



WELLNESS & YOUR HEALTH

January Newsletter



Pictured Above: Deirdre Coburn (left), Craig & Deirdre Coburn (center), Craig Coburn (right)

January Wellness Champions

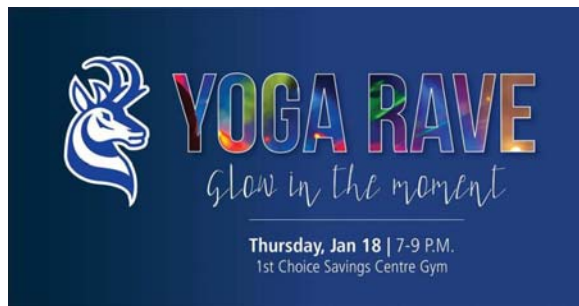
Becoming the Best You

Our January Wellness Champions are husband and wife duo, Craig and Deirdre Coburn. Deirdre works in the School of Graduate Studies as a Graduate Awards Advisor. Craig is a faculty member in the Geography Department. Together these two lead an exemplary life in regards to healthy lifestyle choices.

Both Craig and Deirdre dedicate themselves to being in the gym on average, 5 times a week. They are both members of the University's Fiat Dux Dragon Boat racing team. They meet twice a week in the summer to practice. Their season typically runs from June – September.

Craig is an avid car racer, which he explained requires a degree of fitness and keeps him out of trouble. Craig is a member of both the Southern Alberta Solosport Club and the Lethbridge Sports Car Club. He shared that he races a 1981 Volvo 242 that he built himself. He has also raced at the Canadian Autocross Nationals, which he thoroughly enjoys. Craig is in the gym at least 5 days a week for an hour session to keep his fitness up. He also enjoys the outdoors and hiking.

Deirdre explained that she has always been a part of the athletic world ever since she was young. As she grew older she wanted to find new athletic challenges to keep her active and healthy. That's when she discovered the sport of Olympic Lifting. Deirdre has been competing for about the past 5 years now in the Masters category and typically competes in 2-3 competitions per year. She spends 5-6 days a week in the gym practicing her lifting techniques. Deirdre is also involved with the figure skating community. She used to figure skate herself when she was younger and still manages to hit the ice 1-2 times per week. Deirdre mentioned that she likes to contribute back to the skating community and help out the up and coming generation of skaters. She does so by volunteering as a judging official all the way up to the national level. Deirdre travels all over Western Canada to participate as a judge on a regular basis. She typically judges a couple competitions a month. She just recently traveled to Montreal to contribute her time as a judging official for a national level competition.



Start the New Year off right!!

Join the U of L Horns Recreation on January 18th for their 2018 YOGA RAVE!

FREE event...students/staff/faculty/community!

This year we will be accepting donations to Big Brothers Big Sisters Lethbridge & District

Need a new Yoga Mat?

Check out Halfmoon Yoga and use their promo code YOGARAVE2018 to receive 20% off your purchase.

<https://www.shophalfmoon.com/>

Please note the following conditions:

- Limit one use per customer.
- Not valid with other offers
- Expires: Feb 28, 2018

FOR MORE INFORMATION CHECK OUT THEIR [FACEBOOK PAGE!](#)



Upcoming Eve

1/17
Lunch and Learn
Osteoporosis and Bone Health - Chloe Kilkenr
Osteoporosis Canada
12 - 1 pm
L 1114
[Register Here](#)

1/18
Add Your Voice - Can Information Sessions
10 - 11 am
AH 175

1/18
National Non-Smoking Awareness Booth
AHS and Healthy Living Lethbridge
11:30 am - 2 pm
PE Building Foyer

1/23
Lunch and Learn
Stress-free Events Bo U of L Conference & Services
12 - 1 pm
L 1114
[Register Here](#)

1/23
Add Your Voice - Can Information Session
2 - 3 pm
AH 100

1/24
Add Your Voice - Can Information Session
11 am - 12 pm
AH 116

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themselves on a daily basis. Please help us to congratulate both Craig and Deirdre on living exemplary healthy lifestyles.



You can find all the previous copies of our newsletters on our Resources page on our website!


We also have a section for Calgary Campus, Nutrition Newsletters and EFAP Newsletters.

There's lots of useful and resourceful links on our Resources page, so be sure to [check it out!](#)




Lunch & Learns

In December we had Rose Hong Le from CPA Canada come down from Calgary to discuss financial literacy. If you missed her talk, hop on over to our [website](#) for a copy of her presentation!



Financial Literacy
Saving Strategies - Easy Concept, Difficult Reality
 December 6th, 2017 from 12 pm - 1 pm
 Presented by: Rose Hong Le, CPA
 AH 100 (Andy's Place)



January Calgary Wellness Article:

Your Morning Commute: Stress time or the best time!

What is one of the ways to start your day off on the wrong foot? A bad commute to work. And January sets us up perfectly for this with unpredictable weather, bad roads, and terrible drivers. This mean that your day can start with car scraping, standing in the cold, traffic or transit delays, near misses, and tense driving conditions and by the time you walk into the office, your frazzled, frustrated and exhausted. And now you still must tackle your day.

This is Calgary—bad driving happens. But if you are conscious about it, there are a few strategies and tricks you can utilize to make the best of it, and arrive at work without the stress.

Give yourself extra time. Feeling rushed, brings stress. Give yourself plenty of time to account for the scraping and delays. Being rushed could also lead to accidents. Give yourself the extra time, and the worst that could happen is you're at work early, and have time to go for a coffee before you start your day.

Be mindful. Rather than thinking about bring late, how much traffic there is, or "where the heck is your bus?!", focus on your breathing and surroundings. Take slow, deep breaths, and take advantage of the slow traffic or wait to notice what's on your commute that you'd normally speed past. People watch! C-train platforms are a great place to stop and notice other people: their quarks, their fashion, their mannerisms.

Try and enjoy the time you have. You should still be a conscious commuter, especially if your driving, but it doesn't mean you can't enjoy the time. Enjoy your coffee on your slow commute. Listen to an audiobook or the radio. Sing in the car! Try some meditation. Or if it's possible, change up your commute, and walk rather than drive to start your day actively.

Be productive. There are ways to maximize your time on a commute as well. In the car is a great place to practice talking if you have a presentation or big conversation coming up. Or brainstorming some ideas out loud. You could listen to podcasts about topics you want to learn more on, or get a Rosetta Stone program and learn a new language. You can even play "brain teaser" games on your smartphone if your commuting on the train. This time doesn't have to be wasted time.

Just being aware of the change in commute in January and taking active steps towards making the most of it, can help to start your day on a more positive note. Travel safe, and arrive stress free!



Monthly Mental Wellness Tip

Stress Management Techniques that work!



App Cori

LIVESTRONG M
Coach

Reviewed by doctors, it acts as a virtual coach to develop your personali; for quitting. You can ch; either quit cold turkey o gradually taper off. You track your smoking consumption and nicoti cravings. When times g tough, you can set rem goals, and even person motivations to keep goi You'll also earn achieve badges as a reward for progress and can comr with other users via the built-in social support c



Quick Tips: Fitting Exercise into a Busy Schedule

Living a healthier lifestyle starts with making small changes. Over time, small changes add up to big results.

We all know that exercise is good for your physical

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Book in for your Mini Massage

The Lethbridge College Massage Therapy Students will be back next semester to give free 10-minute "mini massages" on campus.

- February 14th, 10 am - 12 pm, D 650
- March 7th, 10 am - 12 pm, L 1114
- March 27th, 10 am - 12 pm, AH 137

Check our [website](#) for updates or [Register Here](#) to book your appointment!



Upcoming Flu Immunization Clinics

Alberta Health Services South Zone Influenza Clinics:

- Tuesday, January 16th, 2018: 2 - 6 pm ([Heritage Hall](#) - Exhibition Park)



We are teaming up with Alberta Health Services and Healthy Lethbridge to promote #ABPRACTICES Practice Quit campaign for National Non-Smoking Week.

What is a practice quit?

A short commitment to quitting tobacco that helps you build the skills and confidence to become tobacco-free for good.

Why practice quit?

- Practice quits give you a chance to learn what your challenges might be during a longer quit.
- Practice quit days have been shown to delay or prevent relapse.

For more information on practice quits check out [AlbertaQuits](#)

During National Non-Smoking Week there will also be weekly challenges you can try for a chance to win a prize! Be sure to check out Alberta Health Services' information booth on campus on Thursday, January 18th, 2018 from 11:30 am - 2 pm in the PE Building for more information!

Mental well-being means feeling good – both about yourself and about the world around you. It means being able to get on with life in the way you want. Evidence shows that there is a link between being physically active and good mental well-being.

Being active doesn't mean you need to spend hours in the gym, if that doesn't appeal to you. Find physical activities that you enjoy and think about how to fit more of them into your daily life.

Here are a few quick tips and tricks to getting your exercise in daily:

1. While waiting for the shower water to get warm, stretch your arms up one at a time, reaching for the ceiling. Start slowly and continually speed up to improve circulation.
2. Take the stairs instead of the elevator at work. For the average American, climbing stairs for just two minutes a day (six to eight flights) will burn enough calories to prevent annual weight gain.
3. Take walking breaks at work. Even if its just to get up every hour and get in your 250 steps for the hour. Walk to the water fountain or bathroom for a quick break. Or even Lunch Hour walks. Some people just need to be told there's a group going for a stroll! Pick a destination or a route. Count your daily steps with a [ParticipACTION pedometer](#).
4. When possible and weather permitting, bike to, or part way to, work. Bicycling burns excess calories to help you shed body fat. One hour of cycling can burn up to 500 calories.
5. Have walking meetings. Instead of sitting in a conference room or office, if possible take a walk around campus while discussing your matters to reduce time spent sitting. Check out Feet First's [Guide to Walking Meetings](#).
6. Your body is designed to twist when you move. In fact, reminding your body to twist at the hips is one of the most important things you can do. Try this exercise. Begin walking, and on each step, place your foot down on the opposite side of the center-line of your body. Another exercise is to stand and reach your arms across your body, alternating with your right and left arms.

You will find that walking is mentioned quite a bit in the tips above. Walking decreases tension, improves mood, energizes and boosts self-confidence. Check out UWALK to get you started on planned walking. [UWALK](#) is focused on empowering people to be active through walking. Walk to decrease tension, improve your mood, keep you energized and boost your self-confidence.

Ref: [UWALK](#) is a physical activity initiative funded by the Government of Alberta and Developed in the Faculty of Physical Education and Recreation at the University of Alberta

Sources: [NHS Choices](#), [HAP - Weekly Wellness Tips](#), [The Great-West Life Assurance Company - Healthy Workplace Month](#)

[iTunes Preview](#)



Health Check for Now taking registration for Spring 2018

How Old is Your Health?

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

You can! U of L Wellness: the Faculty of Health Sciences Nursing Students have up to provide free confidential Cardiovascular screening staff and faculty of the University of Lethbridge "Health Check for U."

What happens at Health Check for U?

The 15-minute screening place in Markin Hall) includes:
 - Measuring your height, weight, & waist circumference
 - Taking your blood pressure
 - A finger poke to obtain blood sample for cholesterol and blood sugar levels

After screening:

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

Previous participants welcome to come and compare past results.

Book an appointment today! Limited seats available. Register for Health Check for U

First Screening of semester will be February 2018.

Or Contact: Suzan McIntosh, Manager Wellness & Recognition, for more information

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(403)-332-5217



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

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



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

Click [here](#) to view yours.



Better Choices, Better Health Workshop

Better Choices, Better Health is a six week workshop that helps you put life back into your life.

- Find practical ways to deal with pain, fatigue and stress.
• Discover better nutrition and exercise choices.
• Make informed treatment decisions.
• Learn better ways to talk with your doctor and family about your health.
• Get the support you need.

There are both online and in-person workshop options.

Next Few Online Workshop Dates:

- January 15 - February 26, 2018
• January 29 - March 12, 2018
• February 5 - March 19, 2018
• Workshops are held about once a month all year.

Upcoming In-Person Workshops in the South Zone:



Building Emotional Intelligence

Ultimately, psychological health and safety in the workplace comes down to the way we treat each other and interact while at work. Building emotional intelligence can provide multiple benefits especially among those whose roles include managing, supporting or leading employees.

Emotional intelligence is described as the ability to manage one's own emotions, as well as the ability to recognize and appropriately respond to the emotional distress of others.

It is important to be aware of your own feelings and understand your own reactions. The article Understanding Your Reactions identifies the abilities and strengths of emotional intelligence and has activities and resources that are helpful in building your own emotional intelligence.

Also see Managing Your Reactions and Communicating Effectively for more information and resources.

(Source: Great West Life. (2017). Building Emotional Intelligence. Retrieved December 19, 2017, from Workplace Strategies for Mental Health)



U of L Horns Recreation having an open house 1 January 2nd - January 2018.

Check them out for FRI

See their website for m details



January 2018

Life Lines: Improvin quality of life, one st time

Issue #1: DEALING WITH SEAS DEPRESSION

Seasonal Affective Disc (SAD), often referred to as "winter blues" or sea depression, is a type of depression related to cl in the seasons. Most of affecting individuals in t or spring months, it can profound effect on an individual's mood and e levels. Those affected b often feel like isolating themselves until a char seasons occurs, usually however this isn't a vial solution for anyone.

In Canada, SAD affects 3% of Canadians each with approximately 15% experiencing milder for SAD. Often, this disord impacts children and teenagers, with women a higher propensity to experience SAD over r Additionally, if there's a of depression in the family, individuals have risk of experiencing SA their lifetime.

A research study cond



Better health one step at a time with FOODFIT!

IN FOODFIT YOU'LL...

- Improve your cooking skills and learn new recipes
• Join in a 30 minute walk each week or other physical activity
• Share healthy meals with new friends
• Make a 12-week commitment to becoming a healthier you

WHEN: Starting January 16, 2018

Tuesdays 5:30pm - 8:30pm OR

Wednesdays 1pm - 4pm

WHERE: Interfaith Food Bank 1103 3rd Ave North, Lethbridge

COST: Free!

CONTACT: Rudeen at 403 320 8779 for more information



Do you want to head into the New Year on a healthier note? Are you already concerned about the effects of Christmas treats? Join FoodFit classes to learn about nutrition, cooking, and exercise and start 2018 with a healthy bang! Spaces are now available for the next round of FREE classes, childcare is available for some sessions.

FoodFit brings community members together to set goals, learn skills, and make measurable changes in overall health and fitness. The goal of the FoodFit program is to support community members to become better nourished, more active, and less socially isolated. Over 12 weeks,

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Chronic Disease Self-Management	Professional Centre Medicine Hat River Heights Professional Centre	Mar 5, 12, 19, 26, Apr 9 & 16	Monday Afternoons 1:00 - 3:30pm
Chronic Disease Self-Management	Medicine Hat Public Library	March 28, Apr 4, 11, 18, 25 & May 2	Wednesday Evenings 6:00 - 8:30pm
Chronic Disease Self-Management	Medicine Hat River Heights Professional Centre	Apr 23, 30, May 7, 14, 28 & June 4	Monday Afternoons 1:00 - 3:30pm

FOR MORE INFORMATION CHECK OUT [ALBERTA HEALTH SERVICES WEBSITE](#)



Better Choices, Better Health®
Information for the Public
Provincial Program

Community Consultations Cannabis Legalization Framework

The University of Lethbridge will be hosting 5 campus community consultations on the issue of cannabis use in response to the pending legalization in July 2018.

Utilizing the [Government of Alberta Cannabis Framework](#) and the proposed [Alberta Legislation \(Bill 26\)](#), the community consultations will be an opportunity for faculty, staff, and students to provide input on the campus implementation of the cannabis framework.

FOR MORE INFORMATION VISIT THE [HEALTH CENTRE'S WEBPAGE](#)

Interfaith's next round of classes begin in January 2018 on Tuesday Evenings 5:30 – 8:30pm or Wednesday Afternoons 1:00 – 4:00pm.

For more visit the Interfaith Food Bank's [website](#)



Fentanyl/Opioid Information and Naloxone Training Sessions

Offered by Lethbridge Arches to: University Of Lethbridge Students, Staff and Faculty

Thursday January 25, 2018 at 12:00pm
Thursday February 8, 2018 at 12:00pm

Located in University Hall Room D 610

Please register for the **FREE** Training by email - janice.driver@uleth.ca

Naloxone kits will be available.



minimize the effects of this edition of Life Lines look at what treatment ; preventative methods c taken to support one's ; others when dealing wi symptoms.

Those who experienc seasonal affective dis often experience the following symptoms:

- Appetite changes incl increased cravings for ; or starchy foods
- Avoidance of people c activities previously enj
- Daytime fatigue
- Difficulty in concentrat
- Feeling tense or stres
- Insomnia or sense of ; tired all the time

For the full article and C Tips to combat SAD clic

ADD YOUR VOICE
TO THE ISSUE OF CANNABIS USE

WHERE: January 18, 2018 10 – 11am AH175
January 23, 2018 2 – 3 pm AH100 (Andy's Place)
January 24, 2018 11 - 12pm AH116
Calgary Campus - January 30, 2018 2:30 – 3:30 pm & 5 – 6 pm
Location: S6031

SNACKS PROVIDED! NO REGISTRATION NEEDED
QUESTIONS: JANICE.DRIVER@ULETH.CA

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