

January Comfort Zone- This month's articles include: How to Keep Safe With Winter Sports, Take Steps to Prevent a Fall, Tips to Begin a New Exercise Routine, Natural Health Trends for 2015, What Happens When You Lose Your Cell Phone. Find more great articles at: <http://www.uleth.ca/hr/wellness/newsletters>



Upcoming Wellness Events



Staying Well at the U of L

Calvin Toth, AV Productions manager, has been **Staying Well at the U of L** by training and completing marathons! His first 1/2 marathon was done in November 2013 in Las Vegas.

Already a fan of running, Calvin made a decision to improve his health in 2011, and just put on his running shoes and left the house. His inspiration and motivation came from his friends, and colleagues who were already runners as they always checked up on one another.

When asked what helps make it easier to start running, Calvin says "Music, music, music. The right tunes for the



Holiday Recovery: Tips To Get Back to Work Without Stress

Review your goals - Look back and see what you have accomplished. Then spend some time and set new objectives.

Adjust your energy level - Log your activities for a few days and identify tasks that waste time and leave you feeling drained. Eliminate what you can, and look for strategies to manage what you are stuck with.

Set priorities - Find out what's important to



Upcoming Events

1/13

Active Shooter Presentations

In case of the worst, take 30 minutes out of your day, bring your lunch and learn what to do to keep safe.

12:00 - 12:30 PM
TH241

Brought to you by
Campus Safety - next one is Feb 4 in
PE264

1/26

Mini Massage

day, help drive me every morning and keeps you moving." Calvin also uses the **Nike Runners App** to help gauge and keep track of his progress. He also gave us some tips to get started. "Just do it, make that appointment with yourself and keep it, don't give up, don't quit. The hardest step is the first one, but once you go around the block once, you're on your way. Also, get comfortable shoes."

"Running has completely changed me, but it's more than just getting healthy," Calvin states. "It shows that I can accomplish the things I set out to do, by just being true to me."

Such true and strong words Calvin! Thank you for showing how you stay well at the U of L.

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

get done now.

Achieving priorities will improve spirits.

Commit to work/life

balance - Make one of your resolutions to balance the demands of your job and personal life more equitable. This helps as you will be less likely to crash if you're not stressed out before it begins.

9:30 - 11:30 AM

AH119

[Register](#)

1/28

New Year's resolution to Quit smoking?

Quitcore - Tobacco Reduction program on campus

12:00 - 1:00 PM

L1114

[Contact](#) to register or more info.

Lunch included and prizes will be available!

2/02

Knit n Knatter/Crochet n Chatter

Noon - 1:00 PM

U of L Art Gallery

Open to all, newcomers or experienced, bring your own knitting or crochet project

2/05

[Health Check for U](#) screening

8:30 -10:30 AM

Thursdays and Fridays this semester.



Long Service Awards

The University is holding its Long Service Awards on May 6th at 1:00 PM in the SU Ballrooms this year. We will be honoring over 140 individuals who have completed 10, 15, 20, 25, 30 & 40 years of service. In addition, the Retirement Recognition Ceremony will be held at the same event.

Do you qualify for a Long Service Award in 2015? Check out the updated calculations [here](#). Please contact [Susan Roth](#) as the deadline is January 23, 2015.

First Aid on Campus! Christina Harsch, First Aid Coordinator, is trying to track down the locations of all first aid kits on campus. For each kit reported, Christina will provide you with a FREE assorted pack of bandages to assist with restocking your kit. First Aid/CPR training is a valuable asset. A current list of employees who have training on campus can help assess future training needs. **If you are currently certified in First Aid or CPR, let Christina know as well.** Be entered to win a **NEW first aid kit!** Contact [Christina](#) by Feb. 1, 2015.

M2009, M2011
Start your new year off with some achievable health goals! [Register](#).



Top 5 Tips to Keep Your New Years Resolution

1. Only choose goals you care about.
2. Be realistic - make it achievable.
3. Make an action plan.
4. Identify reasons you might fail, and develop strategies to overcome them.
5. Set up a timeline - be accountable.

(Suzanne's resolution is to golf more often in 2015)