



# Upcoming Wellness Events



## Staying Well at the U of L

Sharon French **stays well at the U of L** by walking in marathons! Recently, Sharon visited Disneyland to participate in the Tinkerbell Half marathon; her first 10km race.

Sharon told us that she loves walking and working towards a goal. Sharon has participated in other marathons, and uses them as a source of inspiration. She reports that if she is training for a marathon, she stays motivated and keeps going.



## Bee Amazing Race 2014 is wrapped up for another year!

Fearless Fireflies from the Teaching Centre had the most points overall - 7,412,978, with a member average of 529,498 points. The Personal Training Conductors had the highest member average points - with 651,034 per member. And the ROSS Roamers were voted most inspirational team this year.

## Breakdown of Bee Amazing Physical



## Upcoming Events

**07/22 - 08/28**

Drop in Yoga CASA downtown  
Tuesdays/Thursdays  
12:10 - 12:50 pm  
\$10 per drop in or  
\$40 for a 5 class punch card

## Coming Soon

Mental Health First Aid

Sharon started walking by getting a new wardrobe. She reports that she started one step at a time and found using the Nike Running App helped her to track her pace, time, and distance. Sharon uses the app to post her walks on Facebook, where she receives support from family and friends. Sharon's dog Tippy was a great motivator for her, and helped her stay on track with her goal. Sharon reports that "he was always at the door to say, let's go mom, we have to walk!" Sharon received some guidance from a Facebook group for the Tinkerbell Half Marathon. Sharon also consulted a nutritionist who helped her to ensure she had the right amount of fuel to keep her going! Sharon suggests that those wanting to start walking or running marathons should pick a marathon to train for, ensure they have the right footwear and outerwear, and map out some routes. The Nike Running App is also very useful, along with some good music to keep you going.

The Tinkerbell Half Marathon was Sharon's hardest race. Sharon was diagnosed with a chronic illness while preparing for the race, but she overcame it and completed the marathon! "At first I thought, I can't do a marathon when my body is sick! I proved that to be wrong. I kept thinking, I'm going to prove to myself that I can do this, and I did!" Sharon reports that her greatest reward was playing in Disneyland after her marathon with her son and grandson.

Sharon you are truly and inspiration, thank you for telling us how you **stay well at the U of L!**

#### Activity

Walking: 47,875,603  
Running: 11,047,346  
Rowing: 481,346  
Swimming: 1,898,502  
Cycling: 6,493,483  
Team Sport:  
3,064,125  
Yoga: 1,323,075  
Weight Training:  
3,250,200  
Other physical  
activity: 13,665,750

Total badges earned:

3,126

Total active participants:

237

Number of teams: 26

#### Thanks for participating in this year's race!

We are on our way to living a healthy and physically active life. Thanks to the U of L web team for the Bee Amazing web site and badges, to Josh Schroeder for his creativity, imagination and perseverance.

Thanks for SRS for their prize donations and to Megan Podrasky, Kinesiology student for the weekly challenges!

To check out the Bee Amazing champions [Click Here](#)

Free for Student Leaders, Staff and Faculty

[More Info and registration](#)

**10/03**

Health Check for U screening starts

[More Info](#)

8:00 AM - 10:00 AM

Fridays [Register](#)

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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](mailto:wellness@uleth.ca)

## More options for being active at work!

More and more research indicates that sitting at work can have a detrimental effect on our health. A recent study at UT Southwestern Medical Center found that sedentary behaviors may lower cardiorespiratory fitness levels. Dr. Jacquelyn Kulinski, a recent graduate from the UT Southernwestern Cardiology Fellowship Training Program suggests that if you are working at your desk for a period of time, shift positions frequently, get up and stretch, pace while on a phone call and even fidget!

### [Sitting Too Much, Not Just Lack of Exercise, Is Detrimental to Cardiovascular Health](#)

Here's another suggestion, from our own Nicole Hillary of VP, Finance and Admin office. Nicole used her Wellness Spending account to purchase a 'desk cycle'. This cool piece of equipment sits underneath your desk and can be used at any time during the day. Nicole says it keeps her more active and even keeps her warm if her office is too cool during the day. More info [Desk Cycle.](#)



### [Chicken Fat - Robert Preston's Physical Activity Promotion](#)

If you went to school in the 60's or 70's, this is probably burned into a little corner of your brain. A funny look at fitness promotion!

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