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University of
Lethbridge



WELLNESS & YOUR HEALTH

July 2018 Newsletter



Mark Your Calendars

EVENTS



7/18

Wellness Wednesday Walk

12 - 12:30 PM

Meet at the climbing wall by the south doors on the main level 1st Choice Center Savings Centre

8/2

Coulee Clean-Up Volunteer Appreciation BBQ

6 PM



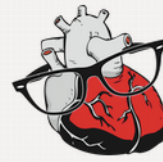
Pictured Above: Rachel Clarke testing out a new bike

July Wellness Champion

This month's Wellness Champion is Mountain Biking enthusiast, Rachel Clarke, from the Office of Research and Innovation Services (ORIS).

According to Wikipedia: mountain biking is the sport of riding bicycles off-road, often over rough terrain, using specially designed mountain bikes. Mountain bikes share similarities with other bikes but incorporate features designed to enhance durability and performance in rough terrain. Mountain Biking can generally be broken down into multiple categories: cross country, trail riding, all mountain (also referred to as "Enduro"), downhill, freeride and dirt jumping. However, the majority of mountain biking falls into the categories of Trail and Cross-Country riding styles.

Rachel has been participating in mountain biking activities for the past five years. What first attracted her to mountain biking was the adventure. She explained that she was seeking an adventure filled



Heart Smart

Be(e) Amazing Race 2018 Recap:

Thank you to all participants for your involvement in this year's Heart Smart Be(e) Amazing Race! We had a lot of great competition and involvement in extra curricular events to earn badges!

CLICK HERE FOR THE FULL STATS

APP CORNER



Playing in the same niche as Calm, Headspace offers guided meditation sessions and mindfulness training.

Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. We'll teach you the life-changing

her start as part of a physiotherapy recovery program the physiotherapist recommended that she cycle as part of her knee rehabilitation. She explained that it started with her cycling on the road as prescribed, and eventually, she ventured into the woods and discovered that it was far more thrilling than being on the road.

She explained that she did have some help, both professional and friendly, along the way. She strives to take a bike clinic every year. These clinics include topics such as body mechanic improvements and courses on emergency bike repair (flat tires, broken chains etc). When participating in her sport, she uses the following equipment: mountain bike, helmet, gloves and protective gear, if committing to a day of downhill mountain biking.

Rachel finds that cross-training in the winter (such as downhill skiing, CrossFit, etc.) really helps her stay in shape and active for when mountain biking season rolls around again. Stating that stationary bicycle training was not particularly helpful to her.

Rachel recommends to fellow peers that are interested in getting started in mountain biking is to get a bike that fits you and to try it out. Rachel explained that if you want to get involved in mountain biking, but are unsure of where to start, to join a group ride! She said that it's the best way to get to know other riders in your area.

Rachel explained that this activity allows her to disconnect from

minutes a day.

Show your mind some love.



OR



BlueCross now provides coverage for Diabetes sensors!

FreeStyle Libre Flash Glucose Monitoring System are now covered for select group plans!

[Click Here For More Info](#)

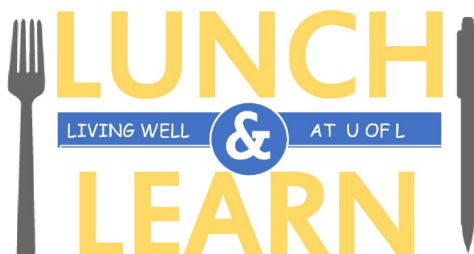


not like you're given much of a choice either, what with all the roots and rocks and tight corners along the way. It's all about being present in the here and now. Rolling with it. Going with the flow. Everything else, all the stuff life throws your way, is magically blurred out. And that's the beauty of the ride."

Please help us thank Rachel in sharing her experiences and advice in regard to mountain biking, as well as congratulate her on leading a healthy lifestyle!



For Rachel's full article, click here!



investigating a Mac capable calendar option), the following link will allow you to add the University's payroll deadline dates into your calendar to advise you when payroll authorization and timesheet approvals' deadlines are. This will greatly assist Human Resources in meeting our tight payroll processing deadlines.

Please use this [link](#) to select the deadlines you would like to add to your calendar, the deadlines are listed below:

- 2018 Hourly Timesheet Approval Deadlines
- 2018 Monthly Timesheet Approval Deadlines
- 2018 Payroll Authorization Form (PAF) Deadlines



The Foods and Nutrients that matter for your bones:

What do you need to know to protect your bones? For all the details, read our interview with Bess Dawson-Hughes, director of the Bone Metabolism Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University in Boston and a professor of medicine at Tufts.

What do you need to eat to protect your bones? Enough protein, fruits and vegetables, vitamin D, and, of

In the June we hosted two Lunch & Learn presentations. The first presentation was on Mindfulness and was facilitated by EJ Kim. The second was on Investing presented by Servus Credit Union team members, Brennan Morin and Kalee Lewis. For copies of both of these presentations please visit our website.

U of L Wellness Lunch & Learn Presentations



JUNE'S WELLNESS WEDNESDAY WALK

WITH VANESSA JOHNSON

A big thank you to Vanessa for joining us for our Wellness Wednesday Walk last month. We

Protein: Shoot for at least 60 grams of protein (women) or 80 grams (men) each day. Rule of thumb: Your protein target in grams is roughly equal to half your weight in pounds.

Fruits and vegetables: Aim for at least 10 (1/2-cup) servings of fruits and vegetables each day. There's no better way to neutralize excess acids that lead to bone loss.

To read more or to sign up for the Free Healthy Tips E-newsletter click: [Nutrition Action Healthletter](#).

THIS SUMMER! MAKE A FREE APPT WITH FAYE CRAIG, REGISTERED DIETITIAN ON CAMPUS! Space is limited so book early - phone 2484 (Health Centre) to book. Open to Staff and Faculty



LEAFY GREENS THAT WILL SUPERCHARGE ANY SALAD

By Jolene Mafnas in: [What to Eat](#)

just about everywhere.

Ever muse about having something *other* than baby spinach or baby kale or spring mix?

Organicgirl to the rescue. Her pre-washed **Good Clean Greens** offer a handful of new twists to supercharge your salads.

Our faves: The **Mâche Rosettes** are sweet, mild, crisp, and extraordinarily delicate. (Mâche—pronounced “mosh”—is an “heirloom green prized for centuries by Europeans for its fresh nutty flavor.”)

Dress the leaves lightly with a vinaigrette, toss them by hand, and eat them quickly.

KEEP READING TO LEARN MORE

Coulee Clean-Up Volunteer Campaign Snapshot for the City of Lethbridge:

- 86 areas completed
- 443 bags collected
- 1 534 volunteers
- 2 500+ volunteer hours contributed

Areas with the most bags collected:

- U of L Far Right (#9) = 30 bags collected
- St. Pats (#43) = 30 bags collected
- U of L behind Print Shop (#13) = 25 bags collected
- Whoop-Up Drive (#8) = 22 bags collected
- Scenic Bowl (#76) = 19 bags collected

VOLUNTEER APPRECIATION BBQ IS TO BE HELD THURSDAY, AUGUST 2ND, 2018 AT THE ELKS PICNIC SHELTER STARTING AT 6 PM



Calgary Corner

Written by Karen Ogilvie

How to maximize your wellness—Stampede style

In Calgary, the first 2 weeks of July mean one thing: it's Stampede season. This means 2+ weeks of cowboy hats, pancakes, weird dee-fried creations, rides, beer gardens, jeans and plaid, BBQ's and live music. If you're in Calgary, it's an exciting environment because Stampede doesn't end at the boundary of the grounds: the city embraces it. Everyone becomes slightly more relaxed, and stampede influences slip into almost every element of the city. It's a very unifying effect that can suck in even the most 'anti-country music' individual. And when you live here, if you do it right, you can maximize your stampeding activities for almost 2 solid weeks!

Everyone "does" stampede in their own way. But it's easy to get sucked into enjoying the treats, the outdoors, and the excuse to "kick back", which after 10 days can leave your body, mind and wallet feeling drained and unhealthy.

Here are a few tips for maintaining your wellness during the stampede:

- * Eat before you go to the grounds. Have a healthy meal and don't go hungry. This will help to limit the amount of food you purchase on the grounds, which is mostly expensive and deep fried. If you're going to be there all day, take something delicious and healthy with you so that you're not as tempted by the options there.
- * Limit yourself to one treat per day. Take time to find that mid-way treat you want the most, and savor it rather than eating as much deep-fried creations as possible all in one go.
- * Walk the grounds. There is plenty to see, so wear comfortable shoes and get your steps in.
- * Sunscreen and bring your own water bottle! Everyone knows the grounds are hotter than the rest of the city. Stay hydrated and covered. Plus, bringing your own water

* Just because it's free, doesn't mean you have to eat it. There are free BBQ's and pancakes everywhere. But free doesn't have to be an excuse to eat it. Plus, free usually means lower quality and not as healthy.

* Give yourself some down time. Stampede can be exhausting, especially if you're fitting it in daily around work and the rest of your life. Build in some time to sit down and relax. There are quieter places on the ground where you can sit under a tree and people watch. Or get a stamp, and plan to grab dinner off the grounds so you get some down time.

We're lucky in Calgary to get to enjoy so many elements of the stampede. So enjoy it! Happy Stamping!



Issue #7:

THE LINK BETWEEN CONCUSSION AND DEPRESSION



Research has found that patients with concussions, or Traumatic Brain Injury (TBI), are more likely to experience depression compared to those who have not had a brain injury.¹ Current research has yet to pinpoint how age, gender, or the part of the brain that was injured effects the development of depression-related symptoms. As research in this area continues, it is important to understand the signs and symptoms of concussion and the possible connections to mental health to ensure that proper treatment is sought immediately to reduce suffering and improve recovery.

What is a concussion

Concussions are caused by head trauma including violent shaking of the head and upper body, causing the brain to slide back and forth forcefully against the inner walls of the skull. A concussion changes normal brain function. The severity of symptoms can vary and recovery times can also be quite different, lasting days or weeks, and in severe instances, even years. A 2013 study indicated that, in Canada, there were approximately 30,000 concussions annually in just the 12-to-19-year-old age group alone.²

Symptoms of a concussion

The signs and symptoms of a concussion can be difficult to detect. Some may appear immediately; others may be delayed for hours, days, or even weeks after injury.

Immediate signs and symptoms include:

- Amnesia surrounding the traumatic event
- Appearing dazed
- Confusion or feeling as if in a fog
- Delayed response to questions
- Dizziness, "seeing stars", or loss of balance
- Fatigue
- Headache or a feeling of pressure in the head
- Nausea
- Ringing in the ears
- Slurred speech
- Temporary loss of consciousness
- Vomiting

[FOR THE FULL ARTICLE, CLICK HERE.](#)



Have you ever had problems with your referral



Do you often need to repeat your story to different healthcare providers



Do you want to improve the quality of communication in the referral system



YOU MAY WANT TO JOIN A SMALL FOCUS GROUP ON JULY 26, 2018.

Please contact Annabelle Wong at annabelle.wong@ahs.ca or 403.471.2891.



www.ahs.ca/QuRE



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