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University of
Lethbridge



WELLNESS & YOUR HEALTH

August 2018 Newsletter



Mark Your Calendars

EVENTS



8/13

Knit and Knatter - U of L Art Gallery

12 - 1:00 PM

Bring your own knitting or crocheting projects or come make a granny square with help from Gallery staff and volunteers.

All Welcome!

8/16

Wellness Walk and Talk with Faye Craig - U of L Dietitian!

12 - 12:30 PM

PLEASE NOTE THIS MONTH'S WALK WILL TAKE PLACE ON A THURSDAY

8/23 & 8/24

First Responder to Sexual Assault and Abuse Training

9:00 AM - 5:00 PM both days

FREE to staff, faculty and students

WHERE: Ikaisskini Gathering Place

Register: <http://www.uleth.ca/sexual-violence/training-workshop-registration>



Pictured Above: Marina Christman's Twin Boys

August Wellness Champion

This month's Wellness Champion is busy Mother of 3, Marina Christman, from SS - Accommodated Learning Centre.

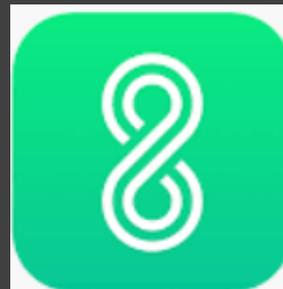
Outside of work, Marina spends most of her time chasing her 2.5-year-old twin boys around the yard or playground. Marina also has a ten-year-old son that keeps her quite active. She found that the best way to burn off that energy most children seem to have is getting them outside to run around in the fresh air!

Marina explained that they often go



Check our website for more information

APP CORNER



Loved by lifestyle bloggers and influencers, 8fit takes an all-encompassing approach to health and fitness - allowing users to personalise their workouts to their

backyard and more, to keep busy during the day. They started this routine when she had her oldest son, about ten years ago. They started doing activities together as a family and have kept up that tradition of staying active with their newest editions to the family. Although going out and about with the twins sounds fun, Marina does advise that leashes can help at times to keep her toddler twins (or as she refers to them) “aka flight risk velociraptors” from straying too far away from her or her husband while they are out on walks!

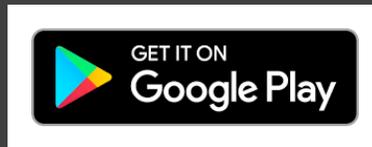
Marina shared that being active with her kids is fun and rewarding for her. To see how much fun they’re having, makes it fun for her too! She explains that being active together as a family not only reduces stress for them, but also brings out happiness in their lives as well. After her shoulder surgery last October, she found it hard to refrain from wrestling around with her boys, but she explains that physical setbacks like hers sure makes her grateful for the good health that she does have.

Marina is setting an exemplary example for her children through her active lifestyle. Please help us thank Marina for sharing her story, as well as congratulate her on leading a healthy lifestyle, even through the amazing chaos of motherhood!

that are easy to follow (and allow you to plan ahead and shop for the week). Essentially an online personal trainer that you can tailor to your own needs, no gym membership necessary.



OR



U of L Wellness will be teaming up with U of L Dietitian, Faye Craig, to share monthly Nutrition tips leading up to Healthy Workplace Month in October.

[Click Here For a Full List of the Weekly Tips!](#)



For Marina's article, and past stories, click here.



Lunch and Learn's will resume in the fall. We look forward to seeing you there!

U of L Wellness Lunch & Learn Presentations



THIS SUMMER! MAKE A FREE APPT WITH FAYE CRAIG, REGISTERED DIETITIAN ON CAMPUS! Space is limited so book early - phone 2484 (Health Centre) to book. Open to Staff and Faculty



For those of you who use Outlook Calendar (we are still investigating a Mac capable calendar option), the following link will allow you to add the University's payroll deadline dates into your calendar to advise you when payroll authorization and timesheet approvals' deadlines are. This will greatly assist Human Resources in meeting our tight payroll processing deadlines.

Please use this [link](#) to select the deadlines you would like to add to your calendar, the deadlines are listed below:

- 2018 Hourly Timesheet Approval Deadlines
- 2018 Monthly Timesheet Approval Deadlines
- 2018 Payroll Authorization Form (PAF) Deadlines

**Mental Health
Commission of Canada
Upcoming Free Webinar**

Join our Upcoming Webinar

Take 5 with MindWell-U



Learn about 'mindfulness-in-action' and how Take 5 can positively contribute to a psychological healthy and safe work environment by helping busy professionals be focused, engaged, and less stressed in the middle of whatever they're doing.

Join this webinar to learn more about 'mindfulness-in-action'.

This webinar will discuss:

- How to get ahead with the mindfulness-in-action practice **Take 5**;
- Learn the five simple steps that transform your brain and organization;
- UBC Study shows how **Take 5** reduces common negative behaviours that can contribute to a psychologically unhealthy and unsafe work environment;
- Case Study: Integrating **Take 5** within an organization.

[Register Here](#)

Crank up the cardio, even in high temps.

AUGUST 2018

When summer heats up, exercise indoors

Treadmill: When it comes to exercise machines, treadmills are the gold standard in availability and calories burned per mile. Treadmills accommodate most fitness levels and you can adjust them for speed, intervals and incline as you progress.

Stationary bike: If you have joint issues, stationary cycling may be a perfect fit. The bikes are easy to use and provide a vigorous workout without the impact of standing machines. For example, a 154-pound man can burn 145 calories during a moderate 30-minute spin.

Elliptical machines: Get a great aerobic (and low-impact) workout using these trainers, where stair-stepping meets skiing in a circular up-and-down motion. To add intensity, increase the incline or use a machine with resistance hand bars to work the arm and leg muscles.

Consult your health care provider before starting strenuous workouts.

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Calgary Corner

Written by Karen Ogilvie

Check back next month for a new article!

AUGUST 2018

MAKE A GREAT PLATE.

Zucchini is the star of this summer salad.

Mediterranean Zucchini Salad

INGREDIENTS

- | | |
|-------------------------------|------------------------------------|
| 2 medium zucchini | ½ cup artichoke hearts,
chopped |
| 2 tbsp lemon juice | ¼ cup Kalamata olives, pitted |
| 2 tbsp extra-virgin olive oil | 1 tsp dried oregano |
| 1 cup grape tomatoes | ¼ tsp salt and pepper |



DIRECTIONS

Slice zucchini into noodles using a julienne peeler, vegetable spiralizer or knife. **In** a large bowl, **toss** zucchini with lemon juice, olive oil, tomatoes, artichoke, olives and oregano. **Salt** and pepper to taste. **Serve** immediately.

Makes 4 servings. Each: 106 calories • 2g protein • 8g total fat • 9g carb • 2g sugar • 3g fiber • 358mg sodium

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Issue #8:

STUDENT MENTAL HEALTH



With the growing awareness of how social media can impact the spreading of discrimination and harassment, and the complexities of what today's youth face, we are seeing increased attention and focus on student mental health. As added attention is given to student mental health, more research is being done to understand and help youth to become more resilient given the social complexities and technological advances of a constantly evolving world. The more we understand that not all families or individuals are alike, the more strategies we are able to create to overcome many of these issues.

What we know about student mental health:

- The majority of mental health disorders symptoms appear and may be diagnosed between ages 12 to 25¹, with 75% of mental health disorders first appearing among those 18 to 24 years old²
- 1 in 5 students in post-secondary school feel depressed and anxious or battling other mental health challenges³

- Mental health disorders represent approximately half of all diagnosed health concerns of young adults in the world (World Health Organization, 2010)⁴
- Data from the Canadian Institute for Health Information reported emergency department visits by those aged 15 to 24 seeking mental health or substance abuse treatment rose 63 percent and hospitalizations jumped 67 percent between 2006 and 2016⁵

As we begin to understand more about mental health in youth and young adults, it is important to ensure during their key learning and educational years, steps are taken to build strong resiliency and coping strategies. These key learning's will enable and empower many to endure and bounce back when they encounter the various challenges they will undoubtedly face throughout their formative years.

[FOR THE FULL ARTICLE, CLICK HERE.](#)

Strength



STRONG BODY, STRONG LIVING

Muscles do a lot for us – they're the glue that holds our bodies together. We use them to eat, lift, pull, walk and do so many other things we take for granted.

You don't have to worry about getting bored when you build strength. There are plenty of strengthening exercises, including machine workouts, free weights, water-resistance activities and elastic bands. You can train at home or at the gym.

Getting strong also offers plenty of benefits. Strength training 2 to 3 times weekly helps you reduce body fat and build muscle. Muscle burns more calories than fat. It also improves blood sugar, blood cholesterol, blood pressure, depression and arthritis.

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