



# WELLNESS & YOUR HEALTH

## May Newsletter



*Pictured Above: Brittney Nyrose*

### May Wellness Champion

This month's Wellness Champion is wake-surfing enthusiast and competitor, Brittney Nyrose. Brittney has spent a lot of time on the lake and has been an avid boater for many years now. Her family purchased a boat when she was around 11 or 12 years old as a family past-time. She has always enjoyed trying different boating related sports such as knee-boarding, tubing, and wakeboarding. One day, while on the lake, Brittney saw another boat with people wake surfing behind it. She was instantly intrigued and knew she needed to give it try for herself!

After just a few times testing the waters, Brittney was hooked! She started competing in the sport shortly after. She has now been wake-surfing competitively for the past 7 years. Brittney is



### 2018 Employee Health & Wellness Survey

Thank you to everyone who took the time to participate in and complete our 3rd Employee Health and Wellness Survey! Your feedback is much appreciated! Improvements can be made only with your feedback and suggestions, and we appreciate your time and cooperation.

Stay tuned for the results of this year's survey.



### Upcoming Events

5/1 - 6/10

**Be(e) A Wellness Warrior**

Be(e) Amazing Race/Heart Smart Physical Activity Challenge

Register [Here](#)

5/12

**Kidney Walk**

9 AM - 12 PM

Henderson Park, Lethbridge

5/16

**Wellness Lunch & Learn**

**Snake Safety - Helen Schuler Nature Centre - Ken Moore**

12 PM - 1 PM

L 1114

Register [Here](#) or by e-mail to [Wellness@uleth.ca](mailto:Wellness@uleth.ca)

5/23

**Wellness Wednesday Walk**

12 PM - 12:30 PM

Meet at the First Choice Savings Centre

Near the Rock Climbing Wall

<b>Subscribe</b>	<b>Past Issues</b>	friends and family for all the support they have given her over the years, including encouraging and assisting her in training (as she always needs at least two people to help her out – a driver and a spotter).
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Brittney explained wake-surfing as a relatively new sport that is growing very fast. There are four competitions held yearly in Canada that count as qualifiers to earn points for the World Series. There is lots of travel involved, as there are not a whole lot of competitions being held locally. Although, they are trying to bring in more local competitions in the Southern Alberta area. In fact, Nationals are being held in Chestermere this year, where Brittney will be competing.

Brittney described the competitive world of wake-surfing. She explained that the World Series competition consists of 20 different events within the Series. Wake surfers compete in these series of events to earn qualifying points for the World Championships. These World Series events are held all over the place, including in places such as Japan and all over Europe. Brittney hasn't been overseas yet, but she has high hopes to compete overseas in the future. Unfortunately, it is difficult for her right now because the season in Canada is so short due to our long winters. Due to the shortness of Canadian wake-surfing seasons, Brittney finds herself travelling almost every weekend in the summer to various competitions. Wake-surfing is a very time-consuming sport, she says it keeps her very busy.

Despite her busy schedules between her work, home and school life, Brittney has also found time over the past ten years to coach a middle school basketball team. Brittney also keeps busy in the winter by hitting the slopes. She says that snowboarding is a good way for her to cross-train in the winter.

Please help us to congratulate Brittney on her exemplary lifestyle and her dedication to her own athletic interests, as well as her dedication to helping youth find their passions and enhance their athletic skills.



It's that time of year again! The Be(e) Amazing Race is back! This year's theme is ***Be(e) A Wellness Warrior!***

A broad definition of a warrior is 'a person engaged in some struggle or conflict' and in today's society, we are always struggling to find balance. Balance for a healthy body and a healthy mind while getting on in a fast paced-technologically driven world where many of us face sedentary hours at work.

This year, racers will do their best to become U of L Wellness Warriors- engaged in a struggle to improve their health and motivate their co-workers to do the same. Each week, you will be given inspiration and challenges related to a different type of warrior.

Each week a different warrior will inspire you throughout the challenge!

## Week 1- Viking

## Week 2- Spartan

### Week 3- Indigenous Peoples

## Week 4 –Polynesians

## Week 5 – Samurai

## Week 6 – African warrior

Watch for other new challenges this year including points for volunteering and contributing to a food drive!

Heart Smart is an initiative to encourage wellness and increased physical activity among staff and faculty at the University of Lethbridge. You can count the steps from your car in the parking lot to your office. The Physical Activity Guidelines indicate that adults should accumulate at least 150 minutes of moderate to vigorous aerobic physical activity per week in bouts of 10 minutes or more (including brisk walking!) So let's get moving!

**Register** [Here at any time during the challenge!](#)

Earn 10,000 bonus points by telling us how YOU Stay Well at the U of L. Submit a photo of something you do to maintain your physical and/or mental well-being to [Wellness@uleth.ca](mailto:Wellness@uleth.ca). Please note your photo and info will be displayed on the Wellness website and/or Facebook. You can also earn bonus points by attending our monthly Wellness Wednesday Walks (that happen on the third Wednesday of every month). Watch for more opportunities to earn bonus points!

This year, we are also teaming up with the SU Food Bank/Calgary Food Bank. Earn bonus badges and points by donating items!

Beginning Monday, April 23, non-perishable food donations to the SU

### U of L Coulee Clean-Up

11:45 AM - 1:15 PM

Meet in University Hall, Level 6 patio doors

Register by e-mail to [Wellness@uleth.ca](mailto:Wellness@uleth.ca)

### Mindful Employer Sessions

Contact [Wellness](#) to set up 1-hour workshops in one of the following areas: **Accommodation, Resolving Conflict, Workplace Collaborations, Responding to Mental Health Issues.** Click [Here](#) for more info or contact [wellness](#)

**Watch for results from the 2018 Employee Health and Wellness survey. Thanks for responding!**



## App Corner

## PLANT NANNY

**Plant Nanny combines health with fun to remind you to drink water regularly.**

The cute plant keeps you company every day by living in your phone. In order to keep it alive and help it grow, you must give it water at certain periods of time. Which is a great reminder to drink water yourself!



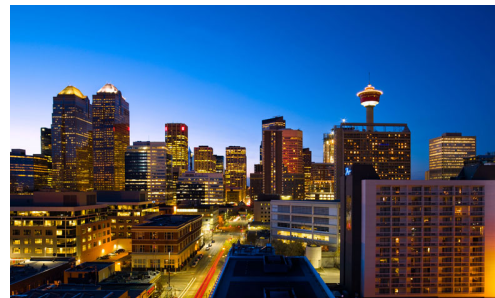
**OR**



Food Bank/Calgary Food Bank will earn you up to 10,000 additional points towards your Heart Smart score. Most donations will earn 500 points, but the following high-demand items will earn 1,000 points each:

- Canned vegetables
- Canned fruit
- 1+ litre juice
- Unopened package of juice boxes
- Cereal
- Oatmeal
- Peanut butter
- Jam
- Unopened box of granola bars
- Canned meat, excluding tuna

Donations can be dropped off at the Students' Union office (SU180) or Karen Ogilvie's office (Calgary Campus) during regular office hours where you will need to complete the donation form to track your Heart Smart points.



**Calgary Corner** by Karen Ogilvie

*Calgary - May Newsletter*

#### Gardening—Not just for people with a yard

What do you think of with spring? When the weather turns warm, we tend to think of things outdoors: walks along the river, hikes, and gardening. As an activity, gardening has more benefits than just getting in some time in the sun. We tend to think of gardening as a privileged hobby to those that have the space to grow and time to develop it. Pictures tend to feature a big yard with lots of space, layers of different plants and the occasional gnome. Those are the basic requirements for a garden, right? Wrong! You don't need to have a yard to have a garden. Especially for those living close to the city center, a yard can be a luxury addition. Urban gardening is a trend that is increasing in popularity and it's something that you can make as big or as small as you want, as gardens come in all shapes and sizes. And just because you have a balcony instead of a yard,

## currently under review

The program is currently being reviewed as our partnership with Nursing Students has ended for the time being. Wellness is investigating alternatives for this valuable program, so stay tuned!

**For More Info Contact: Suzanne McIntosh, Manager, Wellness & Recognition, [wellness@uleth.ca](mailto:wellness@uleth.ca); (403)-332-5217**



### Wellness Lunch Walk/Run Club

### Lace up at lunch with the Wellness Lunch Walk/Run Club!

In an effort to promote wellness and physical activity on campus, the Wellness department and the Sports & Recreation department are offering a program to allow University staff and faculty to utilize the indoor track during lunch for a nominal fee.

For more information check out our [website](#)!



Sports and Recreation is offering an 8-Week Transformation Challenge starting May 7th – space is limited

#### Challenge Includes:

Measurements, Before & After Pictures, 3-Phase Nutrition Programs, Certified Fitness & Nutrition Coaching, Group & Individual Check-ins, Shopping Lists, Recipes, Tips & More.

45 Minute Group HIIT Workouts, Emailed HIIT Workouts and Private Online KFit Facebook Group

Register [here](#)



## Lunch & Learns

In April we had two Lunch & Learn presentations. The first by Elizabeth Sutton, from Peak Physical Therapy, and the second by Jan Driver, from the University of Lethbridge. Elizabeth introduced participants to the basics of Nordic Pole Walking! Jan facilitated some great group discussions with participants as they discussed the different perspectives on Cannabis. For a copy of these presentations, check out our [website](#)!



### Mini Massages

We would like to thank the Lethbridge College Massage Therapy Students for all the mini massage sessions they provided us with this past academic year. They will be back in the Fall to provide a 10 minute "mini massage" to faculty, staff and students on campus.

Check our [website](#) for updates!



**The U of L is getting a new Catering & Food Service partner! Effective May 1st, Chartwells - Compass Group will be a Catering & Food Services partner on campus.**

### Why build an urban garden?

There are lots of benefits to urban gardens. Aside from the obvious self- satisfaction and time spent with the sun, it is a step towards sustainability you can easily take. Growing your own fruits and vegetables will give you fresher produce than you'll find in the grocery store, making it more enjoyable while also incentivizing you to eat more produce. A quick google search will offer thousands of suggestions for how to build a vertical or container gardens, which help to maximize and beautify the space you have. There is also an evolving trend in recycling unusual household products like old tires or dresser drawers into planter boxes that add another level of sustainability into this activity, while also helping with spring cleaning. Here are some tips and tricks to starting up your own balcony urban garden:

**Assess the sunlight.** Pay attention to how much sunlight your balcony gets and how often. Don't pick plants that require 8+ hours of sun if you don't get much, and vice versa. While lots of veggies do require fun sun, there are lots of herbs and some greens that thrive in partial shade.

**Pick herbs and veggies you enjoy, and would use.** This one is a little more obvious. Do you hate cilantro? Don't grow it.

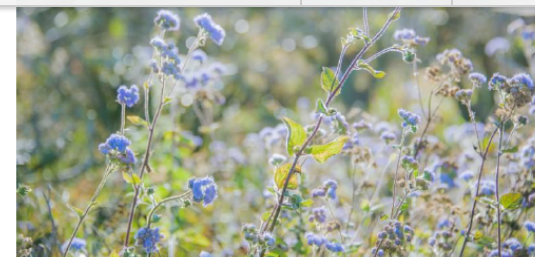
**Mix and Match plants in your containers.** As long as there is enough space for each plant, you can plant different things in one container. This will give you more variety in your plants. Talk to a greenhouse garden for suggestions on plants that pair well!

**Watch out for wind.** Sure, we're not in Lethbridge, but the wind is still a factor. Don't baby your plants because they can build up strength against the wind. However, if you have a very exposed balcony, you might need to devise some windbreaks so that your plants don't get broken down by the aggressive wind.

**Talk to an expert gardener for advice.** Don't know any "Expert Gardeners"? Hit up a greenhouse and talk to the staff. They are usually quite knowledgeable, passionate, and paid to help you. Here are a few in Calgary that could help you out:

- **Sunnyside Green House** | NW Calgary
- **Golden Acre Home and Garden** | NE Calgary
- **Greengate Garden Centre** | SE Calgary
- **Country Gardens and Nursery** | Springbank

Whatever you do, get outside and enjoy the sunshine now that our long-anticipated spring has arrived!



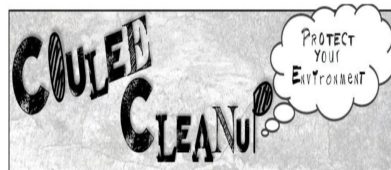
Make sure you don't "fall" into bad habits during spring clean-up and planting activities this season. With the snow melted, it's time to clean up your yard, refresh gardens with soil and replant. Here are a few tips for doing this well:

### Raking:

- Ensure you use a rake with a long enough handle so you can stand up straighter.
- Throw the rake out in front of you and pull it back straight. Don't twist as you are raking. Keep your legs separated so you have good balance.
- Picking up leaves and dirt - bend at your hips and knees and keep your lower back straight, shoulders back and chest proud. If you can wheel your compost bin around to where you are, then put your leaves, branches, grass, etc. directly into it. This will avoid having to carry bags of heavy materials to the bin or the street.







Tuesday, May 29<sup>th</sup>, 2018

11:30 a.m.- 1:30 p.m.

Coulee south of UHall



**COULEE**  
**Clean-Up**

April 22 - May 31

Individuals | Families | Sports Teams  
Community Groups | Corporate Teams

**PROTECT YOUR ENVIRONMENT**

REGISTER TODAY! 403.320.3064 | [hsnc@lethbridge.ca](mailto:hsnc@lethbridge.ca)



The Coulee Clean-up is a volunteer-driven initiative that removes garbage from the river valley. Help restore our natural areas while enjoying the best Lethbridge has to offer! [Click here to review the Coulee Clean-Up Hand book](#).

There are two ways to get involved with Coulee Clean-Up visit the [City of Lethbridge's](#) webpage to read more!

## Tip

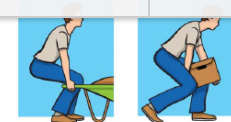
### Stress Management Techniques that work!



### Eight simple steps to increase your intellectual wellness

1. **Read for fun**
2. **Debate an issue with a friend, but choose the viewpoint opposite the one you hold.**
3. **Improve your skills for studying and learning.**
4. **Learn a foreign language.**
5. **Play a game.**
6. **Play a musical instrument.**
7. **Write down your thoughts or journal frequently.**
8. **Do crossword or sudoku puzzles.**

For more details read the full list [here](#)



#### Trimming Branches:

- Use the proper tool for the job - if needing a ladder, ensure you use proper ladder safety and carry it close to your body.
- Don't extend too far out if trying to cut branches and ensure you don't twist. Keep your body facing your work.
- When picking up cut branches, bend at the knees and hips.

#### Moving Plants:

- Use the right shovel, including one with a long-enough handle.
- If your plant / bush is large and the roots are deep, you may need help to dig deep enough or to pull it out. If pulling, ensure you have your legs far enough apart for good balance and use your leg muscles by moving your whole body back and forth rather than just tugging with your upper body.
- Make sure you keep your back in a good position while doing this. If you are lucky enough to have raised planters, you won't have to bend all the way down to the ground.
- If you are working low to the ground, use knee pads or a foam pad to put your knees onto so you can keep your back in its natural curves. Kneeling on one knee and having one foot out in front of you helps keep you balanced and "neutral".
- Be smart about moving things by using tools like a wheelbarrow to carry plants rather than lifting and carrying multiple items.
- Wear good gloves to avoid cuts.
- Consider doing some stretches for your back and shoulders after strenuous activity. See below for stretching information.



#### Organize:

- Put heavier items on waist-high shelves and lighter items on higher or lower shelves. More often used items should stay in close, easy to access areas.
- When taking items out of storage, ensure you are lifting properly. Hopefully you organized properly in the fall so you don't have to move too many things out of the way.

And most of all, enjoy the season. The beauty of this time of year is incredible but it can be very fleeting. And before we know it, many of us will be surrounded by white. And then we have to worry about hurting our backs snow shoveling!!

#### One last thing.

Here is a copy of our stretching sheet targeting the muscles of the back, legs and shoulders. Download it or [Request a free copy of our stretching sheet for some ideas.](#)



Payroll Services would like to notify everyone of their new hours as of April 1:

Monday - Friday, 8:30 - 4:30



THE  
**Great-West Life**  
ASSURANCE COMPANY

The Great-West Life Centre for Mental Health in the Workplace recently launched it's latest tool, Plan for Resilience.



## Plan for Resilience

### Employee Guide

Check out their [website](#) for an overview of the resource and more guides.

### BY HARLEY PASTERNAK

The key is to make your step count a byproduct of your lifestyle rather than a goal outside of your day-to-day activity. Here are some of my recommendations for making small changes that add up to major mileage.

1. Nix the at-home coffee machine and walk to get your morning coffee instead.

2. If you drive into work, park your car a little further away from the entrance. If you take public transportation, get off the bus or subway one stop earlier and walk the extra block.

3. Go for a post-lunch walk, even if it's just around the block. Not only will those extra 400 to 500 steps add a hefty amount towards your daily goal, they'll also help you catch some vitamin D, which has been shown to [increase serotonin](#), stave off [seasonal affective disorder](#), and even [help lower blood pressure](#).

4. If you have access to a treadmill or health club, watch your favourite show or sporting event as you walk. Even if you end up going at a slower speed, put the importance of achieving a maintainable pace at the forefront.

5. Don't use weekends as an excuse to laze around. Work to consciously incorporate more steps into your day without having to completely deviate from your plans. Meeting friends for lunch? Rather than driving, walk to your meet-up spot.

## Keep the Momentum Going

Keep in mind, taking 10,000 steps is the least you should do. To avoid getting complacent, I recommend gradually increasing your daily step goal by about 500 steps every other week until you're achieving around 14,000 steps a day.

For the full article, click [here](#)

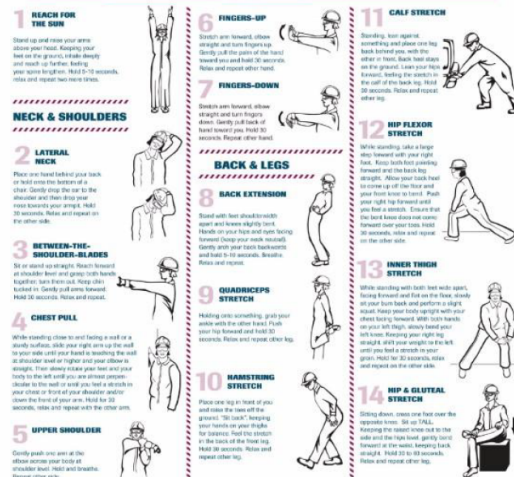


## Staff, Faculty, Students Reminder to Report Work Related Injuries, Illnesses, Near Misses - including progressive injuries:

WORKERS' COMPENSATION is a type of insurance which covers any accident that arises out of, or occurs in the course of employment. All Workers' Compensation claims must be reported to the WCB, by Employee Wellness **within 72 hours of the accident** (WCB Section 28(2)). If you require a "Workers' report for submission to WCB, please see the following link: [Reporting an Injury to WCB](#)

### Stretches for industrial workers

Remember to **BREATHE** and to hold each stretch for 30 seconds unless otherwise specified. These stretches are for your benefit to increase your flexibility and comfort. You may feel tension and tightness while performing some of these, but you should not feel pain. If you feel pain, back off the stretch a little until it feels more comfortable. If you have a current injury or feel uncomfortable doing these stretches, please check with your caregiver prior to continuing these exercises to ensure they are appropriate for you.



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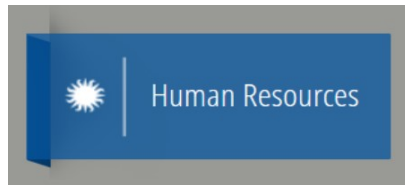




## 2018 Long Service and Retiree Recognition Awards

Congratulations to our 2018 Long Service recipients and Retirees this year! We enjoyed a celebration with these individuals along with the President's Award of Service Excellence Winners, APO/ESS Recipient, Nancy Pastoor; AUPE Recipient, Leanne Wehlage-Ellis; and the Team Recipient; Caretaking team!

More info [here](#).



## New Faces in the HR Office!

Help us welcome the new folks in HR! We are glad to have them - please come and say hi!

**Krystal Davis** - HR's Admin Support  
**Anderson Ebhomielen** - HR Analyst  
**Nicolle Keim** - HR Admin Support/Payroll Admin

Reporting early helps us meet our deadlines, but also helps YOU get the medical treatment you need!



**May's Wellness Wednesday Walk is being changed from Wednesday, May 16th, to Wednesday, May 23rd from 12 - 12:30 PM.**



## 11 Healthy Make-Ahead Breakfasts

BY BECKY DUFFETT

By the time you wake up, drink your coffee, pack your gym bag, pack your work bag, and wonder what to do about lunch, do you really have time to sit down for breakfast? Stop messing around in the morning! These breakfasts are ready to grab and go, to help you get out the door fast. With delicious options, like overnight oats, frozen breakfast burritos, and mini frittatas, you won't even be tempted to swing by the coffee shop for a pastry. (There's a reason they call it pound cake.) Here are 10 healthy breakfasts you can make ahead, so you can crush your AM workouts and deadlines all week.

One note: It seems like everyone is [nuts for coconut](#) these days, but canned coconut milk is high in calories and saturated fat. Use the new, better-for-you coconut milk found in the dairy case, if you really love the flavour, or swap it out for low-fat cow's milk. And check out this [good guide to milk](#), for more info on cow, soy, hemp, and nut milks.

Issue #5:

**SUPPORTING FIRST RESPONDERS**



Being witness to, or experiencing traumatic events is not rare – studies show that half of us will experience at least one significant trauma in our lives. Traumatic stress is a normal reaction to events such as automobile accidents, natural disasters, and personal assaults. These events can cause intense and frightening emotions. The emotions can be stressful not only for the survivor but also for those witnessing or providing aid. First responder occupations, such as police, firefighters, and paramedics face daily exposure to life-threatening situations. This constant barrage of contact with abuse, violence, and danger takes a tremendous toll and can impact their lives and health over time and may continue long after an event. Thankfully, the effects of trauma, especially for first responders, is becoming more well known, and this awareness has led to a greater understanding of the support needed for those affected.



Subscribe	Past Issues	<a href="#">1. Blueberry Muffin Overnight Oats</a> <a href="#">2. Mango Coconut Overnight Oats</a> <a href="#">3. Kiwi Chia Pudding Parfait</a> <a href="#">4. Grapefruit &amp; Ginger Chia Seed Pudding</a> <a href="#">5. Berry Almond Breakfast Quinoa</a> <a href="#">6. Baked Banana Peanut Butter Oatmeal</a> <a href="#">7. Crustless Mini Quiches</a> <a href="#">8. Breakfast Burritos with Sweet Potatoes &amp; Black Beans</a> <a href="#">9. Healthy Freezer Breakfast Sandwiches</a> <a href="#">10. Whole-Wheat Apple-Cinnamon Muffins</a> <a href="#">11. Healthy Zucchini-Oat Breakfast Cookies</a>	Understanding PTSD	Translate ▼	RSS 📡
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For Becky's full article and links to recipes, click [here](#).

Post-traumatic stress disorder (PTSD) is a mental health condition related to anxiety disorders that are triggered by experiencing a traumatic event – either experiencing it first-hand or witnessing it. Following a traumatic event, the impact on individuals is expected to decrease over time with a return to normal daily function. For some, however, the experience may result in on-going symptoms that interfere with day-to-day life. This may be evidence of PTSD.

Not everyone who experiences a traumatic episode will develop PTSD. In Canada, approximately 9.2% of persons who experience a traumatic event will face PTSD symptoms in their lifetime.<sup>1</sup>



To read the full article, click [here](#).



**This year the University of Lethbridge put in a team for the Steps For Life Walk held on Saturday, May 5th, at Henderson Park. Thanks to our walkers!**

Steps For Life is a walk that is held annually to raise funds to provide programs and services for Canadian families who have suffered as a result of a workplace tragedy. It is a chance to educate our community about the devastating ripple effects of each workplace tragedy and promote a cultural shift to improve health and safety in the workplace so that others will not experience a workplace fatality, traumatic life-altering injury, or occupational disease.



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