



May Wellness & Recognition Newsletter



REGISTRATION NOW !



Upcoming Events

5/5
Bike to Work Day Calgary
A citywide initiative for Calgarians to bike to work.

5/10
Lunch & Learn
Rattlesnake Chat
12-1pm
AH100
[Register Here](#)

5/15 - 21
Coulee Clean-up week at U of L
(Get an extra badge for Heart Smart)
12-1pm
Meeting place to be determined
[Register Here](#)

5/24
2017 Long Service Awards
1- 4:30 pm
SUB Ballrooms - All Welcome!
[More Info Here](#)

5/27/28
The Art & Science of Love Weekend Couples Workshop
Based on Dr. John Gottman's research
Lethbridge Coast Hotel
[More Info Here](#)

5/31
Bee Amazing Half Way Celebration with Mike Mahon
12:00 - 1:00 PM
Andy's Place AH100
[Register Here](#)

5/31
Amazing Race U of L
More info coming!
11:30 a.m. - 12:30 PM

Are you ready to race? Physically race?

As part of the 50th celebration, the Be(e) Amazing Race will be hosting a special on-campus Amazing Race on May 31st from 11:30 a.m.- 12:30 p.m.!

Teams of four will follow clues and complete challenges on campus with the goal of winning the Amazing Race U of L!

The race co-insides with the May 31st Halfway Celebration.

Extra points!

If the fun of racing isn't enough to entice you, ALL participants will get 25,000 points just for trying. The top three teams will win the following amount of points (per person on team):

- 3rd- 50,000
- 2nd- 75,000
- 1st- 100,000

NOTE: The Calgary campus will also be running an on-campus race to win more team points as well!



SIGN UP TODAY!!

Get your team of four together and



Are **YOU** ready to race?

The 2017 Be(e) Amazing Race kicks off Monday, May 1st and registration is now open. You can join at any time during the 6 week challenge. (Random and competitive draw prizes weekly).

Each week, time travelers can earn points by logging activities such as biking, walking, and playing sports for example. Points are accumulated throughout any physical activity. Each step you take **all day, every day counts towards your points accumulating**, however the goal is to **increase your step count**. Every 10,000 steps you take will get you closer to the goal of 50,000 points for the week. Additionally, you can earn unique badges for completing health challenges that will help earn you bonus points.

RACE THROUGH TIME WEEKLY THEMES:

- May 8 - 14 - Week 2- The 1980's Aerobics
- May 15 - 21 - Week 3- The 1970's Weight Lifting
- May 22 - 28 - Week 4 – The 1960's Yoga & Meditation
- May 29 - June 4 - Week 5 – The 1950's Dance
- June 5 - 11 - Week 6 – The 1940's Boot camp

Try a free SRS class! Sports & Rec has graciously offered to allow Race participants to try out classes for free. Email [Paula McDonald](#) to register!

EARLY BIRD DRAW PRIZE WINNERS

Part of the fun are draw prizes! Congrats to our first round of winners for being early birds to register!

- Emily Brown (The Sweatbands)
- Wim Chalmet (Those excluded from Spongebob Slowpants)
- Jackie Mueller (Spongebob Slowpants)
- Trevor Flexhaug (Mighty Morphin Web Rearrangers)
- Cindy Matheson (Cash us if you Can)
- Marlee Shimoda (Beaches be Crazy)

Stop by Suzanne McIntosh's (AH188) office to pick up your prize!

MAY 31st Half Way Celebration

This year, we will have a (more than) half way celebration for the BEE Amazing Race with a lunch on Wed May 31 from 12- 1pm in Anderson Hall.

Join us for more details on the race and to get pumped for the challenging six weeks ahead.



Gym Membership Comparison

A staff/faculty One Pass membership to the Sports & Recreation facility is one of the most affordable gym memberships in Lethbridge?

It includes access to all the facilities including the fitness centre, swimming pool., steam room/sauna, gymnasium, rock climbing wall, and indoor track.

[Contact Sports & Rec today to join!](#)

Facility	Yearly Membership Cost
U Leth	\$386

The amount of teams permitted to race is limited, so register right away!

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!](#)

May

#16) Active Commuting

May! Warm weather and sunny days at last. Why not take advantage of the great weather and bike or walk to work? In a Statistics Canada 2011 survey on commuting they found only 5.7% of commuters walk and 1.3% cycle to work. It makes sense, who wants to bike or walk to work in -15C or in 100km/hr winds? But this summer is a GREAT time to make a commitment to actively commute to work at least one day each week!

We challenge you to pick at least one day a week where you will actively commute to work.

Worried about being sweaty? Sports & Rec has a staff commuter program that allows CURRENT U of L Staff or Faculty members to utilize locker rooms to shower after an active commute. Contact Sports & Rec for more information.

#17) Art

Looking for an alternative way to reduce stress and anxiety, increase positive emotions, and reduce the likelihood of depression? Look to the arts! Making art (painting, sculpting, writing, etc.) offers many mental and physical health benefits.

Mental health benefits include; stress relief, more positive emotions, release of hidden emotions, improved creativity.

Create More Than You Consume! Art can offer a release from our always on and connected way of life. Losing yourself in an art project is a great way to ignore the constant stream of information and to put something out instead.

#18) Volunteering

You often hear about the benefits of volunteering. Besides the benefit to your community and worthy organizations, it helps you feel more socially connected and helping increase happiness. Studies

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](#)



Lunch & Learn- Rattlesnake Chat

The University's unique coulee location puts us right in the heart of things and we often enjoy wildlife on campus. One coulee dweller who might concern us is the rattlesnake.

Rattlesnakes are out and about and the Friends of the Helen Schuler Nature Centre Society will offer a session filled with excellent information about our slithering neighbours and give tips and tricks for co-existing in peace.

Register [HERE](#).

App Corner: Mindshift



Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app designed to help users cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle:

- Sleep
- Riding Out Intense Emotions
- Perfectionism
- Social Anxiety
- Performance Anxiety
- Worry
- Panic

YMCA	\$576
YWCA	\$480
Platinum Fitness	\$450
Lethbridge Fitness	\$649
02 Training	\$588
Gold's Gym	\$720
Goodlife Fitness-Women's Only	\$360
Fit4Less	\$284



Time to bust out the bikes!

How do you get to work? Do you drive? Walk? Take transit? Or do a combination of the above?

The Calgary campus staff all get to work in a variety of ways. But how many people bike? Not that many—but maybe it's an option worth considering.

May 5th is **'Bike to Work Day Calgary'**! It's a festival that runs from 6- 9 am, and is a day to promote biking to work. There is a ton going on: Free Breakfasts, energy pit stops and vendors. If you've ever thought about trying to bike to work—this is the day! (<http://biketoworkdaycalgary.ca/>)

The cycle culture in Calgary is growing. Taking what seems to be an unbikable to a more cycle friendly community. The biggest downfall for cyclists in this city is that it is spread out, and has lots of traffic. Which for most, can be a huge deterrent. But city has been taking steps to make this more accessible to the average citizen. And you don't have to bike the whole way!

Here are a few important things to note about biking in Calgary:

The Downtown Cycle Track: The cycle track is a series of lanes downtown that separate the bike lane from both traffic and pedestrians making it easier to navigate downtown via bike. Cyclists no longer have to be concerned about cars because they can take the bike lanes. Check out this map for both the cycle track and pathways around the city: <https://maps.calgary.ca/PathwaysandBikeways/>

Bikes on Transit: Did you know you can take your bike on the C Train? Non-folding bikes are not permitted at peak times (6:30 am- 9 am, and 3 pm- 6pm), but luckily this may work well for the Calgary campus faculty and staff who work the campus offset hours! Consider biking to the train station

are showing that people who donate their time see improved physical health, including lower blood pressure and a longer life. Other benefits include:

- Volunteering time makes you feel like you have more time.
- Volunteering your skills helps you develop new skills
- Volunteering your experience helps build your experience
- Volunteering your love makes you feel more love

We all feel like there isn't enough time in the day, so start off small. Start with a one-time volunteer commitment for an event. From there, you can start with an hour or so a month and work your way up to a regular schedule.

#19) Gardening

In a world where healthy food is costly and we turn to take out to feed our families, gardening has been growing in popularity as a way to get outside, get active, and to grow organic foods in our own backyards or even terraces. In addition to being a source of fresh, healthy produce, gardening can ease stress, keep you limber, and even improve your mood.

The sensory experience of gardening (crouching and digging in dirt) is a relief from our increasing indoor and sedentary lifestyles. Besides the mental (stress relief) and physical health benefits (time in the sun and fresh air, movement), gardening has been shown to improve the brain.

May is the time to get planting, and don't think you need a big plot of land. Container gardening is when you plant a few items in individual containers to keep on a deck or other small outdoor space.

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



2017 Long Service Awards & Retirement Recognition Ceremony

The University is holding the annual Long Service Awards and Retiree Recognition Ceremony on **Wednesday, May 24th, 2017 at 1:00 p.m.** in the Student Union Ballrooms (S.U.B.). We will be honoring 141 employees who have completed 10, 15, 20, 25, 30, 35, 40, 45 and 50 years of service. We will also be recognizing 51 retirees. [More Info](#)

All employees are invited to the ceremony and reception to honor the award recipients listed

- Conflict

Think of MindShift as your portable coach helping you face challenging situations and take charge of your life.

Download MindShift from iTunes [HERE](#).



May Mental Wellness Tip

10 Tips for Family Mental Wellness

(Source: PsychCentral.org)

1. Chart a "tree" of your family mental health history going back three generations, and record all known or suspected mental disorders and addictions.

If relatives balk at your digging into the past, point out that it's for the safety of your children and future grandchildren. Use the U.S. Surgeon General's online form for recording and storing your family mental health (and medical) history. Give it to your pediatrician or mental health practitioner.

2. Strongly consider your mental and emotional health before and during pregnancy.

If you are currently on an antidepressant, talk to a mental health professional before making a decision about whether to stay on it during pregnancy. Medication may pose fewer risks to your child than would your severe depression.

3. Learn about environmental agents that may cause miscarriages, birth defects or developmental problems later in childhood.

The source may be a disease such as chickenpox, a prescription drug, or a household chemical. A good web resource for the latest information is the March of Dimes.

4. Take paternal risk factors into account.

Children of men over 50 are at a higher risk for schizophrenia and autism. Men's drinking and drug abuse are associated with their wives' problem pregnancies.

5. Treat yourself first.

Think of your actions as an act of prevention for your child's mental health. If you don't have private health insurance, go to your county public mental health clinic. It's that important.

6. Monitor your child's behavior for early symptoms.

Most adult mental disorders start before the age of fourteen. If there is a high density of any single mental illness among your relatives, learn about its early signs: for example, social withdrawal for depression, or extreme anger and aggression for conduct disorder, which can predict adolescent [psychosis](#). Especially if there's a family history of mental illness or addictions, use any means necessary to stop your teenager's use of marijuana, as it can trigger psychosis.

7. Talk about thoughts and feelings.

and taking transit to campus. Many buses have bike rack attachments too.

Bike lockers at Bow Valley College: BVC has a bike locker down in the parkade that you can request access too. Send me an e-mail for more information about how to get access. (Karen.oqilve@uleth.ca)

The Calgary Cycling community

There is a large cycling community developing within Calgary. With that, there are lots of supports and incentives, and events! Here's a few to check out:

Bike to Work Day Calgary-- <http://biketoworkdaycalgary.ca/>
6 am- 9 am, May 5th, 2017

Cyclepalooza— <http://cyclepalooza.ca/>
A 10 day “do it yourself” Bike festival held every year. Also a great place to find out about other 1-off community bike events.

YYC #Coffeeoutside-- <https://twitter.com/coffeeoutside>
A twitter account and hash tag you call follow to meet up for outdoor coffee on Friday mornings around the city

G.E.M. (Gender Empowerment Mechanics Day) at The Good Life Community Bike Shop-- <http://www.goodlifebikes.ca/calendar-3/events-2/>

A “do it yourself” “do it together” bike maintenance day to promote mechanical knowledge in a welcoming and empowering space.

Bike Calgary's Maps, Routes, and Pathways-- <https://bikecalgary.org/routes>
Various ways to find great routes and ways around the city by bike.

So if you're thinking about different ways to get out and enjoy the nice weather, consider biking!

below. The reception will include light refreshments. We hope you are able to attend this celebration.

As soon as your child begins to recognize and name her own thoughts and feelings and those of others, start an age-appropriate conversation about how our human emotions and minds work. This “normalization” of differences makes it more likely that your child will confide any future psychological problems to you and be less inclined to stigmatize others.

8. Have zero tolerance toward bullying.

Even if your child begs you not to make a fuss, understand that the potential psychological damage (including suicide) for him or her if the abuse continues is far worse than any temporary embarrassment.

9. Make self-esteem a family priority.

Self-esteem has gotten a bad rap because it's been confused with having an outsized and incorrect sense of one's positive qualities and abilities. True self-esteem is the basis of emotional resiliency, which gets severely tested at several points in childhood — especially around early parent-child separations and in the tween years.

10. Build up your family, community and online support system.

Social isolation isn't good for parents or children.

Wellness Champion- Cindy Matheson

Cindy Matheson (Financial Services- Cash Office) is on a major streak- a running streak.

As of April 26, Cindy has run every day for 1,064 days!



She runs at least one mile per day and tries to log 14-20 miles a week, along with other activities.

We asked Cindy about why she started this streak and how she stays motivated.

Why did you set this goal? I love to run & was getting frustrated with myself for taking too many days off. I heard a story about a runner named Jon Sutherland – who at that time, had run every day for 44 years!! I figured I could commit ten minutes or so each day to run at least a mile.

What is your motivation to continue with this running challenge? It is a commitment to being active each day, I'm very grateful every day I get to run!

What if you are not feeling well? When I started my journey, the criteria was if I was in pain, or too sick, I could stop anytime. So far, I've found a way to keep going no matter how I've been feeling.

We had a killer winter this year (lots of -30C)- do you take it indoors for those days or brave the cold? Love my treadmill, and get outside more in the warmer weather. I try to get out to run up & down whoop a few times over the nicer months.

What do you do on the days that are super hectic and a million last minute things pop up? For the most part, I get up early to run before work. Once I ran at 1:30 AM because I was traveling, and made sure to get my run in that day before we left home.

How do you motivate yourself on days you are tired? I think of how far I've come, and how disappointed I would feel with myself if I skipped a day & gave up my running streak just for being tired.

What has been the most rewarding part of this experience? I love to run, it's really hard!! Every time I add another day, or finish a run I've entered it just makes me really happy to get to do something I enjoy every day.

What advice would you give someone who wants to try a similar challenge? Just go for it!! If you think of it as committing to 10-12 minutes a day, it doesn't seem so scary. All of a sudden it's something that you don't even think about as it becomes such a habit. This was my own commitment to being active & healthy. I don't compare myself to anyone, it's all about my love of running. When I started this journey, at the time it wasn't a big deal. Now I'm trying to keep it going for a few more years until my next "milestone" birthday.

Way to go Cindy!!!



You Don't Have To Run Marathons to Benefit From Physical Activity

(Source: [American Council on Health & Science](#))



Sure, we all know that it's important to be physically active to help achieve and maintain a healthy body weight and perhaps diminish the risk of heart disease, some cancers and overall mortality. But how much is enough? Does one really have to exercise 5 days per week, 30 minutes at a clip to accrue health benefits, and does that exercise have to be vigorous or will a brisk walk suffice?

The World Health Organization [recommends](#):

- Adults aged 18–64 should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week or an equivalent combination of moderate- and vigorous-intensity activity.

However, a [study](#) in *JAMA Internal Medicine* suggests that you might need less than that to get health benefits.

Senior author Dr. Mark Hamer from Loughborough University, Loughborough, England and colleagues combined data on physical activity from iterations of the Health Survey for England and the Scottish Health Survey which were obtained between 1994 and 2012. The data in the present study came from 63,500 participants who were aged 40 or more, 46 percent of whom were male. On the basis of their self-reported physical activity, they were assigned to one of 4 groups:

1. Inactive at baseline — 63 percent
2. Insufficiently active — 22 percent
3. Weekend warriors — 4 percent (about half took part in one and half in two exercise sessions weekly)
4. Regularly active — 11 percent.

The investigators analyzed the relationship between the level of physical activity and death from any cause, from cardiovascular disease (CVD), or from cancer during the follow up period. They adjusted their analyses for factors such as smoking which could also affect the outcomes, and then compared the risk of death from these causes for the active groups compared to that of the inactive group.

Individuals in the inactive group tended to be older and were more likely to be smokers, to be in unskilled occupations, and to report long-standing illnesses. Compared to these individuals, the risk of death was lower in the 3 more active groups:

Decreased Risk of Death (Percent)

Group	All Causes	CVD	Cancer
Insufficiently Active	-31	-37	-14
Weekend Warriors	-30	-40	-18
Regularly Active	-35	-41	-21

The investigators noted:

"The present study suggests that less frequent bouts of activity, which might be more easily fit into a busy lifestyle, offer considerable health benefits, even in the obese and those with major risk factors. A particularly encouraging finding was that a physical activity frequency as low as 1 or 2 sessions per week was associated with lower mortality risks, even in the insufficiently active."

They also pointed out some limitations to their results — the fact that most participants were Caucasian means one cannot automatically assume these results are similar for other groups. In addition, physical activity levels were only assessed once at the start of the individual surveys, and thus any subsequent changes would not be included in their analyses. There is also the possibility of reverse causation — i.e. that those with underlying health issues might be less likely to be active — although this was somewhat controlled for by eliminating data from those who died during the first 2 years of the study.

Even taking such caveats into account, the study should still be encouraging for those who want to be active, but aren't likely to train for marathons. The take home message is that even moderate amounts of physical activity can have significant health benefits.

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