

## April Comfort Zone

This month's articles include; Presenteeism, Vaccinations -one more opinion, How to get the most mileage from your car, Make your office move a safe one, Do sleep patterns change as we age?, Check your diet to add more Iron. Find more great articles at: <http://www.uleth.ca/hr/wellness/newsletters>



# Upcoming Wellness Events



## Staying Well at the U of L

This month we recognize **Housing Services** for their combined efforts to Staying Well at the U of L. As a group, they have made significant changes to their daily lifestyle (from home to office) and have even started the offices **Biggest Loser** competitions. They have also started wrapping up each day of work, with a **Kumbayah** session, in which they pick 3 positives of their day, share it, and wrap up work on time.

The Biggest Loser competition was started in January,



## April is Daffodil Month: Cancer Awareness

The Canadian Cancer Society and it's supporters have embraced the daffodil as a symbol of strength, courage and hope. Cancer is among the leading causes of death for Canadian, causing nearly 30% of all deaths. It is estimated



## Upcoming Events

4/2

Last session for **Health Check For U** for this semester. Will be taking registrations for the fall. [Register](#)

4/8

### Lunch and Learn:

### Sculpture Walk

12:30 - 1:00 PM.

Lunch will be served after.

Start in UCA 6th Level by stairs

after an office consensus to change their habits. According to **Kerri Moberg**, the Office Supervisor, frustrations were rising in the office and it was time for action. With the suggestion from **Lynn Laventure**, they decided on a 12-week challenge for the offices Biggest Loser competition. The first round of Biggest Loser had 11 participants, including some spouses of employees who have joined in. Participants put forward a \$20 entry fee, and each week after weigh-in's they contribute to the communal piggy bank \$1 per pound gained.

As an office, the dynamics have changed considerably. Everyone has a happier, healthier attitude, and more energy. Even snacking at the desk has changed, as most of the unhealthy items such as muffins, candies, have been replaced with items such as vegetables or fruits.

The success of this competition has been due to the supportive environment from the office. Everyone is able to keep each other accountable, and be encouraging. They set goals and challenges for each other, such as making it up the hill and be able to talk (from C420 to the SU building). They even participate with group treat days, as it's no fun with all work, and no play. However the office throws in a twist for the treats with having some sort of physical activity requirement in order to get the treat.

As the first round of Biggest Loser comes to a close, the office together has lost a total of **124.1 pounds**, and the grand prize winner was **Kerri Moberg**, by loosing 10% of her body weight! Congratulations to the office and Kerri! What an achievement! After Easter break, they plan to start up round two of Biggest Loser, inviting new participants and those who want to return to join in again!

Talk about a commitment to health! Thank you Housing Services for showcasing what you have all been doing to Stay Well at the U of L!

that 524 Canadians will be diagnosed with cancer every day, and 210 Canadians will die from cancer every day.

If you would like to support Canadians living with Cancer, feel free to visit the [Canadian Cancer Society's](http://www.cancer.ca) website.



## 2015 Health and Wellness survey

Thank you for your participation in this year's Health and Wellness survey. Aggregate results will be available later this spring.

In the meantime, were you a prize winner? Please contact [Wellness](mailto:Wellness@uofl.ca) to collect your prize!

Grand Prize - weekend in Waterton-  
**Kirsten Livingstone**  
Grand Prize - sit/stand workstation -  
**Becky Lore**

2nd walk will be held from 1:00 - 1:30 PM if enough interest!  
*Meet at TH277 for 2nd walk.* [Register](#) including time

**4/20**

**Bee Amazing Race 2015 - Early Bird registration will be open!** Get ready to race through the PanAM games! [Heart Smart Race](#) starts **May 1!**

**4/28**

**Day of Mourning** - in 2014 169 men and women died from workplace injury or illness in Alberta. Honour them on April 28. [More info](#)



**What's for Dinner!**



## Coulee Clean-Up starts April 22

Claim your coulee, build your team, make a difference!

### It's that time of year again...

The Helen Schuler Nature Centre begins preparations for the annual Coulee Clean-Up! The efforts of individuals helps to improve our City's landscape and protect the natural environment from garbage and debris.

If interested in creating a team to clean the coulee's please contact [wellness@uleth.ca](mailto:wellness@uleth.ca) for more information.

### How do YOU stay well at the U of L?

Do you have an interest you enjoy outside of work, something that helps stretch and maintain your physical and/or mental well-being? If so, we'd love to display it in our rotating 'Staying Well at the U of L' feature on our website.

Take a photo of your talent, interest or yourself in action. **You could display a quilt, or some wood-turning, a woven scarf, or a jar of jam.** Email [wellness@uleth.ca](mailto:wellness@uleth.ca) with your photo and we will display on a rotating basis on our website and other U of L wellness publications (monthly wellness newsletter, Wellness Facebook, Twitter)

**Is there a picture of you with a marathon medal, or a record trout? Maybe you make the world's best nachos, or you've golfed at Augusta?**

***\*Please note your submission will be displayed, along with your name and department, on our U of L Wellness webpage and related publications.*** Check this out on a regular basis - You'll learn about the wellness interests of your U of L colleagues, plus maybe even discover a new bridge partner, or mountain biking companion, or someone with a hobby that matches yours.

-More info - call Suzanne at 5217 or email [wellness@uleth.ca](mailto:wellness@uleth.ca)

Check out the healthy, easy meals from [Wellsource](#). This one is Caribbean Casserole