

July and August Comfort Zones - Health and Wellness newsletter - this month's articles include - Your home's protection while on vacation; What to do in case of a stroke; How to keep fatigue in check; Respiratory fit testing; Hearing testing; Protection from ticks and how to avoid summer heat illnesses. Check out these at <http://www.uleth.ca/hr/wellness/newsletters>



## Upcoming Wellness Events



### Be(e) Amazing Race Wrap-Up

Thanks to those who participated in this year's **Be(e) Amazing Race**. We took an adventurous trip through some of the Pan American countries to get ready for the **Pan Am Games**.

Thanks to the IT Web Team (Trevor), the Wellness Committee and some Wellness volunteers for helping with the challenge wrap-up.

Check out [prize winners and Be\(e\) Amazing Champions!](#)

**Plankers**, you know who you are!

Keep your eyes open for another challenge, sometime within the next few months!

### Employee and Family Assistance Program Info

We thought it would be helpful to have an update on the services available through the Employee and Family Assistance Program (EFAP). Results of the recent Employee Health and Wellness survey told us there is some confusion with services offered through the EFAP program.

#### Hope this info helps!

Did you know?

-The Employee Family Assistance program is confidential.

-You **can** access in



### Upcoming Events

7/21

**Wellness has moved!** Suzanne's new office is AH188 - enter the doors to the east of the Cash Office in Anderson Hall and head down the hallway to the end!

*Come for a visit!*

9/22

**Lunch and Learn with Spencer Court** - Join us for an architectural tour of campus. Date to be determined and more info to follow.

9/21

**Quitcore -Tobacco**



## Activate your office!

fitterfirst has given us permission to distribute...feel free to activate your workday!

Pin it up!

# 7 SIMPLE STEPS to Activate your Office

*Improve Health • Reduce Fatigue • Increase Productivity*  
Based on the 7 Primal Patterns of Movement

## PUSH

Stand with knees slightly bent, grasp the edge of your desk and lightly push against it to activate the muscles in your arms, shoulders, chest and core.

## PULL

Holding the desk, gently pull back towards yourself, activating your arms, shoulders and back. Hold each push and pull for 5 seconds. Repeat 5 times.

## BEND

From a standing position, fold forwards from the waist and rest your arms on your desk to extend the muscles in your back and stretch out your legs.

## SQUAT

From a standing position, keeping your back upright, slowly bend your knees into a deep squat, stretching all the muscle groups of the leg.

## LIFT

In a controlled position with bent knees, grab the back of a chair and lift it 1 inch off the ground, activating muscles up the kinetic chain.

## TWIST

Still holding the desk, gently pull back towards yourself, activating your arms, shoulders and back. Hold each push and pull for 5 second and repeat 5 times

## WALK

The best way keep all your muscles active is to stand up and take a quick walk every half hour. Your muscles will thank you! Try a walk and talk for your next meeting.



### VISIT OUR RETAIL STORE

3050 2600 Portland St. SE

HOURS: Monday - Saturday 10 am - 5 pm.

### GIVE US A CALL

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OR 403 243 6830

### CONNECT ONLINE

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person counselling (or by phone, or on-line)  
-The contact phone number - 1-800-663-1142 - is available 24/7 to set up appointments or provide assistance/information.

- It's free for employees under the benefit plan.

-There are other individualized coaching services available called **Plan**

### Smart Services -

- Career Counselling
- Childcare and Parenting
- Financial Counselling
- Legal Advisory
- Pre-Retirement Planning
- Key Person Advice Line (for supervisors and managers)

These are accessed through the same phone number: **1-800-663-1142.**

**Reduction program** in Lethbridge  
5:30 - 6:30 PM - Leth Public Library Crossings Branch W  
*contact AHS at 1-866-710-7848 to register or more info*

**10/07**

### Lunch and Learn - 2nd Campus Sculpture

### Tour

*Noon in UCA Atrium (by Fine Arts Stairwell)*

[Register](#)

**10/08**

### Health Check for U

screening starts

8:00 AM - 10:00 AM

Thursdays [Register](#)

Markin Hall - M2009, M2011

## Mental Health Tip of the Month!

Make time for family and friends. These relationships need to be nurtured, if taken for granted they will not be there to share life's joys and sorrows.