

**May Comfort Zone** - Health and Wellness newsletter - This month's issue discusses water safety, pesticide precautions, the importance of PPE at work and home, and more! Check out the Wellness Zone section. <http://www.uleth.ca/hr/wellness/newsletters>

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# May Wellness & Recognition Newsletter



## How Chris Horbachewski Stays Well at U of L

*In October we conducted interviews with some of the*



*Heather Fudge - week 1 draw prize winner!*

*Darren Christensen - Most points for 'Other Physical Activity' week 1*

### Road to Rio 2016



## Hear Alberta

### Upcoming Events

5/16

**Deaf and Hear Association Info Session**

**AH100 Andy's Place**

7:00 - 9:00 pm

All Welcome!

[Register](#) or Contact [Kathy H](#)

5/18

**Coulee Clean-Up**

Join U of L members and get an extra badge for Bee Amazing Race

University's senior leaders to see how they stay well at U of L.

**Chris Horbachewski, Vice President (Advancement)**

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

**What does Wellness mean to you?**

I associate wellness with striking a balance in my life. Balance between my personal/home life, having the energy levels to be effective at work and home, and being able to cope with stress. I find that when I start to feel too stressed out I'll get a sore back or be more tired. Wellness is striking the balance to let you live the life you want to live.

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

I regard mental wellness as an escape from what I do every day. It's finding the time to sit down and read what I want to read that's not related to my profession. My summer "Pulp Fiction" reads are what I use as an escape. It can be like watching a sitcom, it's somewhat mindless and allows you to escape.

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

Exercise. Physical activity and being able to get out of your office and clear your head really helps manage stress. You'll sleep better, you won't feel sluggish or have the 3 p.m. crash; I can't say enough about the importance of physical activity. That's **one of the reasons I had to exercise more because it allows me to cope with stress.**

**Anything else you would like to share?**

The biggest piece of wellness is balance. Many people at the University have young families and many obligations and we've allowed our

# Heart Smart/BEE Amazing Race 2016 has begun!

*We're on the Road to Rio!*

And we're off! On May 2 the Wellness committee kicked off the 2016 HeartSmart/Bee Amazing Race with 241 participating U of L employees.

Participants are trekking to Rio for the Summer Olympics and being inspired by the locales as they go. Every 10,000 steps logged equals 400km and it's about 16,000 km to Rio!

Here's what participants can expect in May. There is still time to join the challenge! Or if you want to try some of these challenges on your own for better health and wellness, that's amazing too!

**Week 1 (May 2-8): [Visualization & Goal Setting](#)**

Participants are encouraged to spend this week working on goal setting just like Olympic athletes do. Suggestions include;

- Create a system of time management to create balance at work and at home for reduced stress levels
- Write out short term goals and long term goals for the year. Items that will make you feel better, happier, and healthier. Set this list somewhere where you are going to see it almost every day.

**Week 2 (May 9-15): [Teamwork](#)**

This week we encourage participants to cut out sugar and to challenge friends and family to join and support each other.

11:30 - 1:30 PM  
All Welcome!  
[Register](#) or join us in U-hall adjacent to Urban Market

**5/25  
Lunch & Learn- Self Defense Pt. 2 !**  
12:00 PM- 1:00 PM  
PE 240  
[Register](#)

**6/8  
Lunch & Learn- Investments Planning for the Future**  
12:00 PM- 1:00 PM  
AH 100  
[Event details](#)

**6/22  
Lunch & Learn- Sculpture Walk**  
12:00 PM- 1:00 PM  
[Event details](#)



## Wellness Lunch Walk/Run Club Trail Ends

The U of L Wellness Committee partnered with Sports & Recreation to offer the Lunchtime Walking Club to faculty & staff. The trial program ran from February 1- April 30 during which the indoor track was open from 11 a.m. - 2 p.m. to accommodate various lunch schedules.

careers to become vocations where we are on and available 24/7. Being able to strike the balance to make your contributions to the University, your coworkers and colleagues while not forgetting that you have obligations to your spouse, family, friends, and community. You need to find the balance and not sacrifice one side for the other. It's a commitment that our President, Mike Mahon, has made and it's something that I've seen encouraged repeatedly during my time at the University.

You have to maintain your physical and mental health because if either of them fail you're in trouble.

## Employees Get Crash Course in Self Defense

At an April Lunch & Learn, Brandie Lea, Faculty Development Officer, a black belt in Tae Kwon-do and three time National competitor taught self-defense strategies and tactics.

The session was so popular that we will be bringing Brandie back for a second session Wednesday, May 25! Register today!

### Week 3 (May 16-22): [Take a hike](#)

Our challenge this week is to get participants out for a hike or to hit the stair climber 2x this week and go up, up, up! Participants may also try completing the Fine Art's staircase 2X this week.

### Week 4 (May 23-29): [Fish oil](#)

Omega 3's have enormous heart health benefits and this week we're challenging participants to increase Omega 3 intake. They can do this through fish, edamame, flaxseed oil, enriched eggs, and walnuts.

**Be sure to share photos and progress or watch your colleagues on this journey on our [Facebook page!](#)**

<http://heartsmart.ulethbridge.ca/welcome>



## Coulee Clean Up

**Wednesday, May 18  
11:30- 1:30**

**Coulee south of U-Hall**

It's that time of year again! The Wellness Committee will be hosting a U of L 2016 Coulee Clean Up on Wednesday, May 18.

We will be meeting at the south-east entrance to U-hall 6th level - the patio

The cost to users was \$5 a month which they paid at the Customer Service desk. Participants had the option to pay each month or up front for all three months of the trial.

Users were asked to sign in to use the track in order to track how often members were utilizing the service. .

### **TOTAL NUMBERS**

*# of people who used the track- 23*

*# of times the track was used- 188*

### **February Numbers**

*# of people who used the track- 21*

*# of times the track was used- 103*

### **March Numbers**

*# of people who used the track- 17*

*# of times the track was used- 76*

### **April Numbers**

*# of people who used the track- 5*

*# of times the track was used- 9*

The Wellness Committee is working with Sports & Recreation to discuss the option of offering this program to all U of L staff & faculty year round. Watch



adjacent to Urban Market and cleaning up from 11:30-1:30. We welcome all employees to pop by for a little bit on their lunch breaks and help keep our beautiful campus coulees clean.

the newsletter for more information!

**CONGRATS TO KATHARINE WINTER**

Katharine was the lucky winner for April's walking club draw prize!



**Thank you to all who attended the 2016 Long Service Awards & Retiree Recognition**

On May 4th we honoured 138 employees who have completed 10, 15, 20, 25, 30, 35, and 40 years of service. We will also recognized 17 retirees. A big thank you to U of L staff for coordinating the successful event.



**7 tips for your best lunch prep yet.**

(Source: [Well & Good](#))



## 1. Tupperware is your new BFF.

You'll want a variety of shapes and sizes for your wide array of lunches. Soups and sandwiches, after all, need different vessels.

## 2. Meal prep doesn't have to be boring.

A fridge full of ready-to-go proteins and salads means that weeknights can be spent winding down, instead of chopping veggies like a mad person to prepare for the next day's lunch. But that doesn't mean you have to slave away in the kitchen all weekend.

## 3. Bring everything to work at the beginning of the week.

No matter how many veggies you have on hand or big batches of grains you made over the weekend, sometimes the last thing you want to do after a long day is fill a new Tupperware. Bring everything to work on Monday morning and put a salad together for lunch each day. How's that for hassle free?

## 4. Don't forget about the condiments.

Make yummy pestos and sauces and freeze them in ice cube trays so that you can thaw individual servings.

## 5. You don't need to eat the same thing every day.

Preparing a variety of options in advance means that you can pick and choose throughout the week. Top Monday's salad with pickled veggies, pair mashed coconut sweet potato with some grilled chicken on Tuesday...you get the idea.

## 6. Frozen foods can be your friend.

Just because you're short on time doesn't have to mean that you can't still pack a nutritious lunch.

## 7. Have a backup plan.

If you pushed yourself harder than normal in your morning spin class (per usual), that delicious [cauliflower tabbouleh](#) that you love may not keep you as full as it usually does. Make a snack to keep with you in case of hunger emergencies.

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