

**January Comfort Zone**- This month's articles include: Heart patients need knowledge, Four reasons why letter writing is making a comeback, Snow is not your enemy, Feel the love with random acts of kindness. Find more great articles at: <http://www.uleth.ca/hr/wellness/newsletters>



## Upcoming Wellness Events



### Staying Well at the U of L

Tierah Hinchliffe, of Aramark, has been **Staying Well at the U of L** by competing in Roller Derbys, as part of the Deathbridge Derby Dames team. Not too sure what a Roller Derby is? Check out the Lethbridge Roller Derby Guild's website for more information and see when their next matches are!

(<http://www.lethbridgerollerderby.ca/>)

Tierah first started to try roller derbies in September 2013, and started off training with the "Fresh Meat" program of the Deathbridge Derby games. A large part



#### Avocados - Tasty and Good for your heart!

Research has shown that adding avocado's to your diet helps to reduce the intake of bad cholesterol, increase your good cholesterol and adds another source of fiber!

Interested? Try these recipes!

- The ALT (Avocado, Lettuce, Tomato) Sandwich.
- Grilled Chicken



#### Upcoming Events

**2/04**

Active Shooter Presentation at PE264.

*Come in and join us for this lunch and learn.*

**2/05**

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

**2/11**

Mini massage 10 AM - 2:00 PM Library 1112. [Click](#)

of joining was the challenge to see if she could do it, and encouragement from friends who already played.

Since joining she has participated in many training clinics brought on by members for Team Canada's Women's Roller Derby, a professional fitness coach, and a lady who originally started here in Lethbridge, and now plays for Team Alberta's Women's Roller Derby. Tierah also plans to attend another training camp in May who is hosted by a player from Team USA Women's Derby.

With the support of the other players, and coaches Tierah was able to play in her first game in November 2014. She recommends that for interested individuals, to attend a game and see what it's all about. You can also drop in to their open night for new skaters and use a set of loaner gear to see if you like it.

"I feel much more confident and content with myself, not to mention that I have some great leg muscles and my endurance is much better. It helped me get out of my shell and meet great new friends." Tierah states.

"Derby brings people together from different backgrounds and throws us all onto a track with wheels strapped to our feet. We're all the same; score points for our team and hip-check people out our way. It's a huge amount of fun!"

Thank you Tierah for letting us show how you stay well at the U of L! Sounds like a blast!

**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)

Salad with Avocado and Mangos.

-Zucchini & Avocado Soup with Cucumber Salsa.

-Avocado and Shrimp Sushi.

For more great recipes visit [health.com!](http://health.com!)



### **Want a Nutritious Snack? Try These!**

**Mini Pizza.** Slice a whole wheat pita in half, add a little tomato sauce, sprinkle some cheese and veggies, and heat in microwave or toaster until cheese melts!

**Hummus & Carrots.** 4 ounces of hummus and 3 carrots sticks contain only 80 calories!

**Cottage Cheese & Apples.** Top a sliced apple with 1/2 cup of

to [Register](#)

**2/17+18**

Mental Health First Aid Training  
*Available to all faculty, staff and administrators. Click to [Register](#)*

**2/25**

Therapy Dogs  
2:00 - 3:00 PM at the SU Ballroom.  
*Always on the last Wednesday of the month!*

low-fat cottage  
cheese. Added  
calcium, protein and  
fibre for your diet!

**February 16th - Family Day Play Day! 11:00 AM - 3:00 PM.**

Celebrate Family day with the University of Lethbridge and 1st Choice Savings and Credit Union. Play is essential for physical and emotional growth, for mental, intellectual and educational development, and for acquiring social and behavioral skills.

This years theme is "Super Hero!" Bring what you need to enjoy the fun, including a swimsuit, gym shoes and comfortable clothing!

**Volunteers also needed** - if interested contact [Kali McKay](#) for more information or to volunteer.

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