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WELLNESS & YOUR HEALTH

September Newsletter



Welcome to a New Semester!

We are rolling into Fall with some changes to your Monthly Newsletter. It is our pleasure to welcome, "Wellness and Your Health" which will provide you with wellness articles and tips, combined with a flare of Human Resources (Payroll, Pension and Benefits, and Employee and Family Assistance).

All of your employee needs and interests will be in one place!

Happy Reading and have a great semester!



50 Ways to Stay Well

Each week we share a new wellness challenge that can help you improve your physical and mental well being. Along with a challenge, we will share local resources and links to help you enhance your wellness in 2017!

Follow our Facebook page for daily wellness tips & ideas

33. Homecoming Week at U of L

Spending time with your family and being involved in your community and workplace are all ways to improve wellness discussed this year. This week, you can combine all three by taking the family and meeting your friends and colleagues at the Homecoming Weekend September 1-3.

[Visit the Homecoming Weekend website for details and registration.](#)

34. Budgeting

Does the word 'budget' make your eyes roll? Life is hectic enough and it can sometimes seem like budgeting is too much extra work on top of everything else. However, budgeting is a crucial step in staying in good financial health.

According to a 2017 report from TransUnion, Canadians owe more than \$21,000 on average, in addition to any mortgage debt, though only 2.7 per cent of borrowers' accounts are delinquent. A budget can help get debt under control while offering a bit of peace of mind.

[Click Here to Learn 10 Tips for:](#)

The balance of budgeting can improve your life



Upcoming Events

9/13

Cycle to Work Day

[Learn More Here](#)

9/20

Lunch and Learn 'Investing Tips' with Servus Credit Union

12 - 1 pm

AH137

[Register Here](#)

10/3 - 12/04

Health Check for U

8AM - 10:30AM

M2009, M2011

[Register here](#)

[More info here](#)

10/25

11th Annual Life Balance Fair

10 am - 1:30 pm

1st Choice Centre for Sport and Wellness - Track

10/26

[Blood Pressure Check](#)

8 - 11:00 am

12 - 3:00 pm

PE Atrium

10/30



September Wellness Champions! The Evolution of 'Walking Breaks' from The Financial Services Department

We would like to recognize the Financial Services Department for their initiative to have a 'walking break' everyday at 2:30 pm over the last 5 years. Although they referred to themselves as the, "*Born to be Mild*" group, I hesitate to call their commitment to an active break throughout the workday, as *mild*.

"It started out when more information was coming out about the dangers of being sedentary, so we decided to get up, move around, and stretch from our desks," said Gabe Krywolt. "At first it revolved around getting food or coffee and then *taking the long way back*," Gabe went on to say. "Eventually we ditched the coffee and it evolved into purely a walk and getting back to the desk refreshed," added Craig Churchward.

The walking breaks, although informal, have become a regular part of their working days, developing campus routes dependent on the season. "We have a summer route and a winter route, and we named a route after Dwayne Pepin, called the 'Dwayne Parkway' that we take on special occasions," says Gabe. Poor weather does not limit their walking breaks either, as they will modify to an indoor route.

"Other staff and faculty have approached me saying they have noticed us walking around," Gabe says. Although the breaks usually consist of 5 - 6 Finance guys, they encourage others in their office or around campus to join. "We are always looking for new members, maybe it will turn into a membership, maybe we'll get t-shirts," Craig joked. These informal breaks can be a way to be social with your co-workers and to get up and move around, especially if you are working at a desk all day. It is an important practice we can all learn from the Finance Department. So, if you see them walking around, join them, and hear all about the topics of conversation with the "*Born to be Mild*" group.

35. Hydrate

The temperatures are going to start cooling off, but this doesn't mean you need less water. The Dietitians of Canada recommend 3 L (12 cups) for men 19 years old and 2.2 L (9 cups) for women 19 years old and over every day.

Fluid helps you stay healthy and energized. It also:

- controls your body temperature
- aids digestion
- carries nutrients around your body
- cushions organs and joints
- gets rid of waste
- keeps your bowels regular

Your body loses water by sweating, breathing and getting rid of waste. If you lose more fluid than you take in you can get dehydrated.

If you find yourself getting so busy throughout the day and forgetting to drink, there are a few tips you can try to remember: [click here to find out more!](#)

36. Carpooling

Carpooling is utilized to reduce greenhouse gas emissions, save money, reduce wear and tear on cars, and to utilize the carpool lanes to get there faster. In Lethbridge we're fortunate to drive from one end of the city to the other in about 15 minutes, but this means that carpooling is not as popular in our city as other cities. But this doesn't mean there is no value in carpooling, quite the contrary, carpooling offers health benefits as well.

- It reduces the stress of your commute and allows you to read, relax, or even work while commuting.
- Carpooling enables some families to cut back to one car.
- If you don't have a car or don't drive, carpooling allows you to consider jobs throughout the area.
- Carpooling can provide you with new friendships and company for your commute.

Even if you're coming from the south side to the University, consider organizing a carpool.

[Visit the website to learn more!](#)

[Blood Pressure Check](#)

8 - 11:00
Markin Atrium

10/31

[Blood Pressure Check](#)

1 - 4:00 pm
UCA Atrium

10/31

Lunch and Learn 'Spooky Science' with Dept of Chemistry and Biochemistry

12 - 12:45 pm
AH100

[Register Here](#)

11/1

Mini Massage

10 - 12:00 pm
L1114

[Register Here](#)

11/21

Lunch and Learn 'Effects of Sitting' with Dr. Jennifer Copeland

12 - 1 pm
AH 137

[Register Here](#)

11/29

Mini Massage

1 - 3:00 pm
AH 100

[Register Here](#)

12/6

Lunch and Learn CPA Canada 'Financial Literacy' with Rose Hong Le

12 - 1 pm
AH 100

[Register Here](#)



Craig Churchward, Dwayne Pepin, Mark Sera, Joel Makin, Gabe Krywolt (missing Dale Jeremias)

Who Inspires you to live well or be healthy? Drop us an [email!](#)

did you know?



#YQLRECESS
Recess isn't just for kids anymore!

Did you know that only 15% of adults get the minimum recommended amount of physical activity? Many of our jobs have a sedentary nature, making it tough sometimes to remember to get up from our desks regularly to get moving. If this sounds like your workplace, the Lethbridge Sport Council wants to help by bringing #YQLRecess to you!

Reps from Lethbridge Sport Council will come to your office or workplace with a variety of activities that suit the space and the time we have to work within, to help your workplace get active for a recess. Recess can range from 15-45 minutes, and can be for as many or as few staff as you have in your office. Some of the activities we might bring include (but are not limited to): *indoor bocce, Chinese skipping, spyderpong, spike ball, boomerangs, kendamas, koob, washer toss game, mini-golf, trapp ball and more.*

If you want #YQLRecess to come to your office or workplace, email programs@lethbridgesportcouncil.ca, to arrange a recess time!

Please note: specific activities will vary based on time, space and number of participants.



Calgary Corner

Choosing a Downtown Gym Membership

Deciding on a gym for the **right price, the right amenities, and the right location** can be a daunting task.

Fret no longer as we have compared a list of gyms and its amenities in the Downtown Area. Compare the list and decide the best fit for you!

- **Repsol (\$769.00/ Yearly)**
 - Fitness Centre (Cardio/Weights)
 - Fitness Classes
 - Swimming Pool
 - Steam Room/Sauna
 - Gymnasium (Basketball, Badminton, etc.)
 - Indoor Track
 - Free Parking
- **Fifth Avenue Club (\$1068 - \$1188/ Yearly)**
 - Fitness Centre (Cardio/Weights)
 - Fitness Classes
 - Steam Room/Sauna
 - Squash/Racquetball
- **Gray Family Eau Claire YMCA (\$856.80/ Yearly)**
 - Fitness Centre (Cardio/Weights)
 - Fitness Classes
 - Swimming Pool
 - Steam Room/ Sauna
 - Gymnasium (Basketball, Badminton, etc.)
 - Indoor Track
 - Squash/Racquetball
 - Free Parking
- **World Health Club**
(Sign up for 7-day pass or membership by phone: 403-320-1781 or www.calgary.worldhealth.ca)
 - Fitness Centre (Cardio/Weights)
 - Fitness Classes

Mindful Employer Sessions
Wellness will be in touch with your department to set up 1 hour workshops in one of the following areas:

Accommodation, Resolving Conflict, Workplace Collaborations, Responding to Mental Health Issues.

Click [Here](#) for more info or contact [wellness](#)



App Corner

Featuring the app: Aaptiv

This app is versatile for if you are at the gym or traveling across the country - you can find activity with this app.

If you have ever wanted to run a 5k or a half marathon, they have a program for that!

If you need some inspiration to do yoga in the morning, you can do that with the app too!

If you are unsure on proper weight lifting in the gym, they have step-by-step instructions and programs designed to help you!

This app does it all. You can find real trainers that encourage motivation to finish strong and playlists to guide you through the toughest workouts.

Essentially, you have a personal trainer in the palm of your hand.

This app is free or there is a full access version for the price of \$9.99/month.



NEW on campus:



Get Your Blood Pressure Checked - Start your Fall Semester Well!

The Lethbridge College Nursing Students will be on campus:

- October 26th at 8:00 am - 11:00 am AND 12:00 pm to 3:00 pm in the PE Atrium above the Sports & Recreation Staircase
- October 30th at 8:00 am - 11:00 am in the Markin Atrium
- October 31st at 1:00 pm - 4:00 pm in the UCA Atrium

These students are looking to gain experience taking blood pressure. Take time out of your day and get your blood pressure assessed!



Book in for your Mini Massage

The Lethbridge College Massage Therapy Students will be giving free 15-minute "mini massages" on campus.

The dates and locations are:

- November 1 at 10 am - 12:00 pm in L1114
- November 29 at 1:00 pm - 3:00 pm in AH 100

[Register Here](#) to book your appointment!



'RECLAIMING YOUR SOLE' SHOE DRIVE

- Steam Room/Sauna

- **Beltline Aquatic & Fitness Centre (\$150.60 - 30 x Pass)**
 - Fitness Centre (Cardio/Weights)
 - Fitness Classes
 - Swimming Pool
 - Steam Room/Sauna
 - Gymnasium (Basketball, Badminton, etc.)
 - Rock Climbing Wall

- **Anytime Fitness (1222 1st St. SW) (\$600.00/ Yearly)**
 - Fitness Centre (Cardio/Weights)
 - Fitness Classes
 - Free Parking

- **Goodlife Fitness (140 8th Ave SW) (\$600.00/ Yearly)**
 - Fitness Centre (Cardio/Weights)
 - Fitness Classes
 - Steam Room/Sauna
 - Free Parking

Decisions made easier - commit to be fit!



11th Annual Life Balance Fair

October 25th from 10 am - 1:30 pm: on the indoor track of the 1st Choice Centre for Sport and Wellness.

The Wellness Committee uses this event to increase students' and employees' awareness of the importance of workplace and school health and balance. Come out and celebrate 50 Years of Health and Wellness!

We hope to see you all there!



Monthly Mental Wellness Tip

Run, Walk, Talk Program

Who is this program for?

This program is for students, staff, and faculty interested in shared motion.

What is it about?

It was created out of personal experience and backed by research.

Run, Walk, Talk is a **drop-in group** exploring the benefits of physical activity, community, and connectedness to emotional health and well-being.

What will a session look like?

Beginning on **September 27**, participants will gather in the greenspace behind Markin Hall on **Wednesdays at 12:05 pm**. Each week will highlight a different topic related to physical activity and emotional health and wellness, while we run and walk together. New members are welcomed to join anytime!

Please be prepared to complete a waiver prior to your first session.



Payroll, Pension Benefits Updates

September Payroll Deadlines

This local shoe drive will collect used runners for all ages and sizes, particularly school aged children and teenagers.

DONATE TODAY!

Shoes can be dropped off at: **Runner's Soul located at 2646 S Parkside Dr.** or **at the U of L Sports & Recreation Customer Service Desk located on the 1st floor of the 1st Choice Savings Centre.**



University of Lethbridge - Tuition Benefit

All Eligible Employee Groups

If you, your spouse or eligible dependents are attending classes at the University of Lethbridge, and you belong to an eligible employee class, please complete the **Tuition Benefit Application Form**, in order to receive the appropriate tuition benefit, which is prorated according to your full-time equivalent (FTE). The form is available on our Benefits website ([click here](#)); please click on appropriate Employee Group Link.

Please have the student complete and sign the top section of the form and then either mail or bring the form to Pension and Benefits (AH 135) for us to complete our section, by the deadline indicated in the top-right corner on the form. For your convenience, we will give the form to the Cash Office to process the reduction to the tuition fees.

Note: This process needs to be followed every semester in which the student is enrolled; including Summer Sessions.

Honouring Suicide Prevention Day

September 10th is Suicide Prevention Day; Let's Talk about ways we can help ourselves and each other preventing suicide, for more than just one day.

As we head into the Fall semester, approaching new daily stressors that accompany new routines - let's remind ourselves to keep our minds healthy.

Suicide is a public health priority, according to The World Health Organization (WHO). The first WHO report, "Preventing suicide: a global imperative" aims to increase public health awareness and significance to make suicide prevention a high priority on the global public health agenda. It also encourages and supports countries to develop or strengthen suicide prevention strategies in a multisectoral approach.

Why aren't we talking about it?

The prevention of suicide is often considered taboo to discuss or is not recognized as a major public health problem due to a lack of awareness. In 2017, only a few countries have made suicide prevention a healthy priority, and only 28 countries report having a national suicide prevention strategy.

Who is at risk?

There is a link between suicide and mental disorders, such as, depression and alcohol abuse, in high-income countries. However, in many cases suicides occur impulsively in moments of crisis and break-down in ability to handle life stresses, such as, financial problems, relationship break-up, chronic pain, and illness, to name a few. In addition, experiencing conflict, disaster, violence, abuse, or loss and sense of isolation.

Prevention and Control

It is imperative to talk about suicide as it is preventable! How?

- Reducing access to the means of suicide (i.e., pesticides, firearms, certain medications)
- Reporting by media in a responsible way
- Introducing alcohol policies to reduce the harmful use of alcohol
- Early identification, treatment, and care of people with mental and substance use disorders, chronic pain, and acute emotional distress
- Training of non-specialized health workers in the assessment and management of suicidal behaviour
- Follow-up care for people who have

Remember late 'Payroll Authorization Forms' (PAFs) will impact employee pay!

- Please read the notice [here](#)



- Changes to the Alberta Blue Cross Member Website

As of July 10, there will be changes to the sign-in process for the Alberta Blue Cross member web site. Bookmark the new sign in address [here](#).

Everyone who registers for the Blue Cross member site between July 10 and November 2, 2017 has a chance to win some great prizes. For more information, visit the [Blue Cross Member Website](#).



Faculty of Health Sciences

**5 Days of Health!
M - Th Markin Hall**

9/25
Mindful Monday

9/26
Social Games

attempted suicide and the provision of community support

9/27

Let's Get Physical

Educate yourself on the topic and let's promote positive mental health, reducing the attempts of suicide. You are never alone.

9/28

Blackfoot Ethnobotany Walk

Read more of what WHO has to say about suicide prevention ([Here](#))

9/29

Therapy Dog Friday

10 - 12 Noon

L1008A/B

More info [here](#)

Please consider the pdf resource for "Preventing Suicide: A Resource for At Work." You never know what your co-workers may be going through, ([Here](#))



Causes of Back Pain

Are you among the millions of people in North America who would say they have a “bad back”? One that is uncomfortable frequently and painful possibly a few times per year? The statistics show that 80-90% of us will have a sore back at some time(s) in our lives to the point where we consider it an issue. (Ref: The Complete Doctor's Healthy Back Bible) Why do so many of us get sore backs?

Some of us may have congenital issues, like scoliosis or osteoarthritis. Others of us have had accidents and sports injuries that have brought on chronic issues. But for the rest of us, **the main reason is** we are sedentary, possibly overweight, and develop poor back posture over time. We sit to eat, work (many of us), and relax. Working out a few times a week helps as long as the exercises target the right muscles in the right way.

Muscle tightness comes from weak muscles that can't keep up with the demands placed on them. Just because you work out doesn't mean you will be strong. Cardio activities such as running or using an elliptical machine might tighten leg and hip muscles and create imbalances between “front of the body” and “back of the body” muscles. Sitting for long periods creates tightness in hip flexors and hip muscles that then strain the lower back. Improper bending and lifting, standing for long periods, and walking on hard surfaces (such as concrete floors) can all contribute to back problems.

Here are some tips to help your back:

Wear Comfortable Footwear:

New boots or those that are too tight not only hurt your feet but that pain can radiate up into your hips and lower back. Make sure your boots fit you properly. Try them on midday, when your feet are a bit fatter. Wear an insole if you find that the soles are too hard or your feet are tired. And take a break when you are getting sore.



Standing:

When standing for long periods, put one foot up on something (a 4-6" sturdy box or shelf). This helps keep the pelvis in good alignment and relieves some back tension related to standing in one place. Make sure to wear proper supportive footwear.



OR, if you have been standing a long time, lean against something or sit down!!

Bending or Lifting:

When bending forward or lifting something, keep knees bent. Never lift with straight legs and try to bend at the hips, rather than the waist. Imagine a rod in your back that doesn't allow you to roll forward. Chest up, eyes forward.



Hard on the Back



Easier on the back

Sitting:

What you sit on and how you sit can make a world of difference to your back comfort!!



When sitting, try to maintain good posture most of the time (see the pictures below for slouched and good postures). This means that your tailbone is set right back in the seat so that you get good support from the backrest. A good lumbar support will help reduce lower back and hip strain and keep your pelvis rolled forward. Think about what your shoulders are doing – they should be pulled back and down (into your “back pockets”) with your chest open. Head should be back over your spine, chin tucked in (not up or down). This requires the chest and front neck muscles to be stretched enough and the back muscles to be strong. Tighten your lower abdominal muscles against the backrest. Practice this posture and over time and this will become more normal.



Slouched Posture



Good "strong" Posture

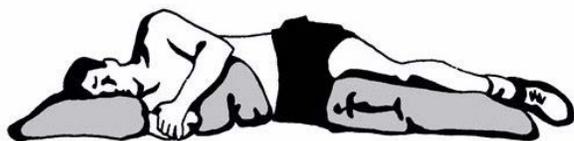
And finally, when you are exhausted, you should sleep!!! And what you sleep on and how you sleep will make a HUGE difference to your back comfort!!

Sleeping:

A firm mattress helps in keeping your back comfortable while sleeping. The best position to sleep in is supported on your side. Consider that the body goes into an awkward position when sleeping; side sleepers cross their legs over each other and their top arm falls to the bed, thus both hips and shoulders rotate inwards; back sleepers might have an unnatural arch in their back, depending how tight their hip flexors are; and front sleepers crane their neck sideways or upwards. These postures can cause pain over time.

To make yourself more comfortable when sleeping, consider:

Side Sleepers – have a thicker pillow under your head, supporting your neck, a flat pillow between your knees to keep your hips level, and a thicker pillow under your arm to keep your shoulders level.



Back Sleepers – ensure your head pillow isn't too high, causing forward head flexion. Have a thicker pillow under your knees to raise them and flatten your back.



Finally, do some exercises to strengthen the CORRECT muscles; lower back, gluteal, and abdominals, especially the transverse abdominus ones (really low down) will relieve the hip flexors and help you have better posture. And always stretch – especially the legs, hips, and back. Send us an [email](#) and we'll send you a copy of our stretching sheet for office or industrial workers. [Or you can find all of our stretching products here and order one.](#)

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