



WELLNESS & YOUR HEALTH

November Newsletter



November Wellness Champion

Joey Grace

Smoke or Shine – Let’s Go For a “Big Ride”

Our November Wellness Champion is the Gran Fondo participant, Joey Grace – Executive Assistant in the President's Office.

After buying herself a quality hybrid bike, Joey asked her sister Sharon to join her in training for the annual **Kootenay Rockies Gran Fondo** bike race. A Gran Fondo is an Italian term which loosely translates to “*big ride*,” typically 120 – 150 kms. For their first



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

42- Bowling

Bowling is an excellent indoor activity that Lethbridge residents can enjoy year round. This social sport is low-impact and offers a lot of fun and laughs (and some frustrations).

According to [Bowl Canada](#), approximately 95 million people all over the world enjoy the game of bowling. While not an overly intensive workout, participants in bowling enjoy many health benefits, both physically and mentally as follows:

1. Promotes the growth of body muscles.
2. Excellent exercise for the body
3. Helps in weight loss
4. Social benefits of bowling



Upcoming
Events

11/8

Fentanyl/Opioid and Naloxone Training

10:30 am - 12 pm - and
12:05 - 1:30 on 11/8

UHall room E690

Register for Free training

- janice.driver@uleth.ca

Students, staff and

faculty welcome!

11/21

Lunch and Learn

'Research on Effects of Sitting' with Dr.

Jennifer Copeland

12 - 1 pm

AH 137

[Register Here](#)

11/21

Influenza Immunization

bike race, Joey and Sharon opted to do the Medio Fondo which was going to be 102 kms, riding from St. Eugene to Cranbrook, Kimberley, Wasa Lake, Fort Steele and back to St. Eugene. The two set out on a two-month training program for the big day. Their training consisted of 3 rides per week, 2 short rides and 1 long ride on the weekend. Between training and the race, Joey and her sister rode over 1100 kms.

During their training, Joey took the initiative to keep track of their progress, while noting their favourite routes. She also used the [Strava app](#), to see elevation gain, average and maximum speed, and as an overall motivation to enhance her training performance.

The race day looked a little different than what Joey and Sharon had anticipated, as the Kootenay Rockies Gran Fondo was cancelled due to the danger of many fires in the area and poor air quality. As devastating as this news was, Joey and her sister decided that they did not train vigorously for the past 2-months to not complete their “big ride.” They took matters into their own hands and established the, “**Joey and Sharon’s Medio – 100 km Fondo in Lethbridge.**”

Joey took to Google Maps and created their own race route. Because the route had to start and finish at Joey's house, and hills had to be included to make it as comparable to the Kootenay's as possible, approximately 40 kms had to be done in the city. *“This route is a close as we could get it to what we would have done in the Kootenay's had we been there, including going up the West side hill at km 80”* said Joey. They organized their own schedule and included “pit stops” at three locations with family and friends to refuel and rehydrate.

Their very own race day came, and the ladies finished in 6 hours with pit stops, leaving their final race time at 5 hours and 4 minutes!! They still endured poor air quality in Lethbridge with the smoke, and the heat rising to 33 degrees by noon – all of which did not get in the way of completing their Gran Fondo!

5. Helps relieve stress

43- Collecting

Do you still have your Beanie Baby collection from the 90s? Maybe you enjoy collecting souvenir spoons or have books of stamps your spouse wants you toss. Hold on to them because collecting is good for your health! Collecting will hone your skills and make your brain more alert. Whenever you start collecting, you are keenly aware of your environment because you're always seeking out another piece for your collection.

According to [Think Health B.C.](#), collecting can improve your health in the following ways:

1. Increased Observational Awareness
2. Organizational Skills Enhanced
3. Pattern Recognition Improved
4. Creative Inspiration

44- Family Skate

The flurries are starting to fly and so often we Canadians hunker down at home and bust out the movies and books. But getting out and moving your body is detrimental to your mental and physical well being. Prolonged screen time has been shown to be detrimental to children and adults alike.

Fitness for the Whole Family

Skating as a family is a great way to get out and moving. Physical & Health Education Canada have identified skating as one of thirteen locomotor and body skills that children should learn by age seven.

It's fairly inexpensive. Due to the popularity of the sport, finding used kids skates on online message boards is fairly easy and the admission fee at local rinks is nominal.

According to [Health Fitness Revolution](#), health benefits of ice skating include:

1. Better Balance
2. Improves Joint Flexibility
3. Builds Leg Muscles
4. Cardio
5. Endurance
6. Stress Relief
7. Mental Fitness

45- Rock climbing

We here at the University are fortunate to have a state of the art rock climbing facility right here on campus! Rock climbing is an excellent full body

Clinic on campus

11 - 4 pm

UCA Atrium (UHall Atrium)

Bring your public health care card

11/22

Dr. Kim Raine Healthy Food Options on Campus

11 am - 12 pm

AH 100

All Welcome

11/29

Mini Massage

1 - 3:00 pm

AH 100

[Register Here](#)

12/5

International Human Rights

Sponsored by WGST 1000 & 2600

9:25 - 10:40 am: Forum

AH 100

11 am - 12pm: Open

Workshop AH 100

1:40 - 3 pm: Forum with

Alberta Commission on Human Rights SU 300A

3 - 6 pm: Meet n' Greet

with Support Network for

Academics of Colour+

SU 300A

Admission Free - Open

to Students, Staff,

Faculty & General Public

12/6

Lunch and Learn

CPA Canada 'Financial Literacy' with Rose

Hong Le

12 - 1 pm

AH 100

[Register Here](#)

Mindful Employer

Sessions

Contact [Wellness](#) to set

up 1 hour workshops in

Joey's rides did not stop there, as she is currently biking across Canada with her hybrid bike and stationary spin bike. She keeps track of her distances using google maps, as well as the Strava app and her biking stats. She's currently on her way on HWY 1 to Swift Current! This is another indicator to showcase the love that Joey has for biking and remaining physically active. We would like to congratulate Joey on her amazing completion of a Gran Fondo! A truly remarkable achievement of motivation and physical activity.

Until next year's Gran Fondo...



did you know?
↓

There is a Wellness Lunch Walk/Run Club! Sponsored by the Wellness Committee and Sport & Rec, this program allows University employees to use the indoor track at lunchtime for only \$5 a month!

The indoor track will be open from 11 am - 1 pm to

workout and a great cross training activity. Rock climbing is a cardio and strength workout requiring both upper and lower body strength. Abs, obliques, delts, traps, biceps, lats, quads, calves are all muscle groups utilized while climbing.

It's also a great form of cardio, similar to climbing stairs or jogging. According to a 1997 study published in the British Journal of Sports Medicine, the cardio and energy consumed in rock climbing is similar to running at a pace between 8 and 11 minutes per mile.

Besides the physical benefits, rock climbing offers great mental benefits such as:

1. Boosting Brain Function
2. Rising up to Meet Challenges
3. Potentially Getting You Outside

46- Donate Blood

A lot of the Ways to Stay Well that we've shared are helpful in lowering blood pressure or getting your blood pumping, but donating that blood is also a way to improve your wellness. Health benefits include:

(Source: Lifhack.org)

1. The Joy of Saving Human Lives
2. Health Check-Up
3. Reduces Risk of Heart Disease
4. Burns Calories
5. Reduces the Risk of Cancer

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



Calgary Corner by Karen Ogilvie

What to do when November hates Salad

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

FREE brain fit testing app!

Lumosity is an app that allows you to train core cognitive abilities. Lumosity offers a comprehensive brain training program with 30+ brain games. Start challenging your Memory, Attention, and more today!

Available [here](#)



Presents the 4th Annual **Community Connections for Addiction Awareness**

(A National Addictions Awareness Week Conference)

Wednesday, November 22nd, 2017

8:00 a.m. - 3:30 p.m.

(registration takes place

accommodate various lunch schedules. Sign up at the Sports & Rec desk and pay \$5/month and get in a lunch time walk or run in the climate controlled indoor track.

If you cannot walk between 11 am - 1 pm, the SRS Customer Service may be able to accommodate other hours so make sure to ask!



U of L Blood Donors

This group of amazing staff members donated their time and, more importantly, blood, to the Canadian Blood Services last month! Thank you to Joey Grace, Brett Leeb, Kelly Roberts, Patti Infanti, David Smith, Elaine Carlson, Aaron Benson, Steve Benson, Suzanne McIntosh, Justina Gaudette and Kirsten White.



Book in for your Mini Massage

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

- November 29 at **1:00 pm - 3:00 pm** in **AH 100**

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

There's something about November that makes eating healthy a sudden challenge. It could be that the drop in temperatures makes salads seem really undesirable, or the knowledge that the indulgence of the holiday season is right around the corner. Suddenly those hot, creamy soups and savory French fries seem a lot more appealing than that cold pile of lettuce that was so appetizing 3 months ago.

Luckily, salad is not the only meal option that helps to keep you eating healthy. And so when the cold weather hits, and you find yourself losing interest in your lunches, it's probably time to start mixing it up.

For the full article with tips and recipes click [here!](#)



11th Annual Life Balance Fair

Recap:

The Wellness Committee uses this event to increase employees' and students' awareness of the importance of workplace and school health and balance.

This year we had more than 545 participants and 65 exhibitors!

This year's top 5 exhibitor booths were:

1. Screamin' Brothers Ice Cream
2. Shopper's Drug Mart/Nursing Students Flu Shot Clinic
3. East Meets West Health Centre
4. Rebound Health Centre
5. Canadian Blood Services

If you were a prize winner and have not yet picked up your prize, please contact us at Wellness@uleth.ca

Thanks to all the participants, exhibitors, donors, and volunteers for your continuing support!

between 8-8:30 a.m.)

The Coast Lethbridge, Hotel and Conference

Centre (526 Mayor Magrath Drive South)

Cost: \$30.00 (includes light morning snack & catered lunch)

Keynote Plenary:

The Relationship between Childhood Trauma and Addiction

Featuring Dr. Cheryl Currie

Click here to [Register](#)



Health Check for U!

How Old is Your Heart?

What if you could have an assessment of your overall health here on campus? Or know your risk for having a stroke or heart attack in the next 10 years?

You can! U of L Wellness, and the Faculty of Health Sciences Nursing Students have teamed up to provide free confidential Cardiovascular screening to all staff and faculty of



November is an awareness month for multiple health concerns such as:

- Stomach Cancer
- Osteoporosis
- Diabetes
- Pancreatic Cancer
- Lung Cancer
- Fall Prevention
- Men's Health (Movember)
- and more!

For a full list and details check out [Health Canada's](#) website!



Upcoming Flu Immunization Clinics

Alberta Health Services South Zone Influenza Clinics:

- Saturday, November 4th: 9 am - 1 pm
- Tuesday, November 7th: 2 - 6 pm
- Thursday, November 16th: 2 - 6 pm
- Wednesday, November 22nd: 2 - 6 pm
- Tuesday, November 28th: 2 - 6 pm
- Tuesday, December 12th: 2 - 6 pm

Lethbridge Exhibition Park - Main Pavilion -

South Entrance (3401 Parkside Drive S.,
Lethbridge, Alberta)

**FLU CLINIC ON CAMPUS Nov
21- 11 - 4:00 PM UHall Atrium!**



Monthly Mental Wellness Tip

Stress Management Techniques that work!



Ways to Practice Mental Fitness according to the CMHA (2017):

1. Daydream
2. "Collect" Positive Emotional Moments
3. Learn Ways to Cope With Negative Thoughts
4. Do one thing at a time
5. Exercise
6. Enjoy Hobbies
7. Set Personal Goals
8. Keep a Journal
9. Share Humour
10. Volunteer
11. Treat Yourself Well

Find the full article [here](#)

Stretching has many great health benefits. Some are more obvious, such as helping you to become more flexible, but there are also many other benefits to stretching regularly. These benefits include: helping you to relax, reduce your stress and anxiety levels, help release muscle tensions, as well as lower blood pressure and breathing rates. Not only are these beneficial to your physical health, but your mental health too!

According to Berkley Wellness (2014), there are 7 tips to follow to achieve smart stretching. They are as follows:

the University of Lethbridge, called "Health Check for U."

What happens at Health Check for U?

The 15-minute screening (takes place in Markin Hall) includes:

- Measuring your height, weight, & waist circumference
- Taking your blood pressure
- A finger poke to obtain a blood sample for cholesterol and blood sugar levels

After screening:

- A free light snack is provided!
- You'll come back for a 20-minute session where we will review your results with you and work with you to develop a health lifestyle plan.

Previous participants welcome to come and compare past results.

Book an appointment today! Limited sessions available. Register at

First Screening of the semester will be October 3, 2017

**Or Contact:
Suzanne McIntosh,
Manager, Wellness
& Recognition, for
more information:
wellness@uleth.ca;
(403)-332-5217**



In late November your Spending Account Allocation form will be electronically sent to you, along with instructions on how to complete your allocation on The Bridge information system. Please start thinking about how you wish to allocate your Spending Accounts!



Payroll Services would like to notify everyone of their new hours:

Monday - Friday, 9:30 am - 2:30 pm

Also, a friendly reminder that December's time sheet deadlines will be different. Click [here](#) to view the payroll calendar or keep an eye on the Noticeboard and Flexible Messaging Areas for updates.



Public Service Pension Plan – Upcoming Payment Dates

- October 30
- November 29
- December 22

Visit [here](#) for more details!

- 1). Stretch Safely – don't stretch too vigorously or too long.
- 2). Do It Regularly – stretch at least three times a week, for 10 – 20 minutes, to maintain flexibility
- 3). Warm Up First – Always do a brief 5 – 10 minute warm-up, such as jogging in place or a brisk walk.
- 4). Don't Bounce When You Stretch – stretching should be gradual and relaxed
- 5). Stretch Opposing Muscles – static and partner stretching is good for this
- 6). Enjoy Some Surprising Benefits – stretching may benefit your mind as well as your body (great stress reducer and relaxer!)
- 7). Finish Workouts With a Stretch

7 Smart Stretching Tips. (2014). Retrieved November 02, 2017, from <http://www.berkeleywellness.com/fitness/active-lifestyle/slideshow/7-smart-stretching-tips>

Full Article [Here](#)

A great way to warm-up before your stretching is by walking. Walking is proven to have great health benefits, both physically and mentally!

The Arthritis Foundation (2014) lists *12 Benefits of Walking*:

- 1. Walking improves circulation** - It also wards off heart disease, brings up the heart rate, lowers blood pressure and strengthens the heart.
- 2. Walking shores up your bones** – It can stop the loss of bone mass for those with osteoporosis, according to Michael A. Schwartz, MD, of Plancher Orthopedics & Sports Medicine in New York.
- 3. Walking leads to a longer life** - Research out of the University of Michigan Medical School and the Veterans Administration Ann Arbor Healthcare System says those who exercise regularly in their fifties and sixties are 35 percent less likely to die over the next eight years than their non-walking counterparts. That number shoots up to 45 percent less likely for those who have underlying health conditions.
- 4. Walking lightens mood** - Why? Walking releases natural painkilling endorphins to the body – one of the emotional benefits of exercise.
- 5. Walking can lead to weight loss** - A brisk 30-minute walk burns 200 calories. Over time, calories burned can lead to pounds dropped.



**THIS
MOVEMBER
BE THE
DIFFERENCE
IN A MAN'S
LIFE**

There are many different ways you can support Men's Health and participate in Movember!

Men and women alike can embrace the sweaty Mo this Movember by being active. It's what we like to call [Move](#). Set a distance goal at the start of the month, and walk, run, cycle, swim or row your way to achieving it. You can raise much needed funds for men's health while you're at it.

Visit Movember Canada's website for more details!

Source: [Movember Foundation Canada](#)



**Drowsy Driving
Prevention Week
November 5 - 12,
2017**

"To bring heightened awareness to the perils of driving while sleep deprived, the National Sleep Foundation



Updated Employee Pension and Benefits Great West Life Benefits Booklets are up on the website!

Click [here](#) to view yours.

6. Walking strengthens muscles – It tones your leg and abdominal muscles – and even arm muscles if you pump them as you walk.

7. Walking improves sleep - A study from the Fred Hutchinson Cancer Research Center in Seattle found that women, ages 50 to 75, who took one-hour morning walks, were more likely to relieve insomnia than women who didn't walk.

8. Walking supports your joints – The majority of joint cartilage has no direct blood supply. It gets its nutrition from synovial or joint fluid that circulates as we move. Impact that comes from movement or compression, such as walking, "squishes" the cartilage, bringing oxygen and nutrients into the area. If you don't walk, joints are deprived of life-giving fluid, which can speed deterioration.

9. Walking improves your breath – When walking, your breathing rate increases, causing oxygen to travel faster through bloodstream, helping to eliminate waste products and improve your energy level and the ability to heal.

10. Walking slows mental decline – A study of 6,000 women, ages 65 and older, performed by researchers at the University of California, San Francisco, found that age-related memory decline was lower in those who walked more. The women walking 2.5 miles per day had a 17-percent decline in memory, as opposed to a 25-percent decline in women who walked less than a half-mile per week.

11. Walking lowers Alzheimer's risk – A study from the University of Virginia Health System in Charlottesville found that men between the ages of 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer's disease, compared to those who walked less.

12. Walking helps you do more, longer – Aerobic walking and resistance exercise programs may reduce the incidence of disability in the activities of daily living of people who are older than 65 and have symptomatic OA, shows a study published in the *Journal of Clinical Outcomes Management*.

12 Benefits of Walking. (2014). Retrieved November 02, 2017, from <http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/wow-of-walking.php>

Full Article [Here](#)

declares November 5-12 as Drowsy Driving Prevention Week. The Foundation's annual outreach effort aims to reduce the number of drivers who decide to drive sleep deprived — responsible for more than 6,400 U.S. deaths annually — through accessible research and communications tools.

A new poll commissioned by the National Sleep Foundation (NSF) shows that a total of 97% of those polled see drowsy driving as a threat to safety, with more than 68% considering it to be a major threat. Furthermore, three in 10 Americans reported not knowing how many hours they could be awake without sleep and still drive safely. These findings highlight the need for public education on how to assess one's alertness and risk of driving while drowsy." (National Sleep Foundation, 2017)

#AlertAtTheWheel.

Find more information on the consequences of Drowsy Driving [here!](#)

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