



## Upcoming Wellness Events



### Staying Well at the U of L

Donnelly Sellers **stays well at the U of L** by playing offensive tackle for the Lethbridge Steel! The Steel is a women's football team based here in Lethbridge. Donnelly has been



### BEE Amazing Race!

It's almost time for the 'Bee Amazing Race'! (formerly known as Bee Heart Smart).

Here's The Ticket!  
Looking for a great getaway to help you live a healthier lifestyle? While we can't promise paradise, we can guarantee some excitement with our new and improved Bee Heart Smart challenge!

The Bee Amazing Race is designed to take you on an exciting journey to some not-so-well-known cities, including Veggiecouver, British Columbia; Laughbridge, Alberta; Cardiogry, Alberta; Sweetkatoon, Saskatchewan; Workipeg,



### Upcoming Events

Annual Respiratory Fit Testing and Hearing Tests will be taking place in May and early June. Watch for more info.

**04/28**

#### National day of Mourning

People across Canada stop to remember workers killed, injured or disabled at work. In 2013, Alberta lost 188 workers to workplace injury or illness.

**05/01**

#### Bee Amazing Race Starts today!

Sign up at

<http://heartsmart.ulethbridge.ca>

[/welcome](#) for the 10th annual

Bee Amazing Race. This year

playing with the Lethbridge Steel for two years. Donnelly first joined the league when she was recruited by a Steel player while buying shoes at Sport Check. Donnelly attended a new player information night and never looked back!

Donnelly practices three times a week with the Steel. "We have great, experienced coaches that really want to help you become a better player" she tells us. Donnelly says that you really need to have a positive attitude, a desire to learn, and the ability to push beyond your comfort zone to succeed. You can be any shape, size, or experience level to play with the Steel.

Donnelly had never played team sports before she joined the team. "The Steel accepted me and my desire to learn something new" she tells us. One of the things that stuck with Donnelly was hearing "join the team and you will have 25 instant friends" from one of the veteran players. Donnelly says that's exactly what it's like, and loves the sport and team so much she is now the board president!

Thanks Donnelly for sharing how you **stay well at the U of L!** If you would like to get started playing football for the Lethbridge Steel, you can visit [www.lethbridgesteelfootball.com](http://www.lethbridgesteelfootball.com) or email the coach at

**Manitoba; Heartowa, Ontario.**

**When in each city, travellers earn Trip Tix (points) by logging physical activity like biking, walking, and running, playing badminton, lifting weights, etc. These coveted points can be redeemed for exciting prizes and souvenirs including pedometers, water bottles, bike bells, fitness passes and Bookstore bucks. Additionally, each city, province or state you visit will have a unique health challenge that will help you earn bonus badges!**

**This is going to be the kind of trip you don't want to miss! Our Bee Amazing Race departure date is May 1, 2014 and will end June 15, 2014. Make your reservation today by following their directions on <http://heartsmart.ulethbridge.ca/welcome> Early Bird bookings can be taken as of April 22.**

**If you manage to travel to all these cities/states/provinces, you can earn bonus badges for also visiting Strength Johns, New Brunswick, and Limberdor (Labrador) Canada.**

**Oh and you can still travel to your destination with a team! But this year, for extra trip tix points for challenging a new team.**

**Visit <http://www.uleth.ca/hr/wellness/> for weekly destinations and bonus challenges.**

**If you like what you "discover" while visiting any site on our travel itinerary, you can bring back a souvenir – a new health habit that will last as long as those vacation memories. Happy travels!**

**So get on board, register your passport and get ready to 'run for your lives' in the Bee Amazing Race 2014!!**

we will be racing through Canada. For bonus points challenge a new team to join!

**05/06**

### **Steps for Life**

Join the U of L Luxy Loafers for the annual Steps for Life 5K Walk - May 3, Henderson Lake, 10:00 AM. \$10.00 entry fee, includes bar-b-q, t-shirt and chance to win prizes. Kids under 14 are free. Register at [wellness](#) More info [Steps for Life 2014](#)

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**Ever wonder what kinds of fat are in your cooking oils, or which is the best to use? Find out at**

[Nutrition Action](#)

[lethbridgesteelcoach@gmail.com](mailto:lethbridgesteelcoach@gmail.com).

You can also attend a game! The home opener is **May 10<sup>th</sup> at 6 pm** at the U of L stadium. The Lethbridge Steel has women of all shapes and sizes, from 17-45 years old, and from all walks of life. Donnelly encourages those interested who have never played or watched football to contact the team. She says “the coaches and the players will help prepare you- they have a lot of experience and knowledge to share!”

## High Blood Pressure Awareness Month

May is High Blood Pressure Education Month. Have you talked to your health care provider about your blood pressure? One in three adults has high blood pressure also called hypertension. Unfortunately, more than half of the people with high blood pressure do not have their condition under control. You may not have any symptoms of high blood pressure, but it can still damage your health in many ways. Take control and speak to your doctor about what your blood pressure should be. If you take blood pressure medication be sure to take it as directed. Quit smoking, if you don't smoke don't start, and try to reduce the sodium in your diet. Try to live a healthy lifestyle, with your blood pressure in mind!

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