

**March Comfort Zone** - Health and Wellness newsletter - This month's issue discusses urban wildlife, (which we are familiar with on our campus!) making your home safer, Keeping your identity safe, Healthy vitamins, and more! <http://www.uleth.ca/hr/wellness/newsletters>



# March Wellness & Recognition Newsletter



## How Lesley Brown 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.*

**Lesley Brown, P.h.d., Vice-Provost**

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



## How old is your heart? Find out right meow!

What if you could know your risk for having a stroke or heart attack in the next 10 years? Or an assessment of your overall health? You can! U of L Wellness, Health Centre and Health Sciences Nursing students have teamed up to provide **free** Cardiovascular screening to all **staff and faculty** of the University of Lethbridge, called "Health Check for U". And if you have been before, feel free to come back and see if



## Upcoming Events

**3/9**

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

Speaker: Doug Berry  
12:00 pm- 1:00 pm

[Register](#)

[Click Here for Details](#)

## What does Wellness mean to you?

Wellness needs to be approached holistically. It means not only being healthy in body, but also healthy in mind and within that healthiness of mind, healthy personal relationships and interactions so that everything that we do is positive.

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

It depends on the time of year but I typically exercise six days out of seven. I have to remain active on a regular basis because I can get antsy and am a much better person to be around if I manage that energy.

There are many activities that I do at this point in my life. I am enjoying cycling, not just the road bike but mountain biking as well. I like to mountain bike in the coulees and Fernie. That's something that takes up a big part of my

your heart health has improved.

## What happens at Health Check for U?

The 15 minute confidential screening includes:

- Measuring your height, weight, & waist circumference
- Taking your blood pressure
- A finger poke to obtain a blood sample for cholesterol and blood sugar levels
- It takes place in Markin Hall 2<sup>nd</sup> floor nursing clinic rooms M2009, M2011.

After the screening:

- A free light breakfast is provided!
- You'll come back for a 20 min session where we will review your results with you and work with you to develop a healthy lifestyle plan.
- Includes discount coupons for the Fitness Centre

Book an appointment today! This semester we will be screening on Thursdays, and doing our follow up sessions on the Fridays. Limited sessions available starting Feb 4 – March 31. Register at <http://www.uleth.ca/hr/wellness/health-check-u-health-screening>

Or Contact: Suzanne McIntosh, Wellness Manager for more info.

**3/22**

### Mini Massage

D635

1:00 pm- 3:00 pm

[Register](#) or Drop In  
[Click Here for Details](#)

**3/23**

### Lunch and Learn- "So you have a Student in Distress- What can U do?"

Speaker: Lori Weber

12:00 pm- 1:00 pm

[Register](#)  
[Click Here for Details](#)

**3/31**

### Mini Massage

L1112

10:00 am- 12:00 pm

[Register](#) or Drop In  
[Click Here for Details](#)

## Miss a Lunch & Learn?

If you missed a lunch and learn or attended and wanted to go over the information again we have past presentation uploaded to our website.

Find old Lunch &

summer time activities.



In the wintertime I love downhill skiing, I'm an avid skier. I would like to do more snow shoeing and cross country skiing, but I seem to not have the time for all those things.

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

Right now my mental wellness is achieved through physical exercise. For example, today I haven't exercised yet and I find myself a little agitated and jumpy, nothing negative, I just have extra energy and I'm really looking forward to going on my bike after work today.

I have done yoga quite a bit, I find hot yoga to be relaxing. The other thing that I do for mental wellness is fly fishing. I find that to be incredibly

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## *Spring into Wellness Challenge*

Want to kick off the season with a two week healthy challenge AND get some additional points for May's Bee Amazing Race? Then be a part of the Spring into Wellness Challenge.

From March 13- 24 you are given two categories a day to choose a challenge they include; Exercise, Nutrition, Mental Health, and Kindness. An accompanying challenge list gives you twelve options for each category to choose from including three blank challenges you can fill in yourself.

Finish one challenge a day for the two weeks and earn an additional 10,000 points for your personal or team score in the Bee Amazing race in May. Complete both challenges each day and earn 20,000 additional points.

**[Get the SPRING INTO WELLNESS CHALLENGE CHECKLIST from the Wellness Website!](#)**

## **Staying Well at U of L Featured Employee**

Learn Presentations

[HERE.](#)



### **Wake Up Happy**

There's nothing quite like waking up with a smile on your face. Here are a few tips to get you in a positive state of mind when you get out of bed in the morning:

**Drink a glass of water as soon as you wake up. This rehydrates your body, revs up your digestive system, and gets things flowing.**

**Do not check your email or phone for at least an hour. Do you sleep with your cell phone next to you and grab for it first thing when you wake? This is not a good habit. If you choose to resist the temptation to check your email and Facebook feed until at least an hour after waking up, you'll find that your mind is more clear, focused and happy.**

**Think of one thing for which you have gratitude. This sets the stage for positivity throughout the day. If you come up with three or five things, even better.**

**Take time to eat a healthy breakfast. Focus on getting real foods in your body. Eggs, oatmeal, and smoothies are all great**

relaxing. Like mountain biking, you can't let your mind drift when fly fishing.

**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?**

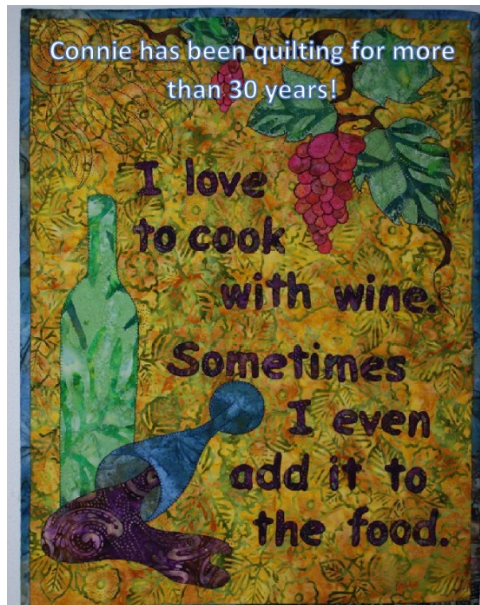
I'm not doing this because of time, the activities that I've engaged in so far have been extremely time consuming. Training for a half ironman triathlon can take four hours of training a day.

I've had to dial back the amount of time I can dedicate to a specific activity because of the time I have to allocate to my work. In order to ensure that I maintain a regular pattern of physical activity I have to do it in the morning. There are a couple reasons for this including; because that's when the time is available, I love starting my day with a sense of accomplishment, and more often than not if I plan to go after work that time gets taken away from me (meeting will pop up, etc.) Having my workout done before I get to work settles my mind. I often get up before 5 a.m. in order to fit my physical activity in.

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

Get exercise! ***I really like the exercise in the morning pattern because it gives me a sense of accomplishment.*** A know a lot of other senior leaders exercises at lunch time because it breaks the day up and allows them to start the

**Connie Chaplin- Office of the Vice-President (Research)**



Connie says quilting is very much her therapy, "although perhaps 'addiction' may be a more descriptive term". The time she spends in her studio is both a relaxation from the business of daily life and a stimulating creative outlet. "I enjoy almost all aspects of the quilting world and love both traditional and contemporary forms of the art."

Connie also finds the social aspects of quilting to be incredibly positive. She belongs to the Lethbridge Centennial Quilters Guild (<http://lethbridgequilters.ca/>). From the contacts she made there, Connie has been welcomed into two smaller and very active fibre art circles. The shared time involved with committee work, sew days, group projects and retreats has been rewarded with many wonderful and enduring friendships.

***"Fibre arts will always be a part of my life."***

Give yourself a pep-talk  
Look into the mirror and say something positive to yourself.  
Some ideas:  
- I will accomplish my goals today.  
- I will take good care of myself.  
- I feel great when I can help others.



**Congrats to Judy Headrick for winning February's draw prize for the Wellness Lunch Walk/Run Club!**

Judy (Second from the right) is joined by supportive coworkers after winning the draw prize for utilizing the indoor track at lunch!

Join your colleagues and lace up at lunch!

The indoor track is be open from 11 a.m. - 2 p.m. to accommodate various lunch

afternoon refreshed. I like to work during lunch time because it's quieter.

Find a routine that's best for you and who you are in the world and work with that.



## Tips to Survive Daylight Savings

On March 13 we will all "spring forward" meaning on Monday, March 14 we have to get up at a time that feels like an hour earlier than normal.

Even though an hour doesn't seem like much those 60 minutes have a big impact. The Monday morning after we spring forward, the number of car crashes increases. More people have heart attacks and get injured at work. And workers who are physically safe are likely wasting more time than usual online. ([Huffington Post](#))

### 1. Don't take a nap on Sunday

For many people, Sunday is nap day, a chance to catch up for a busy work week, and maybe a late night out on Saturday. But for this Sunday at least, try to skip the nap. That way, you'll be more likely to fall asleep early, making it easier to wake up early tomorrow.

### 2. Exercise

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



### Healthy Crockpot Recipe *Sweet & Sour Pork with Bell Peppers & Pineapple*

The crockpot is a great tool to prepare healthy meals when you have a busy schedule. Instead of coming home from work tired and hangry you can prep a meal in the crockpot the night before or in the morning before work and come home to the delicious smell of home cooking.

([Recipe Source](#))

#### INGREDIENTS:

- 1 1/2 lb pork tenderloin, trimmed and cut into 1- to 1½-inch chunks
- 1 white onion, peeled and chopped into 1-inch chunks
- 2 cloves garlic, thinly sliced
- 1 small dried hot red chile, whole
- 1/2 cup low-sodium chicken broth
- 1/4 cup reduced-sodium soy sauce
- 1/4 cup white vinegar
- 3 tbsp unsalted tomato paste
- 3 tbsp Sucanat

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!](#)

Working out might also help tucker you out, and exercise, especially several hours before bed time, seems to improve sleep.

### 3. Get outside early

A little sun on your face, especially early in the day, can help your body's circadian rhythm get back in sync. But try to avoid late afternoon sun. That could have the opposite effect, and keep you up even later.

### 4. Embrace your new schedule

Try to eat meals at your usual time, and follow other habits according to schedule, too. That will help you adapt to the time switch faster.

### 5. Be alert

Take a little extra time on Monday morning to get yourself out the door, and pay extra attention on the road. After all, you won't be the only drowsy driver on the road. ([Source](#))

- 2 tbsp organic evaporated cane juice
- 1 tbsp raw honey (TRY: Wholesome Sweeteners Organic Raw Honey)
- 1/2 tsp ground ginger
- 1/4 cup fresh orange juice
- 2 tbsp potato flour
- 1 each large green and red bell pepper, seeded and diced
- 1 cup peeled and diced pineapple

### INSTRUCTIONS:

1. In a 5-qt slow cooker, add pork, onion, garlic and chile. In a large bowl, whisk together broth, soy sauce, vinegar, tomato paste, Sucanat, cane juice, honey and ginger until well combined. Pour mixture over pork and gently stir. Cover slow cooker and cook on low for 6 hours.
  2. In the last 30 minutes of cooking, combine orange juice and potato flour in a small bowl and whisk until no lumps remain. Add to slow cooker along with peppers and pineapple, stirring gently to evenly distribute. Replace lid, increase heat to high and cook for remaining 30 minutes. Remove and discard chile before serving.
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*Article from YogiApproved.com*

Drinking just a cup or two of green tea each day can do wonders for your health and well-being. You have probably heard of the excellent levels of antioxidants in green tea, but did you know that it can help you burn belly fat, prevent cancer, and offers many more benefits to your mind and body?

Here are 15 reasons to drink green tea every day:

### **Anti-Aging**

Green tea contains large amounts of nutrients and powerful antioxidants that reduce the formation of free radicals in your body and protect your cells from damage that cause premature aging. When applied topically, green tea can also reduce existing sun damage.

### **Improved Memory**

Green tea drinkers have been found to have higher function in the memory center of their brains. In the short term, green tea can improve your brain function in areas that process and store information. Long term, it can protect your brain and has the ability to delay the progression of Alzheimer's and Parkinson's diseases.

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## **Energy**

Green tea contains caffeine, but not as much as coffee. When you drink green tea, you will get the benefits of caffeine, without the jittery side effects associated with excess caffeine that a cup or two of joe contains.

## **Improved Mood**

This powerful tea contains amino acids, including L-theanine, which reduce anxiety and increase dopamine in your brain. Green tea improves your brain function and provides a relaxing and uplifting effect on your mind to combat symptoms of depression.

## **Fat Burner**

Green tea is a key ingredient in many fat-burning supplements, and it is there for good reason! Green tea can boost your metabolic rate and can aid in weight loss through its fat-burning potential, specifically fat in your abdominal region. Bye bye belly fat!

## **Antibacterial**

Green tea contains catechins, which have strong antibacterial and antiviral properties. Catechins can kill bacteria and inhibit the spread of diseases. Take that influenza!

## **Relaxation**

Drinking tea can be a relaxing, ritualistic experience. Green tea contains theanine, a chemical that has a calming effect that can help put your mind and body at ease. Sip on green tea before and after meditation to help free your mind of stresses and worries.

## **Pain Relief**

Green tea contains quercetin, an anti-inflammatory and antioxidant compound that can reduce inflammation in your body. Studies have shown that green tea can also reduce the likelihood of developing arthritis. Drink green tea now for a strong and limber yoga body later.

## **Combat Cancer**

Cancer is caused by oxidative damage to cells. The antioxidants in green tea can protect your cells and aid them during stages of growth, reducing your risk of cancer.

## **Lower Blood Pressure**

Green tea improves blood flow and reduces the risk of high blood pressure. Improved blood flow can prevent cardiovascular disease and even blood clots – the main cause of heart attacks.

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## **Reduce Bad Cholesterol**

High cholesterol is one of the largest contributing factors in heart disease. Green tea can reduce bad cholesterol in your blood and improve the ratio of good to bad cholesterol.

## **Treat Diabetes**

Green tea has glucose-regulated capabilities, slowing the rise of blood sugar after you consume a meal, and preventing insulin spikes.

## **Oral Health**

The catechin in green tea controls the acidity of saliva, helping to prevent tooth decay. It also can improve gum health, prevent tooth loss and improve bad breath.

## **Allergy Relief**

Green tea contains EGCG, a compound that is proven to be anti-allergenic and can reduce pollen allergens and improve seasonal allergies.

## **Digestive Woes**

Many people suffer from digestive issues, whether it be occasional indigestion and heartburn or more serious conditions such as Crohn's disease or ulcerative colitis. The anti-inflammatory EGCG in green tea can reduce inflammation in your stomach and relieve digestive upset.

Green tea is full of antioxidants, vitamins and minerals and other micronutrients. With all of the tremendous health and wellness benefits of green tea, drinking a cup or two a day is a no-brainer. Drinking green tea is an easy and inexpensive way to improve your overall health, for today and your future. That is why you should drink green tea everyday.

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