



March Wellness & Recognition Newsletter

March is Nutrition Month

Eating should be joyful, not a source of everyday frustration and confusion.



Lunch and Learn

Monday March 13, 2017

Location: AH Andy's Place

Session will run from 12:00pm-1:00pm

This is an open group and no registration is required

Presenter:

Faye Craig, Registered Dietitian

University of Lethbridge



Questions? Please contact:
Health Centre- Mental Health Team
403-317-2888
healthcentre@uleth.ca
Students Union Bldg- SU020



NUTRITION ARTICLES

Learn more with these valuable nutrition tips from Eat Right Ontario.

[Everyday tips for washing vegetables and fruit](#)

[Tips to manage your food portions](#)

[Tips for Healthy Digestion](#)

[Ten tips for healthy aging](#)

[A Guide to Healthy Eating for Older Adults \(pdf\)](#)

Is a Fitness Tracker For You?

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

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!

March

#8) Nutrition

March is Nutrition Month in Canada and proper nutrition is vital to maintaining a healthy lifestyle. The saying "you are what you eat" is scarily accurate.

The Alberta Healthy Living program is a **free** program sponsored by Alberta Health Services that offers health education services including nutrition. No doctor referral is needed. Find out more [HERE](#).

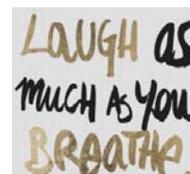
Your challenge this week is to keep a log of your food for the week. Identify areas you could improve and areas where you are already excelling. [Canada Food Guide printable tracker](#)

#9) Office Ergonomics

Did you know that back pain is the leading cause of lost time from work? Whether you're sitting at a desk, operating machinery, or lifting objects all day, keeping a healthy back is important. Preventing back injuries is a matter of staying fit and practicing good posture.

Ergonomics is the science of work. It is possible to eliminate aches, pains, and stresses at work with proper ergonomics.

The Wellness Manager offers **COMPLIMENTARY** workstation **ERGONOMIC ASSESSMENTS**. Email wellness@uleth.ca to customize your work space and



Upcoming Events

3/8

Mini Massage

1-3pm

Parkway Services Lunchroom

[Register Here](#)

3/13

Lunch n' Learn

March is Nutrition Month - Faye Craig

Dietitian

12-1pm

Andy's Place

No registration needed

3/22

Mini Massage

1-3pm

L1076

[Register Here](#)

3/30

[Living with Schizophrenia Presentation](#)

1-2pm

SU Ballroom

Refreshments available, all welcome!

4/4

Mini Massage

1-3pm

L1076

[Register Here](#)

4/5

Lunch & Learn

About the U of L ASPIRE programs

12-1pm



Fitbits, phone apps and Apple and Garmin watches are common tools for many Albertans looking to track their fitness goals. But are these devices as popular as you think?

For the first time, the 2017 Alberta Survey on Physical Activity reported on ownership and use of a consumer-based physical activity tracker. Results have shown that 38% of Albertans own a physical activity tracker.

“Physical activity trackers have gained popularity and can motivate individuals to be more active and less sedentary throughout the day,” says Nora Johnston, Director of the Alberta Centre for Active Living.

“More work is needed to support Albertans to be more physically active and less sedentary in our workplace, home, and in the community,” says Johnston. “Physical activity trackers may act as a tool to complement current physical activity and sedentary behaviour strategies, which in turn make Albertans healthier and improves quality of life.”

While physical activity trackers are helping to motivate some people, the 2017 Alberta Survey on Physical Activity published by the Alberta Centre for Active Living indicates that Albertans still need to move more and sit less.

“Only 57% of Albertans are getting enough physical activity to achieve health benefits and one-third of Albertans sit for 10 hours or more a day,” says Dr. Soutana Macridis, a co-author of the report and the Research Associate & Knowledge Translation Specialist at the Alberta Centre for Active Living.

“Although 38% of Albertans own a physical activity tracker, only 21% continue to use their device. Understanding factors related to their use may support development and implementation of physical inactivity and sedentary behaviour interventions using these devices to support Albertans in being physically active and less sedentary.”

Leading an inactive and sedentary lifestyle can increase the risk of developing chronic physical and mental health conditions such as cardiovascular disease, stroke, hypertension, colon cancers, breast cancer, Type 2 diabetes, depression, and anxiety.

prevent back pain.

#10) Swimming

Swimming is a great workout that’s easy on the joints. Swimming is a great workout because you need to move your whole body against the resistance of the water.

Besides the benefits to the body, swimming is a benefit to the mind. It’s impossible to check your phone or be distracted when you’re in the pool.

We’re fortunate to have a state of the art aquatic facility here on campus and we can take advantage of the pool before or after work. Your challenge this week is to hit the pool! Try the U of L’s new Aqua Zumba on Thursday nights or hit a lunchtime Aqua Fit class on Mondays and Wednesday from 12:05- 12:50 p.m.

#11) Reading

Reading is more than something we do for work, or a hobby for pleasure. Reading offers a multitude of health benefits including (but not limited to):

- Gives muscle to your memory.
- Keeps your brain young.
- Reduces stress
- Boosts your vocabulary.
- improves empathy

Scheduling reading time is a great way to ensure you make the time every day. Maybe it’s 15 minutes first thing in the morning, or during coffee break, or for an hour before bed; ensure you take the time every day for a little ready.

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



Calgary Corner by Karen Ogilvie

The problems with professional sitting

Have you ever thought about the fact that many of us are professional sitters? Think about it—we’re paid to sit at a desk for most of the day. We’ve become quite qualified for this because when you think about it, we sit all the time: at a desk, in a meeting, in the car, watching TV, while we have coffee, etc.... we spend a significant amount of time sitting. And while this can be a nice benefit on days where we are a little tired, it’s surprisingly hard on our bodies. We don’t usually think about it like this because sitting is how we relax. It takes the pressure off. And that should be good, right? And it is... until we do it for long periods of time. Our

AH100

[Register Here](#)

4/13

Alberta Healthy Living Grocery Store Tour

1:30-4:00 pm

No Frills West

Call 403-388-6654 to register

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](#)



Schizophrenia is one of the most highly stigmatized and misunderstood mental health disorders.

In honour of Mental Health Week, The University of Lethbridge Student Success Centre, Health Centre & Wellness Committee teamed up with the Schizophrenia Society of Alberta to present a session on schizophrenia and similar disorders, and the impact of psychosis.

Join us for this opportunity to learn from the lived experiences of people with schizophrenia as they share their stories.

Refreshments included - March 30 from 1-2 PM in the SU Ballroom

App Corner: Cookspiration

In honour of Nutrition month, we’re sharing a great app for healthy cooking!

Be inspired to cook any time, day or night with Cookspiration, created by Dietitians of Canada. Recipe ideas are served up to suit your mood and schedule.

[Download on the App Store now.](#)

A physical activity tracker can be as simple as a device worn, such as a Fitbit or an application on a phone. Depending on the device, Albertans can use their physical activity tracker to increase their physical activity and reduce sedentary time in a variety of ways, such as:

- tracking types of activities, such as walking, cycling and swimming
- tracking number of steps
- tracking distance travelled
- tracking sedentary time and providing inactivity or sedentary alerts
- connecting with family and friends for activity challenges



Sports & Rec Has a Staff Commuter Program?

The weather will be warming up soon and the Wellness team wants to see you actively commute!

To make that healthy (and sweaty) commute easier, Sports and Rec offers a program for CURRENT U of L Staff or Faculty members to utilize locker rooms to shower after an active commute.

To qualify you must have a bike or towel locker and register for the Commuter Cyclist program. There are no additional fees for this service and it includes towel service as well.

Contact Sports & Rec for more information.



bodies are not built to sit all day, and eventually sitting builds stress and strain that has a negative impact.

For anyone who hasn't studied anatomy, bear with me while I channel my passion for Kinesiology here:

Our bodies are balanced with muscles that pull in all different directions which set our natural build. Look at your hand as an example: you have muscles on both sides of your hand that pull in different directions. Contract one set and they close your hand, and then the other and it pulls your fingers back. And in the resting position, our hand is neutral. Our whole body is like this.

Too much sitting causes certain muscles to weaken and shorten over time. And this gradually pulls our body out of its natural alignment. Our muscles build strength when they are engaged and being used. And in contrast, they lose strength when they aren't. Sitting doesn't involve much stress on muscles, which eventually causes them to weaken. This means that they can be pulled or over powered more easily by muscles with more tension.

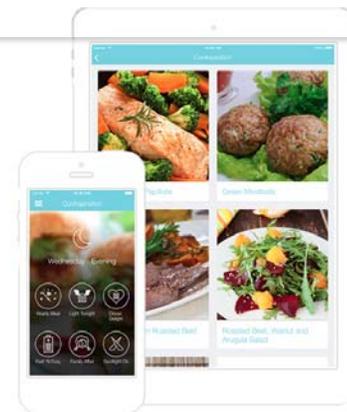
Our muscles adapt to the positions we normally experience. Another effect of prolonged sitting is that certain muscles spend a long time in a short position. Over time, this becomes their natural position. They shorten and get tighter than they would be if we were standing and moving. The combination of some tight muscles with high tension and other weak muscles results in the body being pulled out of alignment. We end up with weaker joints become more susceptible to injury.

In other words: sitting for long periods of time is hard on the body. Movement and changing position is good.

There's no denying that most of us do need to be at a desk to do work. So here are a few suggestions for what we can do to lessen the effects of sitting all day.

- Get an ergonomic assessment to ensure that the way you're sitting has the least negative impact on your body possible
(Stay tuned in to the March Wellness events Calgary campus! An opportunity is coming!)
- Take opportunities to move! Need to talk to a coworker? Don't call them-- walk to their office. Go fill up your water bottle. Take the stairs when you go for a coffee break.
- Stretch when you stand up. Think about which way your body is bent when sitting, and counter that with a stretch. It doesn't have to be anything elaborate, but take a few minutes to stand up and move your arms and legs to feel a bit of a stretch.
- Go for a walk at lunch. Walk to the Bow or Core buildings to when you're buying lunch.
- If you take transit in in the morning, add 10 minutes to your commute and walk to the next bus or train stop to get a bit more movement in.

So while you're at your desk, don't forget to move. Now stand up and stretch before going back to work.



March Mental Wellness Tip

Health Benefits of Journaling

(Source: [Psych Central](#))

There is increasing evidence to support the notion that journaling has a positive impact on physical [well-being](#). University of Texas at Austin psychologist and researcher James Pennebaker contends that regular journaling strengthens immune cells, called T-lymphocytes. Other research indicates that journaling decreases the symptoms of asthma and rheumatoid arthritis. Pennebaker believes that writing about stressful events helps you come to terms with them, thus reducing the impact of these stressors on your physical health.

Scientific evidence supports that journaling provides other unexpected benefits. The act of writing accesses your left brain, which is analytical and rational. While your left brain is occupied, your right brain is free to create, intuit and feel. In sum, writing removes mental blocks and allows you to use all of your brainpower to better understand yourself, others and the world around you. Begin journaling and begin experiencing these benefits:

- **Clarify your thoughts and feelings.** Do you ever seem all jumbled up inside, unsure of what you want or feel? Taking a few minutes to jot down your thoughts and emotions (no editing!) will quickly get you in touch with your internal world.
- **Know yourself better.** By writing

Practicing Gratitude

Challenges to help increase your overall wellness.

Attitude of Gratitude- Write down three things you're grateful for that occurred over the last 24 hours. They don't have to be profound. It could be a really good cup of coffee or the warmth of a sunny day.

Reinforce the Positive- Take one positive experience from the past 24 hours and spend two minutes writing down every detail about that experience. As you remember it, your brain labels it as meaningful and deepens the imprint.

Spread the love- Send a short email or text praising someone you know. If you can't send it now- write it down. Our brains become addicted to feeling good by making others feel good.



Annual Long Service and Retiree Recognition Ceremony May 24, 2017

The Long Service Awards & Retirement Recognition Ceremony will be held on the afternoon of **Wednesday, May 24, 2017**. Please **Save the Date**, and join us in recognizing 141 employees who will receive long service awards and 54 employees who will be retiring!

If you are a **recipient** this year and have not already done so, please **R.S.V.P** to [Susan Roth](#) by **March 31, 2017**, as to whether you will be attending or not.

Also, **please email a recent photo of yourself, as soon as possible to [Susan Roth](#)**. This photo will be used in the PowerPoint Presentation that will be playing at the ceremony and will be placed on the Human Resources and Wellness Websites.



Nominate Your Wellness Champion!

We were inspired by Lesley Brown's leading of the A-Team and we want YOU to nominate a wellness champion in your department.

Do you have a co-worker who inspires you with their wellness practices? Maybe they arrive sweaty from bike commuting or they spend lunch hour at the gym. Maybe they are so passionate about their volunteering or hobbies. Or perhaps those delicious looking healthy lunches inspire you to ditch your PB&J sandwiches.

Send us your nomination answering these questions:

- How does this person demonstrate living well?
- How have they inspired you?

You can nominate yourself too! Send wellness@uleth.ca your nomination and we will contact champions from each department and give out prizes and ask them to champion wellness initiatives within their departments.

routinely you will get to know what makes you feel happy and confident. You will also become clear about situations and people who are toxic for you — important information for your emotional well-being.

- **Reduce stress.** Writing about anger, sadness and other painful emotions helps to release the intensity of these feelings. By doing so you will feel calmer and better able to stay in the present.
- **Solve problems more effectively.** Typically we problem solve from a left-brained, analytical perspective. But sometimes the answer can only be found by engaging right-brained creativity and intuition. Writing unlocks these other capabilities, and affords the opportunity for unexpected solutions to seemingly unsolvable problems.
- **Resolve disagreements with others.** Writing about misunderstandings rather than stewing over them will help you to understand another's point of view. And you just may come up with a sensible resolution to the conflict.

Journal Prompts

Have a case of writers block? Try answering one of these questions:

1. What are you thankful for?
2. Write about the place you call home
3. Five things you would like to do more
4. A quote to live by
5. A childhood memory
6. A book that has influence your life
7. What fictional character would you most like to be?
8. Have you changed in the past year?
9. What are your priorities in life?
10. Five weird things you like

Ways to Save Money at the Grocery Store



(Source: [Eat Right Ontario](#))

1. Buy only what you need.

- Plan a menu first then make a shopping list. This will help keep you from buying items that you don't need.
- Keep a list in the kitchen to write down items that you need to buy for your menu or to restock your pantry.
- Pay with cash if you can. Bring only the money you plan to spend.
- Avoid shopping on an empty stomach. You might buy foods you don't need if you are hungry.

2. Buy fewer convenience items.

- It is best to shop at grocery stores. Corner convenience stores are more expensive.
- Buy fewer prepared foods. These items cost more and are often higher in sugar, salt and fat.

3. Look for best buys.

- Check store flyers and look online for coupons.
- Look at the top and bottom of the shelf for lower cost foods. Higher priced items are often placed at eye-level.
- Buy store or "no name" brands.
- Check unit prices to help you compare similar foods of different sizes. Most stores show the unit price on the shelf below the product.
- Take a close look at the items at
- the end of aisle displays. They may not always be a lower price.

Download and print these information sheets. They provide budget-friendly recipes, practical tips on saving money at the grocery store and healthy meal ideas that make the most of each ingredient.

Saving Money at the Grocery Store

[Save Money at the Grocery Store \(PDF\)](#)

[Fruit Best Buys \(PDF\)](#)

[Storing Fruit \(PDF\)](#)

[Vegetable Best Buys \(PDF\)](#)

[Storing Vegetables \(PDF\)](#)

[Grain Products Best Buys \(PDF\)](#)

[Meat and Alternatives Best Buys \(PDF\)](#)

[Milk and Alternatives Best Buys \(PDF\)](#)

[Places to go when you do not have enough money for food \(PDF\)](#)

Meal Planning Tips and Recipes

[Healthy Family Meals \(PDF\)](#)

[Planning Healthy Meals \(PDF\)](#)

[More recipes \(PDF\)](#)

[follow on Twitter](#) | [friend on Facebook](#) | [forward to a friend](#)

Copyright © 2017 University of Lethbridge, All rights reserved.

The MailChimp logo is displayed in a grey rectangular box. The text "MailChimp" is written in a white, cursive script font.

[unsubscribe from this list](#) | [update subscription preferences](#)