



Upcoming Wellness Events



Bee Amazing Race 2014

Congrats to the Calgary Campus Team the Cowtown Cardio Cruisers, for joining the race early and winning the Early Bird Team prize!

The Race is Well Underway!

But you can still join in the fun and be a winner for the weekly prizes. This year we have 26 teams, the most participants ever, and some new contests - Nominate a 'Bee Amazing Champion' someone who inspires you to be active, encourage a new team to join the race. Join us for the **Bee Amazing wrap up and lunch - June 26 in AH100**. Stay tuned for more info!



Upcoming Events

June 2, 3, 4

Respiratory fit testing on

campus - wear a mask or respirator? Then you should be trained and tested. Contact [Suzanne](#) for more info.

June 3 - August 28

Yoga Over Lunch -

Tuesdays and Thursdays 12:10 - 12:50 at CASA

Staying Well at the U of L

Carol Williams, Faculty member in

Women and Gender Studies and History, **stays well at the U of L** by running marathons. Carol started running in 1996 while finishing her PhD in Victoria BC. Carol started and slowly and began running at a leisurely pace on street routes to fulfill her curiosity about local domestic architecture, the ocean, the trees, sky, and birds. After Carol completed her PhD in 1999, she began running more consistently. Carol entered her first off-road trail race while stationed in Huston Texas. This form running is called ultra-running with races typically lasting between 50-100km. Carol was hooked and has ran 3-4 mountainous and trail ultra-races each year. Over the past four years Carol has ran across the Grand Canyon non-stop twice!

Carol tells us the academic life of a historian is very sedentary. She needed to counter balance her sedentary lifestyle during the day so she began running. Carol joined a marathon club at the Runner's Soul here in Lethbridge. She says she found a compatible running partner to help her get out all year round on the really cold, and windy days.

Carol says that running is central to her mental health. Running helps her avoid fatigue, to build fitness and ability, and also to help keep a good work-life balance. "You are never too old to run or seek ways to improve fitness and health," says Carol "the main caveat is to start gradually". Taking up running at age 40, during one of Carol's most stressful times in her professional life transformed her sense of physical well-being, increased her

[Heart Smart](#)



Becel Maple Mustard Salmon recipe

Cooking with Becel® Buttery Taste margarine is the key to a luscious, buttery tasting sauce that caramelizes the salmon in the oven – yet has 80% less saturated fat than butter.

<http://www.becel.ca/en/becel/hearthealthy-ecipes/main-dishes/becel-maple-mustard-salmon.aspx>



Searching for new Wellness Committee members!

Interested in helping the University continue to build a campus community where people are encouraged and supported to pursue a well-balanced healthy lifestyle? With changes in personnel, we have lost a few members and are always looking for more to help us plan our wellness activities and program. Contact [Suzanne](#) for more info.

\$10.00 drop in

June 9 - 13

Hearing testing on campus - questions or registration Contact [Suzanne](#) for more info.

June 13- 14

Relay for Life 7:00 PM - 7:00 AM Victory Church [More info](#)

June 15

Bee Amazing Race ends - make sure you log your points by noon on June 16.

June 26

Bee Amazing Race Wrap Up - lunch and prizes awarded Noon - 1:00 PM AH100,

mental health and self-confidence, and allowed her to realize accomplishments and goals unrelated to running. Thanks Carol, for showing us how you **stay well at the U of L.**

We would love to hear your story! 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

World Blood Donor Day

June 14th is World Blood Donor Day. This year the focus is “save blood for saving mothers”. Every day, about 800 women die from pregnancy or childbirth-related complications. Almost all of these deaths occur in developing countries. This year, make an appointment with the Canadian blood services to donate blood. Your donation could help save a life! Visit www.blood.ca or call 1 888 2 DONATE.

[5 Minutes or Less for Health](#) - Take five for your health! Being healthy and safe takes commitment, but it doesn't have to be time-consuming. Most things are so simple and take so little time, that you'll wonder why you've been avoiding them. Taking just a few of the 1440 minutes in a day is worth having a safer and healthier life for you and your family. Below are some steps you can take to help protect your health and safety in five minutes or less.
