



August Wellness & Recognition Newsletter



A HUGE Thank You to Rachel Richards, Student Wellness Assistant!

Rachel has been working with the Wellness & Recognition department for two years now (where does the time go?) and I am sad to say that she will be completing her final teaching practicum this fall and then off to her 'real' job.

Rachel has been an invaluable addition to our team, without her we could not have had such AMAZING Bee Amazing Race(s), BALANCED Life Balance Fair(s), or organized Wellness lunch and learns (not to mention many other projects Rachel has been involved in). Rachel you will be missed! Thank you for your enthusiasm, optimism, positive attitude and overall 'can-do' attitude!

All the best to you Rachel,

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!

August

#30) Limit screen time

Health experts say screen time at home should be limited to two hours or less a day. The time we spend in front of the screen, unless it's work- or homework-related, could be better spent being more physically active (increasing our energy out).

Douglas Gentile, professor of psychology at Iowa State University said, "The work week still takes up 40 of those hours, sleep at seven hours a night is an additional 49, and if we assume all personal care -- such as eating, bathing, dressing, preparing food -- is three hours a day, that leaves 58 hours a week left over for all other things.

This includes hobbies, sports, spending time with children, spending time with friends and romantic partners, reading, learning, exercise, participating in a faith community, volunteer work, house maintenance," he added. "If people are spending over 50 hours a week with media for entertainment purposes, then there's really no time left for any of the other things we value."

#31) Sleep

Upcoming Events

8/17

Outdoor Gym Class

6-7pm

Nicholas Sheran park

A free full body workout from a certified fitness instructor.

9/20

Lunch and Learn

Investing Tips with Servus Credit Union

12-1 PM

AH137

[Register Here](#)

10/31

Lunch and Learn

Spooky Science

12-12:45 p.m.

AH100

[Register Here](#)

11/21

Lunch and Learn

Research Into Sitting with Dr. Jennifer Copeland

12-1 p.m.

AH 137

[Register Here](#)

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, Improving Workplace Collaborations, Responding to Mental Health Issues.

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

Suzanne and the Wellness Committee

Sports & Rec Now Offers Class Passes

We are trying something NEW at Horns Recreation! 10 and 20 Class Passes are a great way to enjoy all your favorite fitness classes, anytime! Class Passes give you the freedom to try all of our Horns Recreation group fitness and yoga classes, and allow you to set up your own fitness regimen based on YOUR goals and schedule. We hope that Class Passes will give all fitness-lovers the opportunity to enjoy group classes whenever they like, without being committed to a full semester. You can purchase your Class Pass online and book all your favorite classes up to 60 days in advance.

- 10 Class Pass: \$140.00 (\$14 per class)**
- 20 Class Pass: \$260.00 (\$13 per class)**

This summer, our available group fitness classes to choose from include:

- **Abs & Glutes**—Wednesday @ 6:00pm
- **Barre**—M & W @ 12:05pm; T @ 6:00pm; Th @ 5:00pm
- **Cycle**—Monday & Wednesday @ 5:30pm
- **H.I.I.T.**—Monday & Wednesday @ 5:00pm
- **Pound**—Thursday @ 6:00pm
- **Sculpt**—Tuesday & Thursday @ 5:00pm
- **TRX**—Tuesday & Thursday @ 5:45am
- **Urban Training**—Tuesday & Thursday @ 8:10am

Our Yoga classes until the end of August include:

- **Hatha**—Tuesday @ 6:00pm
- **Vinyasa**—Thursday @ 12:05pm
- **Prenatal**—Monday @ 6:00pm
- **Restorative**—Wednesday @ 6:00pm
- **Yin**—Tuesday @ 12:15pm



Come try all our classes now, before they start to fill up

What's one thing we tend to sacrifice when things get busy? Sometimes it's exercise and other times it's sleep (sometimes it's both). Sleep is a vital process that everybody must go through daily in order for their bodies to rest and regenerate. So why are so many people cutting down their hours of sleep?

Studies also show that sleep deficiency alters activity in some parts of the brain. If you're sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behavior, and coping with change. Sleep deficiency also has been linked to depression, suicide, and risk-taking behavior.

#32) Paddle sports

Canoeing, kayaking, and paddle boarding involve paddling a small craft through water. They are low-impact activities that can improve your aerobic fitness, strength and flexibility.

Health Benefits of these activities include; reduces stress, improved balance, is a workout, low impact.

#34) Get a Pet!

Pets can decrease your; blood pressure, cholesterol levels, triglyceride levels, and feelings of loneliness. They can also increase your opportunities for exercise and outdoor activities and socialization.

Makes sense. Fido needs to be walked and what better way to pass the time than go for a walk with a friend and his/her pooch?

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



Calgary Corner

Hiking Kept Simple

Hiking—for some, it's the go-to summer activity. For others, it's the last thing they want to do. But with the long, sunny days of summer, hiking can provide

App Corner: Breath

Calming Reminders for Mindful Breathing



Breath is a mindfulness app that helps you stay calm and battle anxiety by sending you gentle deep breathing reminders throughout the day.

[Click here to view it on iTunes.](#)



August Mental Wellness Tip

Tend to Your Wellness Wheel

(Source: [University of Utah Centre for Wellness](#))



The wellness wheel is a visual guide to better understand the seven dimensions or areas of an individual's life that make up their overall health. These dimensions are comprised of common characteristics, identities and behaviors. Assessing needs in the seven areas can help you prevent future health problems and consequences by making healthier choices a habit and part of your everyday life.

Mental Health Aspects

Emotional wellness is based on how you

in the fall! A new class schedule will begin in September, so stay tuned for some new classes and additional times!

Visit <https://communityprograms.ulethbridge.ca> for schedules and class booking!



Associates Counselling Services Offers Many Programs to Lethbridge Residents

University employees have access to counselling services through Homewood Health Solutions. Associates Counselling Services fourteen counsellors, some of which are affiliated with Homewood.

ACS offers specialized services in:

Self esteem, marital/relationship counselling, depression, anger management, Post Traumatic Stress Disorder, parenting, co-dependency, grief/bereavement, family of origin issues/dysfunction, spiritual concerns, child abuse trauma, workplace harassment, transitions/change, First Nations issues, family violence, seniors issues, communication, stress management, anxiety/panic attacks, family therapy, substance abuse & addiction, critical incident stress debriefing, physical/sexual abuse, conflict resolution, gay and lesbian and child/youth issues.

ACS has other funding options for their services including a sliding scale for fees as well as FSS funding. If you live within City Limits, there are 6 counsellors who can offer sessions at a reduced cost.

To learn more about employee benefits visit the [EFAP website](#).



Lethbridge has an infertility support group? This casual

an excellent and low impact way to be active while enjoying the outdoors.

If you're new to hiking (or a non-hiker altogether) this activity can seem daunting. What should you be prepared for? Will the hike be too challenging? How do you know what distance or elevation gain you're really capable of so that halfway through the day you're not hating every step?? All of concerns things are legitimate, but at the same time—don't overthink it. The best advice is to start easy. If you don't really have a good sense as to what kind of distance or elevation gain you can handle in a day, start small and build up. Chances are that you can handle more than you expect. Take note of what the distance and elevation is for a hike, and then assess how you feel afterwards. Many hikes will be listed as 'easy', 'moderate' or 'difficult', but this is quite subjective to the ability of the hiker. Use it as a gauge, but be your own judge.



Hiking from Calgary is great because you have lots of options for easy hikes. Hikes around here are a great day activity because even if you do a short one, you get a scenic drive to the mountains, and then there is usually a beautiful little town close by to check out shops or have a post-hike drink or meal.

Here's a few day trip ideas:

Canmore

Start or end your day in Canmore with any of these easy hikes! Perhaps grab lunch or coffee at the [Rocky Mountain Bagel Company](#), lunch/ dinner at [Graze](#), or check out PD3 by [Blake](#) which is a double-decker bus/ food truck with some amazing food and spectacular mountain views.

Easy Canmore day hikes:

- **Bow River Loop**
Elevation gain: none
Distance: 2 km
- **Three Sister Pathway**
Elevation gain: 20 meters
Distance: 6.7 km one-way
- **Grassi Lakes Hiking Trail**
Elevation gain: 250 meters
Distance: 3.8 km round trip

feel. Some ways to stay emotionally healthy are to manage your stress level, stay on top of work, get eight hours of sleep, ask for help, or see a therapist id needed.

Spiritual wellness is a process of understanding (or attempting to understand) beliefs, values, and ethics that help guide your life. Some folks explore their spirituality through a religious or faith community, some folks spend time in the outdoors hiking, while others meditate or practice yoga. Whatever your preferred approach, spending time asking and exploring your spiritual life can be an important part to your overall wellbeing.

Intellectual wellness means staying curious and engaged in learning new things. Being a lifelong learner won't just make you a well-rounded individual, it will make you healthier. Engage in creative and mentally stimulating activities. Read for pleasure, be aware of social and political issues, or join a club or group that focuses on enhancing intellectual interests.

Social wellness involves participation in your community and developing and nurturing healthy relationships. Having a strong social network can give you support and guidance when you are stressed or need stress relief. Additionally these relationships can aid in the development of healthy bonding and boundary development.

[CLICK HERE](#) to read about the other aspects of the Wellness Wheel.

BEAT THE HEAT

Lethbridge has been experiencing a hot summer! Here are a few tips to help you beat the heat!

Beat the heat: Peppermint tea mist

Brew a pot of peppermint tea, then stick it in the fridge. Once it's nice and cold, wonderhowto.com suggests pouring some into a spray bottle and misting yourself with it. Better than water, the menthol in the tea will give your skin a tingly, cool feeling. Here are other surprising uses for tea you probably haven't tried.

and free support group runs every third Tuesday of the month from 6:30 - 8:30 p.m. at the Associates Counselling Services office.

Click [HERE](#) for more information.



How Taking a Vacation Can Save Your Life

(Source: [Global News](#))

To hear Canadians talk about it, taking a vacation sounds like a pipe dream. In fact, it's such a rare occurrence that according to the [2016 Vacation Deprivation survey conducted by Expedia.ca](#), while the average Canadian would like 11.5 more vacation days per year, they consistently leave three unused days of vacation behind.

That may not sound like much when you look around your office, but collectively they represent 31 million unused vacation days across the country and over \$5.5-billion in wages that go back to the employer. What's more, 27 per cent of respondents said they go a year or more without taking a vacation.

It's a shame to waste vacation days, sure, but there's more to it than that, according to studies. Taking a vacation has some serious health benefits, both mental and physical.

It reduces the risk of death by heart disease

In a study published in the journal [Psychosomatic Medicine](#), researchers found that among middle-aged men who were at high risk for coronary heart disease, those who went on vacation regularly (once a year) were 21 per cent less likely to die of any cause other than old age, and 32 per cent less likely to die of heart disease.

Similarly, the landmark [Framingham Heart Study](#), the longest-running study of cardiovascular disease, found that women who went six years between vacations were eight times more likely to develop coronary heart disease or have a heart attack versus women who vacationed twice a year.



Three Sister Pathway

Banff

If you're going out more towards Banff, [Wild Flour Bakery](#) is an excellent stop for coffee or a light lunch. Or if you're looking for a healthier or vegetarian twist, [Nourish Bistro](#) has some amazing food.

Easy Banff day hikes:

- **Johnson Lower Falls**
Elevation gain: 30 m
Distance: 1.2 km one-way
- **Silverton Falls**
Elevation gain: 60 m
Distance: 1 km one-way
- **Sunshine Meadows/ Rock Isle Lake**
Elevation gain: 105 m
Distance: 1.8 km one-way



Johnson Lower Falls

Whatever your level, hiking is a great way to get moving this summer. It's a simple activity that doesn't require a lot of equipment. Of the essential items to bring, make sure you have: Lots of water, bear spray (even when staying close to the townsite), sunscreen, a jacket, and first aid kit. You can also take a snack and a map of the area. Most trail heads have maps that you can snap a photo of with your phone. Just be careful if it's a longer hike and your battery is low. Sometimes a paper map can be far more useful.

Enjoy your summer!

For more information about Canmore hikes, check out <http://banffandbeyond.com/easy-scenic-walks-and-hikes-in-canmore/>



Put soft gel ice packs on top of the mattress and underneath the sheets; try under your legs, neck, or lower back for maximum comfort. Real Simple also suggests freezing a cotton sock filled with rice, then slipping it between the sheets. The rice will hold a chill longer. Check out these other absolutely genius uses for a single sock.

Beat the heat: Aloe vera

You know aloe vera naturally soothes sunburn, and its cooling properties also work to help you beat the heat. Blogger Crunchy Betty offers different recipes to make spray of it, combining witch hazel and peppermint oil. Here are aloe vera uses you might not know.

Beat the heat: Pressure points

Lifehacker.com's solution to lower body temperature is to apply a bottle with ice-cold water on points like your ankles, wrists, or behind the knees.



Beat the heat: Ice-cold sheets

Chill your bed by folding sheets and pillowcases, placing them in plastic bags, and sticking them in the freezer for a few hours, according to [mothernaturenetwork.com](#). Then make up the bed just before you go to sleep for sweet (and cool) dreams. Here are other tricks for a better night's sleep.

Beat the heat: Take a cool shower

When all else fails, take frequent cool showers to keep your body temperature down and rinse off the sweat. But here's

It improves the brain's neuroplasticity

There are benefits to the brain, too. Adam Galinsky, professor and chair of the management division at Columbia Business School, has conducted a number of studies drawing a link between international travel and creativity. And as creativity is a result of the brain's [neuroplasticity](#) (its ability to reorganize itself by forming new connections), which fires when learning or experiencing new things, it stands to reason that travelling will boost creativity and result in increased job performance.

"Foreign experiences increase both cognitive flexibility and depth and integrativeness of thought, the ability to make deep connections between disparate forms," Galinsky said to [The Atlantic](#).

In his study, that was published in the [Academy of Management Journal](#), Galinsky found that creative directors of high-end fashion houses who lived abroad produced more consistently creative fashion lines as determined by a panel of trade journalists and independent buyers. This was especially true for those who lived in three foreign countries versus none, although the opposite effect was found in those who lived in more than three different countries. (It was thus determined that those creative directors were too transient and did not have enough time to immerse themselves in the local culture, and therefore didn't reap the benefits of learning something new.)

It improves sleep

Researchers found that after two to three days of vacation, study participants were averaging an hour more of good quality sleep and experienced an 80 per cent improvement in their reaction times.

"When they got home, they were still sleeping close to an hour more, and their reaction time was 30 to 40 per cent higher than it had been before the trip," study author Mark Rosekind said to [The New York Times](#).

There's another reason your sleep improves while on holiday (and likely extends well after your return): a new bed helps dissociate from your negative sleep patterns back home.

"The mattress and sheets are different from what you're used to, so you don't associate them with staying awake like you might at home," Robert Oexman, a chiropractor and director of the Sleep to Live Institute in Joplin, Missouri, said to [HuffPost](#).

It decreases stress

In a [study out of the University of Calgary](#), researchers examined nearly 900 lawyers who worked in high-stress firms and found that active and social leisure activities,

For more information about Banff Hikes, check out <https://www.pc.gc.ca/en/pn-np/ab/banff/activ/randonee-hiking/banff>

*All restaurant recommendations are based on excellent personal experience. Enjoy!



(Source: [Reader's Digest](#))

like playing a sport, visiting friends and taking a vacation were important in reducing depression.

Quadriplegic man takes flight in glider: 'I didn't know this was possible'



Remember our Lunch & Learn on gliders with Geoff Minors? He recently made headlines for taking a quadriplegic man up on the ride of his life! (Source: [Global News](#))

Soaring over southern Alberta in a glider was an adrenaline rush for Dale Ohler.

"Absolutely amazing! Such speed and takeoff and everything. Everything was just wild."

It's an unconventional activity for the 57-year-old, who was left paralyzed in a collision eight years ago.

His flight is an initiative of the Lethbridge Soaring Club based in Cowley, Alta.

Geoff Minors, president of the club, says it is actively working to raise funds for a better lift system so they can recruit more people who are wheelchair-bound.

"Who else can offer this experience to a disabled person? Flying through the air, soaring with the eagles... experiencing silent flight."

Glider are unique in aviation because many of them have a canopy that opens. That means anyone can be lowered into the cockpit. The rudder can also be reconfigured to hand controls instead of foot pedals.

Ohler says this flight gives him hope for more independence in the future.

He has limited use of his hands, which means he could pilot this glider solo if the club gets the support they need.

"I didn't even realize that was a possibility. Now I'm in the plane and we're doing it. It's definitely a possibility."

That means the club only needs to start with a better lift, making gliders a new frontier for Ohler to conquer.

He says he's happy to leave his wheelchair on the ground below.

"When we take off, everything's gone. I'm free and it's a really sweet feeling."

Minors hopes a new lift is just the beginning. He would like to see more facilities at the Cowley hangar, with everything from reconfigured glider controls to accessible washrooms.

"That's important. We want to make it a pleasant experience for people and we can't do it with what we've got right now."

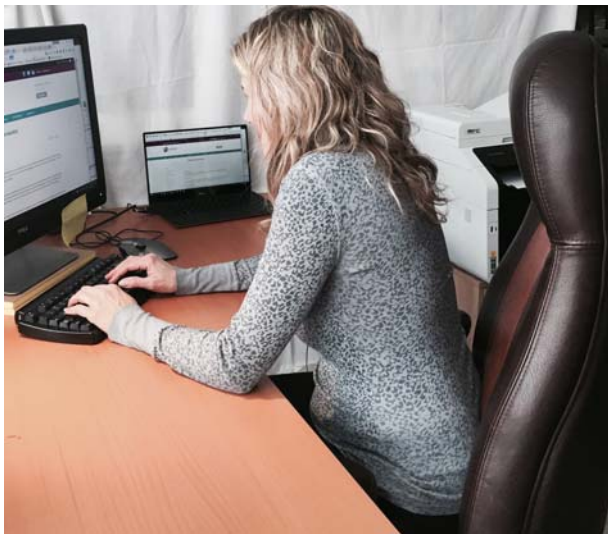
For this Stavely resident, fondly referred to as "Superman," it means he'll only need a few more super powers to live up to his namesake.



The Hazards of Forward Head Posture

What does your Posture Look Like?

People who sit in front of a computer all day or who lead sedentary lives are at increased risk of developing forward head posture (FHP), one of today's greatest postural concerns.



What is FHP?

Many people think they have “bad posture” when working at the computer, that they relate to either sitting hunched forward in their chair or reaching forward; both of these cause a rounded upper back and a forward head position.

As the name suggests, in FHP the head juts out in front of the shoulders, rather than sitting directly above the shoulders and spinal column. In FHP, the centre of gravity of the head shifts from resting over the vertebrae to being over the facet joints and contributes to upper back and neck muscle tightness. The head shift causes a narrowing of the foramen (hole) where the nerves feed off the spinal cord and can contribute to compression of the nerves running down the arm. This can result in numbness and tingling in the arm. There are varying degrees of FHP.



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