



## Upcoming Wellness Events



June 25, 2013 Progress Shot | 184lbs lost in 9 months | <90lbs to goal

### Staying Well at the U of L

Last Thursday Michael Warf shared what he called “field notes” of his weight loss journey losing 200 pounds in 10 months. Michael rearranged his life, and made a commitment to a healthier lifestyle, got rid of his couch and installed fitness equipment. Michael also hired a life-style coach who helped him with the emotional, social, physical, and spiritual aspects of wellness. During the Wellness Lunch and Learn, Michael shared many different tools and tricks that helped him through his weight loss. First, Michael started tracking his nutrition using an app called MyFitnessPal. He also



#### February is Heart Health Month

Heart Disease can be both preventable and manageable. Your best defence against heart disease is controlling the risk factors such as high blood pressure, high cholesterol, diabetes, smoking, stress, and physical inactivity. Here are few tips to help you keep your heart healthy!

- Be smoke free
- Be physically active
- Know and control your blood pressure
- Eat a healthy diet that is lower in fat, especially saturated and trans fat
- Achieve and maintain a healthy weight



#### Upcoming Events

**2/07**

Health Check for U screening starts  
8:00 AM - 10:00 AM  
Fridays [Register](#)

**2/10**

Last (Wo)Man Standing walking challenge!  
[www.UWALK.ca](http://www.UWALK.ca)

Walk 10,000 steps a day and log your activity daily til Feb 28

**2/24**

Disordered Eating Workshop  
9:15 AM - 12:15PM

invested in a Fitbit Wi-Fi scale. Michael also used websites such as <http://www.eatthismuch.com> and <http://emeals.com> to help plan his meals. He also read books such as 'Wheat Belly', 'The 4-Hour Body', and 'Good Calories Bad Calories'.

For more information contact Michael at [michael.warf@uleth.ca](mailto:michael.warf@uleth.ca) or see the feature in the Lethbridge Herald at:

<http://lethbridgeherald.com/news/local-news/2014/01/journey-back-from-528-pounds/>

***Thank you for sharing Michael, it was great to see how YOU stay well at the U of L.***

**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, and you don't mind sharing, contact Suzanne at [wellness@uleth.ca](mailto:wellness@uleth.ca) or 5217 to find out how.

- Manage diabetes
- Reduce stress

This month watch for door-to-door or online canvassers collecting money for the Canadian Heart Foundation or visit [www.heartandstrokefoundation.com](http://www.heartandstrokefoundation.com) to donate or for more information.

### **Health Check for U**

The Health Check for U program has started up again this year. Register with [Wellness](#) for a free 'Health Check for U'. We will measure your blood pressure, weight, height, waist circumference, and fasting cholesterol and glucose. We will provide you with a printout with information on your 10 year cardiovascular risk, optional dietitian consultation in partnership with Alberta Healthy Living, and a one-on-one follow up education session with options for a physical activity follow-up with Sport and Recreation Services. Take advantage of this free service and sign up at [Health Check for U](#)

*Andy's Place AH100*

*Pre-registration required*

*\$5.00 donation at the door to U of L Women's Centre [wellness@uleth.ca](mailto:wellness@uleth.ca)*

**3/5**

Mini massage

*12 noon - 2:00 PM*

L1112 [Register](#)

# February Inspiration - Choices

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'We are our choices' - Jean-Paul Sartre

'We don't get to choose what is true. We only get to choose what we do about it.' - Kami Garcia,  
[Beautiful Darkness](#)

'Whatever you decide, don't let it be because you don't think you have a choice.' - Hannah  
Harrington, [Saving June](#)

Happy Valentine's Day! Celebrate with a random act of kindness.....

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