



Upcoming Wellness Events



Staying Well at the U of L - 8th Annual Life Balance Fair

Many people stayed well at the U of L last month by attending the annual Life Balance Fair. **"Thanks"** to all of you that joined us – Living Well at Work – Workplace Wellness Fosters Healthy and Happy Employees! We hope the perspectives offered by our exhibitors will help you improve your workplace health in order to optimize personal and organizational performance. Finding balance in our personal, professional and academic lives is an ongoing challenge, but an important



What's new in Wellness? Human Resources is pleased to announce a reorganization in support of its vision to further enhance our Wellness and Recognition portfolios.

Reporting to the AVP-HR & Administration, a new unit called Wellness and Recognition has been created. Led by Suzanne McIntosh as its Manager, this unit continues to support wellness through program initiatives, managed care, WCB claims management, and return-to-work programs. It now expands to include employee recognition, EFAP management and employee crisis support.

Susan Roth has transferred to this unit, bringing with her the communication



Upcoming Events

11/18

Quitcore - Smoking Cessation program on campus at U of L!

Noon - 1:00 PM

L1112 - for 5 weeks. Lunch

included. [Register](#)

11/19

Fine Arts Behind the Scenes Wellness Tour and Lunch and Learn

Meet at 11:30 AM

Level 5 University Centre for the Arts

piece to continue to highlight.

The Wellness Committee would like to thank all of those who submitted photos or tangible items for 'Staying well at the U of L' exhibit. This was a big hit and if you did not have a chance to view the items or photos please check out the Wellness website to see photos of the tables and the fair.

[Photos](#)

Thank you to all of our exhibitors for their displays, information and door prizes. A special thanks to our sponsors: the U of L Wellness Committee, Safeway, Save-On Foods, Everything Wine and More, SunLife, and Mercer Consultants. We could not do the fair without you!

Congratulations to all the door prize winners!

“Thank you” to everyone who attended the fair, your support is very much appreciated. We look forward to seeing you again next year!

-More info - call Suzanne at 5217 or email wellness@uleth.ca

and sick leave administration portions of her previous role and adding responsibility for wellness support and our Long Service Awards.

We have been shifting responsibilities for some time in preparation for this change, and look forward to working with you under this new structure.- See more at: [HR News](#)

Walking is the Superfood of Fitness

According to a Sept. 29th Business Insider article, "Walking may never become as trendy as CrossFit, as sexy as mud runs or as ego-boosting as Ironman races but for fitness experts who stress daily movement over workouts and an active lifestyle over weekends of warrior games, walking is a super star. For author and scientist Katy Bowman, walking is a biological imperative like eating. In her book, 'Move Your DNA: Restore Your Health Through Natural Movement,' she suggests there are movement nutrients, just like dietary nutrients, that the body needs...

"Researchers say emerging evidence suggests that combined physical activity and inactivity may be more important for chronic disease risk than physical activity alone. 'Actively sedentary is a new category of people who are fit for one hour but sitting around the rest

by the

Stairs [Register](#)

Lunch included!

[More Info](#)

11/24

Mini massage

9:30 - 11:30 AM

D635 [Register](#)

11/27

Managing Mental

Health in the

Workplace

Noon - 4:00 PM

AH100 [More Info](#)

[and registration](#)

11/22

Health Check for

U screening ends

for semester

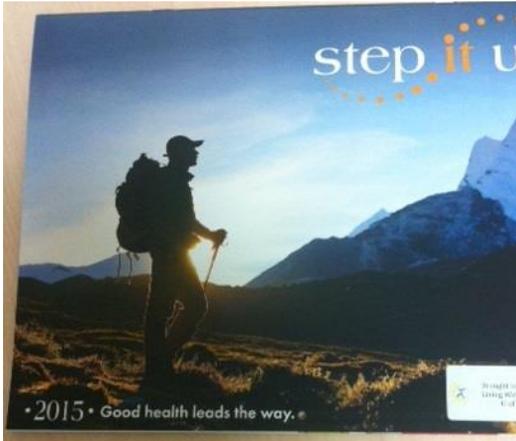
8:30 AM - 10:00

AM Fridays

[Register](#)



**November 24 -
28 is National
Addictions
Awareness
week**



Interested in a 2015 Health and Wellness Calendar?

Please notify Suzanne McIntosh, Manager, Wellness and Recognition by sending an email to wellness@uleth.ca

The calendar has space to log activity, healthy tips, recipes, a place to track your own health screenings or immunizations and overall reminders for great health and wellness all year long! Send your request [now!](#)

Ready to Trek Across Alberta, Border to Border? Guy Vervoort of **Student Information Systems** has issued a challenge to keep us walking starting January 2015. Check out [UWalk](#) and register for the Alberta, Border to Border challenge. There is a University of Lethbridge team already started. [Join our challenge!](#)

Fitbit and Moves (app for smartphones) will sync with U-walk or you can log your steps daily or weekly on the Uwalk site.

Starts Jan. 1, 2015 - Ends April 11, 2015

If we can get a team of at least 10, we are challenged to walk the 2,610km (3,262,500 Steps) from Southern Alberta to Northern Alberta in 4 weeks or less. Twenty stops along the way!

Starting in Coutts and traversing the province northwards, this challenge will take you through towns all the way to the Northwest Territories.

Using a "cumulative" total for each team, at 10,000 steps per person each day, a team of 10 can finish this challenge in about 31 days.

I'll send another reminder in December and again just before the challenge is to start! Hope to see you join our **Trek Across Alberta!**

of the day,' Bowman said. 'You can't offset 10 hours of stillness with one hour of exercise.'"

Source: <http://www.businessinsider.com/r-walking-is-the-superfood-of-fitness-experts-say-2014-9>

Title & Author: "Walking Is The Superfood Of Fitness, Experts Say" by Dorene Internicola

Please check out the info table in the Atrium that week.

There is also a FREE family skate at Nicholas Sheran Arena - Nov 18 from 6:30 - 7:30 PM

24 hour Helpline is 1-866-332-2322