

**January Comfort Zone** - Health and Wellness newsletter - This month's issue highlights safety issues such as setting personal safety resolutions for 2016, staying safe on the slopes, and kids and winter sports safety. Check these articles out and many more at <http://www.uleth.ca/hr/wellness/newsletters>



# January Wellness & Recognition Newsletter



## Lace up at Lunch!

**Join the Wellness Lunch Walk/Run Club!**

Sponsored by the Wellness Committee and Sport & Recreation, this program allows University employees to use the indoor track at lunchtime for only \$5 a



## Health Check for U Starts Up Again in 2016!

New year- new you! Isn't that how the new year always feels? And while folks have a love/hate relationship with resolutions there is one easy way to take a step in the direction of better health and that is utilizing 'Health Check for U'!

'Health Check for U' includes some free and discounted incentives at the Fitness Centre, and nutritional consultation if interested. Contact [Wellness](#) for more information or to register [Click Here](#).



## Lunch n' Learn- Walk in to Work Out

Active commuting provides an opportunity to get exercise from a daily chore while also benefiting the environment. Come to this talk to hear about the plans and possibilities for active commuting to the U of L, the

month!

The trial program will run from February 1- April 30 during which the indoor track will be open from 11 a.m. - 2 p.m. to accommodate various lunch schedules. Sign up at the Sports & Rec desk and pay \$5/month and get in a lunch time walk or run in the climate controlled indoor track.

Every time you sign in to use the track, your name will be entered into a draw for monthly prizes! Visit the [Wellness Website for more info!](#)



## How Nancy Walker Stays Well at U of L

*In October we conducted interviews with some of the University's senior leaders to see how they stay well at U of L.*

**Nancy Walker, Vice-President Finance & Administration**

To read Nancy's full interview, [go to the Wellness website.](#)

Ask Suzanne for more details on this and 2016 dates.



## February 3rd is Winter Walk Day!

On the first Wednesday of February each year, hundreds of thousands of Albertans take it outside to celebrate living in a beautiful winter province. Whether we're grabbing our coffees and going for an office break walk, or going for an evening stroll through the neighbourhood with family, we all have the opportunity to get out and love our province of Alberta!

On February 3rd, join over 160,000 Albertans for #WinterWalkDay!

The University of Lethbridge Wellness Committee will lead a lunchtime walking group around campus. Meet on the quad (north of Markin Hall) at lunch and at 12:05 the group will begin its walk.

Share your Winter Walk Day experiences using the hashtag #WinterWalkDay!

## Staying Well at U of L Featured Employee

wellness benefits U of L staff enjoy from active commuting, and tips for adding activity to your Lethbridge commutes.

Professor Jon Doan of the Kinesiology Department will lead the session and a light lunch will be served. Please join us!



### Upcoming Events

1/20

**Lunch and Learn- "Walk in to Work Out"**

Speaker: Jon Doan  
12:00 p.m.- 1:00 p.m.

[Click Here for Details](#)

1/28

**Managing Mental Health in the Workplace**

## Carol Williams

Associate Professor, Department of Women & Gender Studies and Department of History



*Pictured here: Carol and her running partner, Tracy McNab doing yoga in Kodachrome Park a day before they ran across the grand canyon, rim to rim to rim in approx. 14 hours non stop.*

Carol has been running with her running partner Tracy since they met at Runner's Soul marathon club in 2001--they do yoga or pilates to keep flexible and strong. Carol was first attracted to running because of the ease of access and she loves the outdoors.

She started running as an alternative to sedentary life as she is a scholar who might sit 4-10 hours in front of a computer each day.

She geared up with good shoes, good running garb (warm in winter, cooling in summer), camel-back for long distances and good wool socks.

Carol suggest you run and learn with others to keep you committed each and every day, even when it is minus 24 degrees Celsius. If you still don't know where to start, she suggest you get to Runner's soul and find a running group or find a

### What does Wellness mean to you?

Wellness is being fit enough (physically or mentally) to do what you want to and participate in the things you like.

### What physical activities do you do to stay well?

I like to do cardio on the bike or elliptical for 30 minutes a day and will fit in weights when I can.

I also like to fit physical activity in during the day such as taking the stairs whenever possible.

### What mental activities do you do to stay well?

I'm an amateur musician and play the clarinet and saxophone in two community bands. I rehearse at least once a week and *it's an activity that makes me feel good and something that I do just for me.*

### The most common reason people give for not being active is that they don't have the time. As a senior leader you have a very busy schedule- how do make the time for wellness activities?

I like to go to the gym at noon for my workouts but I don't always get to because of my schedule. If I have to miss a noon session I try to go early in the morning or at night because when I start

12:30 p.m. - 4:30 PM  
AH100  
[Click Here for Details](#)

2/10  
Lunch and Learn-  
"Celiac/Gluten Sensitivity"  
Speaker: Em Pijl Zieber  
12:00 p.m.- 1:00 p.m.

[Click Here for Details](#)

2/16 & 2/17  
Mental Health  
First Aid for people who interact with youth.  
9:00 a.m.- 4:30 p.m.

[Click Here for Details](#)

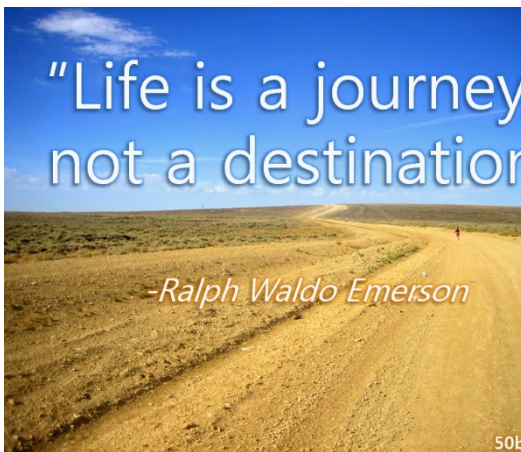
2/24  
Lunch and Learn-  
"Gliding and working with disabled gliders"  
Speaker: Geoff Minors  
12:00 p.m.- 1:00 p.m.

to miss days it gets easier and easier to continue to miss workouts.

### Do you have some tips for managing workplace stress?

You have to not take things too personally at work. If you can take a step back and breathe and not react too quickly to a situation you'll find it a little easier to manage stress.

[To read more interviews with our senior leaders, please visit the Wellness website!](#)



## Finding Joy in Daily Living

How often do you catch yourself thinking "Oh I can't wait for the weekend", "I can't wait for vacation" or "I can't wait until I retire"? Probably a lot. We tend to think we'll be happy once we've reached these milestones but the problem is there are few milestones. Most of life is spent in day to day living and finding joy in the every day will increase your happiness

running partner.

Running has made Carol healthier, given her clarity in her work life, solitude, and an appreciation for Lethbridge's river valley and the coulees.

Thank you Carol for sharing how YOU **stay well at the U of L!!**



## Desk Exercises

If you're one of the many employees whose job entails working at a computer, it's important that you take breaks to stretch and strengthen your body throughout the work day.

**Be aware of your posture.** This is an important one! It's important to sit up straight with your shoulders back, your neck straight, and your spine fully aligned. This will not only invigorate you during the day, but it will keep you from suffering any unnecessary back complications down the road. An ergonomic assessment of your workstation is available by contacting the Wellness Department.

**Stretch Your Neck.** It can be difficult to be aware of your head drooping or twisting, but you'll certainly feel it at night when your neck begins to ache. To combat this, move your head slowly forward and backward and from side to side. Performing this movement once every few hours will allow the muscles in your neck to relax and relieve stress as well as preventing any potential knots from developing.

[Click Here for Details](#)

3/9

### Lunch and Learn- "Intro to Motorcycling"

Speaker: Doug Berry

12:00 p.m.- 1:00 p.m.

[Click Here for Details](#)



### You Talked- We Listened!

In the 2015 Employee Health & Wellness Survey one of the suggestions given was to utilize expertise on the campus community. We thought that was a great idea and reached out to fellow staff to plan out this semester's Lunch & Learns.

Check out our

ten fold!

If you find yourself thinking of the work week as something you have to "get through" until the weekend or next holiday, change your mindset and think of every day as an opportunity to have a little fun or do something that makes you happy.

### **Find something to look forward to**

Every morning take a moment before getting out of bed and think of one thing you can look forward to that day. It could be a Starbucks coffee in the morning, a favourite TV program, or an evening drink with friends. If you can't think of a single thing make plans to do something you can look forward to like pick up a special treat on the way home or go on a spontaneous date night with your spouse.

### **Make friends with your coworkers**

Make work a little more fun by connecting with your coworkers. Take your coffee breaks together, go for short walks on lunch, joke with each other in meetings.

### **Work Toward a Goal**

Set a goal and make plans to work toward that goal every single day. Want to learn a second language? Download an app and spend your commute or coffee break practicing. Want to lose weight? Be active every single day. Working toward a goal will help you end your day with a feeling of accomplishment.

**Carpal tunnel syndrome.** This slowly developing affliction is the result of overexertion of the joints in the hands. To help prevent the condition from developing, it can be helpful to stop at least once per hour and roll your wrists – ten times clockwise and ten times counterclockwise. This will loosen the muscles and cause you to be mindful of whether you're developing any pain or tension in the area.

**Move those legs.** If you've had a job that involved sitting in office chairs for several years now, something to consider is the potential of blood clots developing due to extensive periods of physical inactivity. To prevent this, it can be extremely beneficial to move your legs. Luckily, this can be done while still sitting, so you never have to stop working. One simple exercise is to lift your legs onto the balls of your feet and then relax them back to the ground. If you repeat this until your muscles begin to feel tired every hour or so, it will improve the circulation in your legs without you ever having to stand up.

It can be difficult to find a happy balance between physical health and productivity at work, and taking long breaks to stretch and focus can be time-consuming. Luckily, your health doesn't have to take time away from your work, and it's easy to incorporate movement into your routine.

Download the [U of L Stretch & Strengthen Guide](#) for more ideas of stretches and exercises to do throughout the workday.

[events calendar](#) for all the great sessions coming up in the next few months



### **Managing Mental Health in the Workplace Workshops**

Homewood Health Registered Psychologist ([employee and family assistance provider](#)) will be providing customized training to managers, supervisors and employees on recognizing and responding to mental illness in the workplace.

**January 28, 2016,  
12:30 pm – 4:30 pm AH100**

## Have a Hobby You Can Do Daily or Regularly

Many of us have hobbies we love but only get to indulge in on weekends or holidays such as skiing, hiking, scuba diving, etc. Don't spend all week waiting to do a favorite hobby on the weekend, find a favourite hobby you can do each day such as ice skating, knitting, painting, walking.

## Talk to a Friend or Family Member Every Day

Life gets busy and before you know it weeks can go by without a phone call with your brother or a get together with your closest friend. Send a text, email or place a call to a friend or family member every day to stay connected. Chat on the drive home from work (with a handsless device), while you're loading the dishwasher, or while you take the dog for a walk.

## Laugh

Make sure you laugh every single day! Your phone calls with friends and family should do it but if not, turn on a funny movie or TV show. Read a funny book or enjoy the antics of your kids or pet but make sure you laugh daily.

***Make 2016 the year that you start enjoying every day of your life!***



## Tips for Starting the Workday Right

Mornings are hectic! Beat morning mayhem and eat well all day with these tips for prepping meals and snacks the day before.

### Prep Breakfasts

1. Make barley, quinoa or oat porridge and refrigerate in portions. Reheat with mix-ins such as fruits and seeds in the morning.
2. Bake and freeze whole grain muffins, pancakes, and frittatas.
3. Stock up on ready-to-eat items such as fruit and containers of yogurt, and pack individual portions or trail mix to grab n' go.
4. Mix up some muesli with toasted oats, dates, coconut and almonds to enjoy with fruit and yogurt.

- [Register now!](#)

***Refreshments will be provided!***

University of  
**Lethbridge**



## Long Service & Retirement Awards

Long Service and Retirement Awards will be held on May 4, 2016 – in the SU Ballroom at 1:00 PM. More info on this year's recipients to come!

As a reminder, the University recently modified the calculations of continuous services for Long Service Awards. [Click here](#) for more information on the new calculations.

**ARE YOU READY TO QUIT?**



## National Non-Smoking Week January 18-24

National Non-Smoking Week (NNSW) has been observed for more than 30 years. It is one of the longest running and most important events in Canada's ongoing public health education efforts. Established in 1977 by the [Canadian Council for Tobacco Control](#) (CCTC), its goals are:

- to educate Canadians about the dangers of smoking;
- to prevent people who do not smoke from beginning to smoke and becoming addicted to tobacco;
- to help people quit smoking;
- to promote the right of individuals to breathe air unpolluted by tobacco smoke;
- to denormalize the tobacco industry, tobacco industry marketing practices, tobacco products, and tobacco use; and
- to assist in the attainment of a smoke-free society in Canada.

<http://nnsw.ca/>

In Lethbridge, Call 1-866-710-QUIT

5. Make hard-boiled eggs for breakfast on the run. Refrigerate for up to one week.

### Prepare Everything the Night Before

1. Put dinner leftovers into containers for lunch
2. Portion and pack snacks such as fruits, vegetables, hummus, and nuts
3. Fill and refrigerate a reusable water bottle
4. Prep breakfast: set coffee maker, get out dishes, chop fruit
5. Get ready for tomorrow's dinner; marinate meat, chop and peel veggies etc.

[INFO SOURCE](#)

Please notify [Susan Roth](#) by **January 21** if you believe you qualify for a long service award under the new calculations.



### **Think "Fork Over Foot"**

It's the time of year where many people set resolutions to get healthier and lose weight. But before you start that 5k training program, make sure you spend some time looking at your nutrition. 70% of weight loss correlates with nutrition, making it a vital part of meeting your weight loss goals.

The Dietitian's of Canada offer a

(7848) to register for AlbertaQuits. It is a FREE smoking cessation service for all residents of Alberta, open 8AM to 8PM seven days a week! [AlbertaQuits.ca](http://AlbertaQuits.ca)  
In Coaldale [QuitCore](#) (free tobacco reuction/cessation group) starts Jan 19 5:30 - 6:30 PM. Call 1-866-710-QUIT to register.

great mobile app called [eaTipster](#) that gives daily nutrition tips and recipes.

Exercise is a vital tool in maintaining health and preventing many diseases so be sure to get in the recommended 150 minutes per week.

## MENTAL HEALTH TIP OF THE MONTH

**Learn to be at peace with yourself:** Get to know who you are, what makes you really happy, and learn to balance what you can and cannot change about yourself.

