



# June/July Wellness & Recognition Newsletter

## Be(e) Amazing Race Recap



A big thank you to everyone who participated in the 2017 Be(e) Amazing Race!

This year the theme was Race Through Time and designed to take participants on a time travelling journey back to 1967, the founding of the University of Lethbridge. Every week, they were challenged to take on a fitness craze of each decade as well as additional challenges and badges.

### **Snapshot of 2017:**

**Total Points – 136,235,765 (2016 - 90,305,034)**

**Total badges – 2951 (2016- 2193)**

**Total registered – 331 (2016 – 279)**

**Active participants – 303 (2016 – 240)**

Weekly challenges included:

- 90s- Tae Bo
- 80s- Aerobics
- 70s- Weight Lifting
- 60s- Yoga & Meditation
- 50s -Dancing

## 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!**

# July

### #25) Spirituality

Whether you consider yourself Christian, Buddhist or mindful spiritual yogi, research suggests you are more likely to

- report being “very happy”
- have a longer life
- have a lower risk of depression and suicide
- be more resilient
- be more faithful in relationships
- have happier children and be more satisfied with their family life

But how does all this happen? What's the connection? Here are a few of the major ways spirituality can affect your physical and emotional health. Spiritual people are:

- More likely to volunteer or donate to the disadvantaged.
- More likely to meditate to cope with stress.
- More likely to have a built-in community.
- More likely to turn to prayer.



## Upcoming Events

### 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](#)

## Lyme disease & tick surveillance in Alberta

Ticks are small spider-like animals (arachnids) that bite to fasten themselves onto the skin and feed on blood. While most ticks don't cause serious health problems, it's important to remove a tick immediately to avoid potential infection or diseases and submit it for testing.



If you find a tick on your pet, yourself,

- 40s- Boot Camp
- Bonus: On Campus Amazing Race
- Bonus: Running

## WINNERS

We think anyone who participates and increases their physical activity is a winner!

[You can see the list of full winners on the Wellness website.](#)

## Top employee in each physical activity

**Cycling-** Larry Steinke  
**Other physical activity-** Lacie Terpstra  
**Rowing-** Deanndra Frandsen  
**Running-** Stefan Roth  
**Team Sport-** De Angelo Ashley  
**Swimming-** Jeffrey Nicol  
**Walking-** Cody Perrin  
**Yoga-** Jean Harrowing  
**Weight Lifting-** Deanndra Frandsen

## Team with Most Average & Accumulated Points

### Special Ops (12 members)

Total points: 11,553,004

Member Average: 962,750

- Payton Dudley
- Sheldon Doll
- De Angelo Ashley
- Patrick Leahy
- Aislinn Williston
- Jeffrey Nicol
- Max Erickson
- Deb Marek
- Sandra Williston
- Erikka Weisgerber
- Colleen Sullivan
- Carl Budny

## Team Spirit Prize

### Beaches Be Crazy (8 members)

- Marlee Shimoda
- Tracy Horne
- Sheilah Ayers
- Heather Hacior
- Lynette Harty
- Brittany Lewis
- Kyle Cole
- Jasminn Berteotti

As a special celebration of the U of L 50<sup>th</sup> Anniversary, an On Campus Amazing Race was held on the Lethbridge and

## #26) Geocaching

Geocaching (pronounced JEE-oh-cash-ing) is a recreational activity where you utilize GPS technology to find hidden objects left by others. To play, you find a specific set of GPS coordinates to discover the buried treasure left at that location.

There are 534 geocaches near Lethbridge.

A study tracked geocachers for a year and found geocachers reported improved health and fewer days of poor mental health and physical health. They also walked on average 10 miles a month while geocaching.

## #27) Horseback Riding

If you're looking for a non-traditional way to strengthen your core, horseback riding may be just the exercise you need. Horseback riding really works the core muscles that stabilize the trunk: the abdominal, back, and pelvic muscles. It's not just about the strength of the core, but the coordination and stability of it as well. Benefits of horseback riding include:

- Core Strength
- Balance and Coordination
- Muscle Tone and Flexibility
- Cardiovascular Exercise
- Mental exercise

## #28) Kindness

Did you know kindness is contagious? The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to "pay it forward." This means one good deed in a crowded area can create a domino effect and improve the day of dozens of people!

### Kindness increases:

- the love hormone
- energy
- happiness
- lifespan
- pleasure
- serotonin

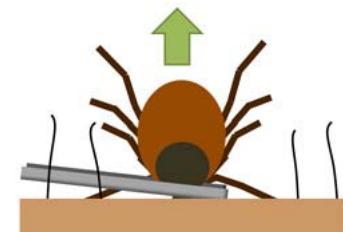
### Kindness decreases:

- pain
- stress
- anxiety
- depression
- blood pressure

someone else, or anywhere outside, Alberta Health asks you to submit it for testing as part of a tick surveillance program.

Ticks will be checked to see if they are blacklegged ticks. All blacklegged ticks will be tested to see if they carry the bacteria, *Borrelia burgdorferi*, that can cause Lyme disease in humans. Results of this program will help Alberta Health monitor for changes to the risk of Lyme disease in Alberta.

## **How to remove a tick safely**



Although the risk of Lyme disease is very low in Alberta, there are other tick-borne diseases that can be transmitted by ticks; therefore, it is important to properly remove a tick as soon as possible.

If a tick is attached to your skin, take the following steps to safely remove it:

1. Using tweezers, gently grasp its head and mouth parts as close to your skin as possible.
2. Without squeezing the tick, slowly pull the tick straight up off the skin – do not jerk or twist it.
3. Do not apply matches, cigarettes or petroleum jelly to the tick.
4. Once the tick has been removed, clean the bite area with soap and water and disinfect the area with an antiseptic. Wash hands with soap and water.
5. Save the tick in a clean, empty container. Do not add any ventilation holes to the container that is being used to put the tick(s) in. You can put more than one tick in the container if they are found on the same person or in the same general area in the environment.
6. Add a small piece of tissue or cotton ball, lightly moistened with water, into the container to prevent the tick(s) from drying out.

June

Calgary campuses. Participants were taken through a series of clues and challenges on campus Bonus points were awarded to all participants and extra given to placers.



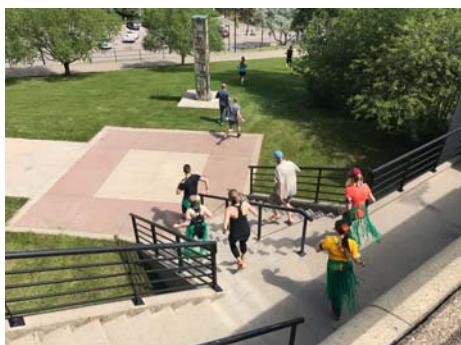
### LETHBRIDGE CAMPUS RACE RECAP

Teamwork was essential in Lethbridge Campus Amazing Race.



Nancy Walker, Vice President Finance & Administration, served as the Race hostess and started the racers off and met them at the finish mat. Racers were also given some helpful race tips via video from Lowell & Julie Taylor, Amazing Race and U of L alumni.

Racers first had to find the first sculpture the U of L has every acquired. Most teams knew right away and booked it to Moses in the fine arts building.



After that, the teams were separated and two members of each team had to choose either the brain or the brawn challenge.

In the brawn challenge, racers had to learn to tie a

### #21) Quilting

Quilting improves well-being in ways that physical and outdoor activities cannot, and offer a creativity that had been 'stifled' in the modern world. The activity helps cognitive, creative and emotional well-being.

### #22) Yoga

Yoga is an activity that is seeing a huge spike in participation. Maybe it's because our hectic pace of life requires a calming activity or because we're becoming more sedentary and need to restore flexibility. It could also be that yoga has a long list of mental and physical health benefits!

#### **Physical Benefits**

- Increased flexibility & muscle strength
- Increased parasympathetic activation
- Improved respiration, energy & vitality
- Maintaining a balanced metabolism
- Weight reduction
- Cardio and circulatory health
- Improved athletic performance
- Protection from injury

#### **Mental Benefits**

- Improved concentration
- Sharper focus
- Increased mental clarity
- Increased ability to be present
- Reduced sleep and sleep disturbance
- Reduced anxiety
- Reduced depression
- Increased feelings of well-being

### #23) Crosswords & Sudoku

People who tackle a daily crossword or sudoku puzzle keep their mind alert as well as boost their brain power into old age. Mental exercise in the form of a regular "brain-teaser" puzzle is a great way to boost brainpower.

Benefits of these games include:

- Improved memory
- Stimulating your mind.
- Reducing the chances of developing Alzheimers by keeping your brain active.
- Learning to do things quickly.
- Increasing your concentration power.
- Increased feelings of happiness

### #24) Golf

Playing golf regularly may prevent chronic illness, improve mental health and increase life expectancy.

7. Submit the tick for testing as soon as possible.

### **How to submit a tick for testing**

Collected ticks can be submitted to:

1. An



Alberta Health Services  
Environmental Health Office –  
Find the [location of Alberta Health Services \(AHS\)](#)  
[Environmental Health Offices accepting tick submissions from the public](#). Please call first to make an appointment to drop it off.

2. A First Nations health centre

– If you live in a First Nations community in Alberta, contact the health centre in your community.

3. A veterinarian – If you find a tick on your pet, you can take the tick to most veterinarians. Contact your local veterinary clinic to find out if they will submit ticks for testing for you.

4. A physician – If you find a tick attached to your skin and are concerned about the bite and/or have symptoms, take the tick to the appointment with your physician so that it can be submitted for testing.

### **Protecting yourself from tick bites**

- Walk on cleared trails whenever possible, and avoid walking in tall grassy or wooded areas.
- Wear light-coloured clothing and cover up as much skin as possible, for example, a hat, long-sleeved shirt, long pants with the legs tucked into socks or boots.
- Use a bug spray that contains the chemical DEET or Icaridin to repel ticks and reapply as frequently as directed.
- Check yourself for ticks after leaving a grassy or wooded area where ticks may live.
- Check your pets for ticks after they've been outside. You can't

figure eight knot and climb up the wall to get their next clue. This challenge proved too easy and all the brawn participants were finished by 12:05 (the race ended at 12:30).



The brain challenge led the racers through a difficult scavenger hunt through the library. It was made even more difficult by a missing clue! Members of the Brawn challenge headed to the library to help their team crack the code.

## WINNERS

### 1st Place- The Sweat Bands

Emily Brown, Katelyn Krausher, Mike Sawchuk, Alexi Kubeczek



### 2nd Place- Facilities

Ami-Marie Perry, Lacie Terstra, Wim Chalmet, Greg Lacey

These benefits can largely be explained by the exercise associated with golf. Players typically burned a minimum of 500 calories over 18 holes.

Fresh air and Vitamin D also contribute to improved well-being and golf is a great way to get outdoors and move your body.

get Lyme disease from your pet, but your pet can bring infected ticks inside. These ticks can fall off your pet and attach themselves to you.

### When to seek medical attention

Individuals should seek medical attention if symptoms of Lyme disease develop, especially after a tick bite. Symptoms include:

- a round, red rash that spreads at the site of a tick bite, known as a “bull’s eye rash”
- flu-like symptoms: tiredness, headaches, sore muscles and joints and fever.

Find more information about [Lyme disease on the MyHealthAlberta website](#).

## did you know?

### The Community Sports Stadium is open\* for track use until September 1?

Get outside and hit the track for your next workout! Hours are limited so call ahead to 403-329-2706 for a schedule.



### Working in Extreme Temperatures

Your body works best when it has an internal “core” temperature of 37°C. 37°C might seem warm, but this is your internal temperature (not the air temperature). This temperature is necessary for your vital organs to function normally.

During a regular day, your body temperature may vary by about 1°C depending on the time of day, your level of physical activity and how you are feeling (emotional reactions).



To maintain a constant inner body temperature, the body must continually keep or gain heat in cold environments and lose heat in hot environments.

### Diagnosis and laboratory testing

Lyme disease is diagnosed based on the presence of symptoms, a physical exam, the possibility of exposure to infected ticks and laboratory testing. If your health care provider suspects Lyme disease, you may be asked to provide a blood sample for testing to see if you have certain antibodies in your blood.

It is important to ensure that laboratory testing is done correctly using a two-step testing process in an accredited laboratory. In Alberta, laboratory testing for the first step is done by the Provincial Laboratory for Public Health, which is an accredited laboratory. The second step is done by the National Microbiology Laboratory in Winnipeg, also an accredited laboratory.

**We advise against the use of laboratory testing that is offered by some alternate U.S laboratories.** It has been found that some of these use tests that do not use recognized testing methods and report inaccurate results. A study completed in 2014\* at one alternate U.S. laboratory, of patients who did not have Lyme disease, incorrectly “found” Lyme disease in up to 57% of healthy people.

False positives can result in misdiagnosis which can lead to a delay



### 3rd Place- Cash Us if You Can

Cindy Matheson, Judy Headrick, Helen Wolfe, Joanne Des Roche



### Honourable Mentions

- Amanda Clinton, Cathy Kanashiro, Sandra Randa, Corinne Steele
- Taelynn Graham, Stewart Foss, Dan Koehler, Jay Macdonald
- Tracy Horne, Lynette Harty, Brittany Lewis, Kyle Cole



- To stay cool in hot environments, the body
- Sweats – evaporating sweat cools the body, and
- Increases blood flow to the skin – to speed up the loss of heat from the skin (radiate away the excess heat) if the outside air is cooler.

#### Factors affecting how you feel

How "hot" you feel depends on five main factors:

1. **Air temperature** is what can be measured with a thermometer.
2. **Other sources of heat** (radiant heat) can include direct sunlight, machinery that generates heat, hot water, heaters or open flames, asphalt, etc.
3. **Relative humidity** is the amount of moisture (water) in the air. The warmer the air, the more moisture it can hold. High humidity makes people feel hotter because sweat does not evaporate off the skin (it is the evaporation of sweat that makes you feel cooler).
4. **Moving air** (speed) usually cools a person. This cooling provides relief in a hot environment as long as the moving air is cooler than the person.
5. **Physical exertion** (how hard you are working) also influences how hot or cold you feel. Moving around or working generates heat.

#### Heat

Heat stress is the overall heat load on the body, including environmental heat and inner body heat production due to working hard.

When heat stress is more extreme, the possible health effects include:

**Heat edema** is swelling which generally occurs among people who are not acclimatized to working in hot conditions. Swelling is often most noticeable in the ankles.

**Heat rashes** are tiny red spots on the skin, which cause a prickling sensation. The spots are the result of inflammation caused when sweat glands become plugged.

**Heat cramps** are sharp pains in the muscles that may occur alone or be combined with one of the other heat stress disorders. The cause is salt imbalance resulting from the failure to replace salt lost with sweat.

**Heat exhaustion** is caused by excessive loss of water and salt. Symptoms include heavy sweating, weakness, dizziness, nausea, headache, diarrhea, muscle cramps, and more.

**Heat syncope** is heat-induced giddiness and fainting

in finding the actual cause of an individual's illness, as well as unnecessary, expensive and sometimes harmful long-term antibiotic therapy. An increased number of false positives also create an inaccurate and inflated view of the risk of Lyme disease in Alberta.

It is important to note that advising against the use of alternate laboratory testing does not mean refusing to test and treat individuals who are sick. All individuals who are suspected to have Lyme disease should be tested using the best available methods, and if they are found to have the disease, will be safely and appropriately treated by our health care system.

### App Corner: HabitBull



#### Organize Your Life!

HabitBull helps you keep track of your day to day habits and routines

#### » Fully Customisable

Measure and track anything and everything. Follow your own schedule and track your own goals. Get notified whenever you need to do something important.

#### » Cut Bad Habits From Your Life

Simply start tracking bad habits like nail biting, smoking or drinking too much. Once you see the patterns, it's easier to break them. HabitBull keeps you accountable.

#### » Add Some Positive Habits

Want to go for a nice walk every day? Or maybe give 3 hugs every Saturday and Sunday? Join us on this journey!



## CALGARY CAMPUS RACE RECAP

The Wellness Committee headed to North to offer employees at the Calgary Campus a chance to run in the Amazing Race.

Teams of two raced through a series of challenges starting off with a puzzle challenge. When they had put the puzzle together, they had to flip it over intact to read the following riddle;

*"I have a mouth but I do not eat. I have a bed but I do not eat. I am always running but I never walk."*

Off to the Bow River they headed to complete a series of fun physical challenges as a team including a beach ball obstacle, throwing a ping pong ball into a plastic cup, and racing to move plastic balls from one bucket to the next.

induced by temporarily insufficient flow of blood to the brain while a person is standing. It is caused by the loss of body fluids through sweating, and by lowered blood pressure due to pooling of blood in the legs.

**Heat stroke and hyperpyrexia** (elevated body temperature) are the most serious types of heat illnesses. Signs of heat stroke include body temperature often greater than 41°C, and complete or partial loss of consciousness. The signs of heat hyperpyrexia are similar except that the skin remains moist.

## Tips to Beat the Heat

**Hydrate! Hydrate! Hydrate!** Each individual should drink about 250 ml (1 cup) every 15-20 minutes when working in hot conditions.

### **Reduce the level of physical activity required.**

Where possible, change the location of the work to a cooler work area.

**Establish a cooling station** where workers can rest in a ventilated and air-conditioned space – either a booth or vehicle.

**Use fans** to increase air movement and help encourage sweat evaporation. *NOTE! This control method is only effective when the air temperature is less than the skin temperature (about 35°C). When extremely hot air is blown on a person, heat exhaustion can happen faster.*

### **Reduce the physical effort needed for the task by:**

- lowering the pace of work
- shortening the duration (how long)
- increasing the number and/or length of rest breaks

**Schedule physically demanding jobs for cooler periods of the day** (usually early morning or evening).

**Establish a “buddy system”** Everyone should be able to recognize early warning signs of health effects in themselves and their co-workers, and be able to respond appropriately.

(Source: [Government of Alberta OHS](#))



### » How it works:

1. Set up a habit
2. Tell HabitBull how you went for a day
3. Watch your daily streak increase



## **June/July Mental Wellness Tip**

### **Strategies for managing difficult thoughts, emotions and behaviours at work**

(Source: [Workplace Strategies for Mental Health](#) )

Here is a chart to help you see how you may be able to change difficult thoughts, emotions and behaviours at work by using different strategies.

| Thoughts, emotions, and behaviours                           | Alternative strategies   |
|--|--|
|  | Be aware of the constant thoughts.   |
| Having constant negative thoughts about yourself and others. | Challenge the information in the thoughts.<br>Consider replacing them with more productive thoughts. |
| Being unable to control crying at work.                      | Be aware of negative thoughts, or feelings that may trigger the                                      |

## **Wake up to breakfast**



The ping pong ball challenge proved difficult for the teams and after 15 minutes of frustration, teams moved on. Only one team passed this challenge and it was in one shot!



After this, teams headed to Olympic Park where they had to run around the outdoor space looking for Wellness Committee member Karen Oglivie and the blue finish mat.

A great time was had by all during this challenge and Robin Derry and Leah Zelin celebrated the win!



There are many good reasons to start your day with breakfast. Aim to include three out of the four food groups from Canada's Food Guide when preparing a healthy breakfast.

#### Try out of the ordinary

Breakfast does not only have to include traditional breakfast foods like toast, cereal or muffins. Try some of these nutritious and delicious meal ideas that would make a great breakfast in bed:

- A whole grain English Muffin topped with almond or peanut butter, sliced banana, served with a cup of low fat milk (skim, 1% or 2%).
- A small homemade oatmeal or bran muffin with fresh fruit salad and low fat yogurt.
- Leftover homemade vegetable pizza with a sliced orange.
- Whole grain crackers with low fat cheese (less than 20% M.F) and a sliced apple or pear.
- Two hard boiled eggs with whole grain toast and 1/2 cup 100% unsweetened fruit juice.
- Fruity Green Smoothie (see recipe below) with a slice of whole grain toast with soft non-hydrogenated margarine.
- Fruit and yogurt parfait with 1/4 cup low fat granola.

#### AHS Nutrition Services Lethbridge: All classes are Free

Pre- and Postnatal Nutrition Classes: **ongoing**, call **403-388-6668** to register.

Alberta Healthy Living Program Classes: **ongoing**, call **403-388-6654** to register.

crying. Consider alternative responses.

Consider that crying can be a way of relieving stress, and you can plan for crying time during breaks in your workday.

Be aware of how negative thoughts or feelings may lead to panic attacks. Consider other ways to respond or plan.

Having panic attacks at work. Plan ahead of time what you will do if you are experiencing a panic attack.

Consider talking to someone you trust at work and seeing if they can support you during or after the attack.

Having angry or emotional outbursts at work. Be aware of early signs that anger is rising. Learn what physical signs your body gives you that your anger is rising.

Feeling confused and unable to remember details at work. Consider other ways of having information given to you.

Feeling anxious. Consider alternatives to behaviours at work that could contribute to feeling anxious at work.

## How did we get so sedentary? Sedentary behaviours among Canadian adults

(Source: [Alberta Centre for Active Living](#))



With modern times and advancing technology, we have continued to inadvertently engineer physical activity out of our daily lives. As a species, we seem rather determined to find ways to stay seated, rather than exert ourselves to accomplish required daily tasks. How did we as humans evolve into such a sedentary and inactive species, and specifically, what does this sedentary behaviour look like among Canadian adults?

## Evolution of the sedentary human

In prehistoric times, physical activity patterns followed food availability patterns. Our primary driver of physical activity was our need for food and to escape from predators, requiring high energy expenditures for our basic survival in the physical environment. Our human biochemistry and physiology were designed to function optimally under those conditions. In fact, this link between caloric intake and caloric expenditure existed for the majority of human history, compared to our much shorter evolution into the 21<sup>st</sup> century with vastly different circumstances of human existence.

Today that existence has become increasingly automated — no longer are we exerting ourselves to escape predators, nor hunting and gathering our food to ensure our survival. That historical relationship between eating and physical exertion no longer exists. Not only has automation and mechanization taken over the occupational and survival aspects of our lives, but even our recreation time has been taken over by computers, video games, TV, Internet and sport spectating rather than participation. Our 21<sup>st</sup> century environment seems intent on eliminating every possible need for movement out of our chairs and couches. Not only is food availability ubiquitous, but we no longer even need to walk through a grocery store; delivery to our door is available at the touch of a smart phone screen.

The problem? Our genes still exist as adapted for conditions when survival-of-the-fittest was a concern. Our genetic makeup is completely discordant with our modern sedentary lifestyles: **Humans were simply not created to be so inactive and sedentary.**



## Sedentary behaviour? Not the same as physical inactivity

Sedentary behaviour refers to any waking behaviour with a low energy expenditure while in a sitting or reclining posture. Screen time (TV viewing, video game playing, leisure time computer use) is a common sedentary behaviour, while other behaviours include time spent sitting, reading or in passive transportation. Excessive sedentary time is associated with negative health and mortality outcomes, even for those individuals achieving health benefits by meeting the physical activity guidelines.

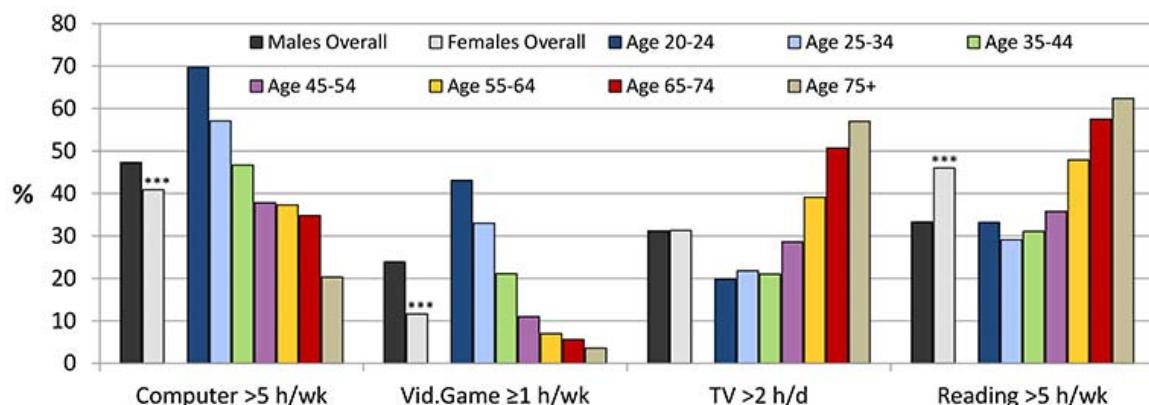
## Sedentary behaviours among Canadian adults

- 44% of adults report more than 5 hours per week of leisure computer use

- 31% report more than 2 hours per day of TV/video viewing
- 18% report at least 1 hour per week in video game playing
- 40% report more than 5 hours per week in reading time.

However, there are some notable differences: males are more likely to report high computer use and video game playing time, while females are more likely to report high reading time, with no difference for TV viewing time (see Fig. 1). Computer use has increased substantially over time among both men and women, while TV time has remained relatively stable. However, this may reflect a shift to viewing TV content online rather than solely by traditional TV.

**Over 60% of adults report more than 2 hours per day in total screen time.**



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