sitting by the fire, drinking hot chocolate or watching for the first snow. But don't forget to keep being active and finding activities to try throughout the colder season.

This November, take on a challenge. Whether that means donating to a health-focused cause, taking the initiative to learn more about men's health issues, keeping your own health in check by booking an appointment for a physical, or just challenging yourself to get out and move. Because November is not just about the facial hair.

#### **Men's Health Information and Resources:**

Movember Foundation website:  
<https://ca.movember.com/>

Prostate Cancer symptoms, treatment and information:  
<https://ca.movember.com/mens-health/prostate-cancer>

Prostate Cancer Canada:  
<http://prostatecancer.ca/>

Testicular Cancer symptoms, treatment and information:  
<https://ca.movember.com/mens-health/testicular-cancer>

Canadian Cancer Society:  
<http://www.cancer.ca/en/cancer-information/cancer->

Mindfulness training is about your life. It isn't about the time you meditate on a cushion or chair. It is about learning to be awake for each moment of your life. So bringing your training into the moments in the day is a necessary requirement.

**1. Choose to start your day** rather than letting the day start you—begin each day by noticing the sensations of the breath for a few breaths before jumping out of bed.

**2. Use transitions wisely**—choose some days to drive to and from work without the radio or phone. When you arrive at your destination, allow yourself a few moments to sit in the car, noticing the breath.

**3. Nourish yourself**—mindfully eat your lunch attending to the colors, taste, and smells of the food.

**4. Just walk between meetings**—no emails or

<type/testicular/treatment/?region=ab>

Mental Health and Suicide Prevention:

<https://ca.movember.com/mens-health/mental-health>

texts—feeling the feet on the floor, the air on the skin, and the possibility of greeting colleagues you pass rather than bumping into them while you text!

**5. Sit at your desk** while your computer is turning on, noticing the sensations in the body as you sit.

## Solutions for Too Much Sitting

([Source: Chalkboard Mag](#))



We sit in the car, sit at work, sit in a cafe and sit on the couch at home. Hardly avoidable, but all that sitting can add up to damage on our bodies. Here's how to make a few healthy changes...

*For Sitting At Work:*

**Set A Timer** – Using a timer on your phone or computer, set an alarm reminder to stand up and stretch every 10 to 15 minutes. Yes, I know this sounds disruptive but it's truly so important for your health! With time, you won't even need the timer any more because your body feels so good with a stretch. That extra oxygenation is good for your brain and productivity too.

**Meet In Motion** – Suggest having a walking meeting. The extra sunshine, fresh air and oxygenated muscles will make you feel invigorated and far more productive once you return to the office!

**Swap Your Seat** – Trial “active sitting” for short periods of time on yoga/exercise balls at your desk. You still need to get up and stretch regularly but these balls do engage more of your muscle groups than regular desk chairs. (don't get rid of your office chair tho, as you still need support when tired)

**Make Excuses** – Look for opportunities to interrupt sitting time at work – walk to the printer, take bathroom breaks on another floor level, use the stairs instead of elevators.

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**Walk to Talk** – Walk over to speak with a work colleague, as opposed to emailing or phoning from your desk chair.

*For Sitting In A Car:*

**Go The Distance** – Park your car further from the office to add a little extra walking into your day.

**Bike Things Up** – Ride a bike instead of taking the car, whenever possible, to get a little extra motion into your day.

**Sacrifice A Seat** – Opt to stand up on public transport, rather than taking a seat.

**Break, Rest, Repeat** – Break up long-drives with frequent rest-and-stretch breaks. If you have regular, long commutes to work, this is also important for your concentration and safety as a driver.

*For Social Sitting:*

**Move And Mingle** – Suggest walking “catch ups” with friends, rather than over a meal or coffee.

**Chat On The Go** – Stand up while you take phone calls. Better yet, take a walk while you chat!

*For Leisure Sitting:*

**Netflix and (Don't) Chill** – Use ad breaks on TV, or ends of episodes during a binge watch, as a reminder to get off the couch, stretch and walk around.

**Take Page Breaks** – While reading, use the end of each chapter as a reminder to stand up and stretch.

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