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WELLNESS & YOUR HEALTH

January 2019 Newsletter



Welcome back!

We hope you enjoyed your holiday break. Here's to a year full of happiness, good health, and wellness!



Health Check for U is back! We are teaming up with the Health Centre to bring back this popular health screening program. We are now booking for the New Year. Please contact us for more info.

Markin Hall 2007 Wednesdays this semester

8:00 - 10:00 AM in 15 minute increments

Register [Here](#)

Click [here](#) for more info on the program.

1/16

Wellness Walk

12 - 12:30 PM

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**1/17****Horns Yoga Rave!**

7 - 9 PM

1st Choice Savings Centre Gym

More info [Here](#)**1/20 - 1/26****National Non-Smoking Week**Thinking about quitting? Resources available [here](#)Try Walk or Run to Quit - more info [here](#)**1/22****Wellness Lunch & Learn - Pickleball Demonstration with Ilsa Wong,
Kinesiology**

12:05 - 1:05 PM

North Gym -1st Choice Savings Centre for Sport and Wellness

Register [here](#)**1/29****Mini Massage - Lethbridge College Massage Therapy Students**

10:00 - Noon

AH100 (Andy's Place)

Register in 15 minute increments [here](#)**2/6****Winter Walk Day**

12:05 - 1:05 PM

Meet at the Climbing wall by the south doors on the Main Level of the 1st Choice Savings Centre for Sport and Wellness

Register [here](#)**2/12****Wellness Lunch & Learn - Correct Computer Posture with Scott Lawrence
from Get Serious Fitness**

12 - 1:00 PM

Andy's Place - AH!00

Register [here](#)***APP CORNER***

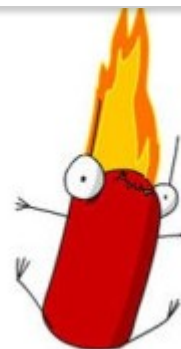
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[January's Wellness Champion](#)

January's Wellness Champion is Pickleball enthusiast, Ilsa Wong, from the Department of Kinesiology. Ilsa has been participating in Pickleball for almost 4 years now. She was first attracted to Pickleball because she found that it was fun and the type of sport that all ages and all skill levels can play. One day her parents were playing, and they invited her to join them. After that first day, she was hooked!

Ilsa explained that the sport is so young that there really were no 'professionals' or teaching pros when she started. Therefore, she didn't have a coach or anything to guide her in the new world of Pickleball. She simply learned from watching and asking questions of the higher-level players she met along the way. A lot of those higher skilled players all played at the same tournaments that Ilsa and her group attended. So, it helped that they got to meet them on a regular basis. She also explained that, of course, the internet has also been an excellent source of information for her. She knows a lot of players who get better by watching the many YouTube videos related to the sport.

Ilsa explained that the only



Stress Baal

Scientific studies have probably shown that the best way to alleviate stress is to take it out on someone else. And while insulting loved ones and destroying friendships is technically free, we're offering a nearly free alternative.

Stress Baal is a minor devil. You get to beat him up with your finger, and yes, he totally deserves it. Baal is hand animated like your favourite cartoon sponge or rabbit.

Thousands upon thousands of drawings form the game. Not just a CG doll, the ever-scheming Baal has a personality. Granted, it's a loathsome one, but a personality nonetheless. Leave him idle and the little savage will probably save you the trouble and rough himself up...

Often with fire.



Available on the
App Store

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explained that the nice part about the sport of Pickleball is that it can be played on badminton-sized courts with a modified net system, so it is a very accessible sport. Ilsa suggested that if a new player wants to get to know the game better, that playing as much as possible so that they can get used to the rules and the difference between other racquet sports will really help.

Ilsa's advice to people that are interested in getting started in Pickleball but are not sure where to start, is to look up the Lethbridge Pickleball League. The Lethbridge Pickleball League just recently formalized and Ilsa said that they are a fun group of players who are very welcoming. Ilsa mentioned that local players should go their website to find out when and where they play. Her tip to fellow Pickleball players is to stay out of the kitchen. She mentioned that when you start playing the sport, you will understand what that means 😊!

Ilsa explained that Pickleball is very contagious, and a lot of people who try the sport are keen to continue playing for one of many reasons. Players have a lot of fun, they meet a lot of great people and can play to whatever level they want to. If a player wants to play recreationally, they can, or if they want to play tournaments, they can! Right now, Ilsa trains to play in a lot of tournaments, along with some occasional recreational play. But most importantly, she has been



The University of Lethbridge Sports and Recreations Services offers Nutrition Programming? With New Year's Resolutions in full swing, this might be a perfect chance to get started with the Nutrition Programming offered.

They offer:

[8 Week Run Nutrition Program](#)

[8 Week Run PLUS](#)

[Customized Nutrition Meal Planning](#)

For more information, visit their [website](#).

Also offering FREE fitness classes from Jan 7 - 12! Bring a friend to a FREE class and you will be entered to win a WestJet flight anywhere in Canada!



2018-19 Personal Leave Days

As per Nancy Walker, Vice-President (Finance & Administration), please view this [Memo](#) regarding 2018-19

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wherever she travels her paddle goes along with her.

Template is available [here](#).

It sounds like Pickleball has had a positive impact on Ilsa's life. If you would like to learn more about Pickleball and give it a try, come out to our Lunch & Learn on January 22nd, 2019 in the North Gymnasium located in the PE Building. Ilsa will be facilitating the session. For more information or to register, e-mail Wellness@uleth.ca. Or, register online at <http://www.uleth.ca/hr/wellness/wellness-lunch-learns-registration>.

Please help us thank Ilsa for sharing her story and expertise, as well as congratulate her on leading a healthy lifestyle!



Mini Massage sessions are back on campus this semester!

Jan 29 - 10 - Noon in AH100

Feb 27 - 10 - Noon in AH100

March 13 - 10 - Noon in L1168

March 26 - 1 - 3 PM in TH241

[Register here](#)



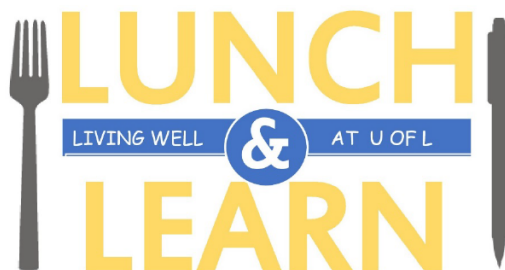
For Ilsa's article and past Champions, [click here](#).



Online registration now open for Winter Programs at the University of Lethbridge

Try a class for FREE Jan 7 - 12, bring a friend and be entered to win 1 WestJet flight to anywhere in Canada!

Work out, learn a new skill and enjoy all the facilities and services we have to offer. Horns Recreation offers memberships for students,



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Lunch & Learn session is scheduled for January 22, 2019. Isla Wong (Kinesiology) will be demonstrating Pickleball for us! Come out and join us for some fun!

**BOOK A FITNESS PROGRAM
ONLINE**

Register by emailing
Wellness@uleth.ca or [Online](#)

**Click here for U of L Wellness
Lunch & Learn Presentations**



Calgary Corner
check back in February!

WHEN THE NEXT CELEBRATION ISN'T JUST AROUND THE CORNER: HOW TO COMBAT YOUR POST-HOLIDAY DEPRESSION



Festivals and holidays, especially those occurring during the fall and winter months, bring us together during a season of dynamic changes in weather with a significant decrease in daylight hours. With the approaching holidays and new year, many individuals are generally on the lookout for a bit of company to help them feel a sense of togetherness and to have some good old-fashioned fun with family, friends and colleagues.

Leading up to those celebratory days, people can experience feelings of excitement and anticipation. There's always a lot to do, and in spite of all of our preparations, it seems as if we're never fully ready. For some, plans often start weeks or even months in advance, as there may be many invitations or events to partake in all leading up to the main celebrations. Finally, when those days arrive, we often experience a myriad of feelings: anticipation, excitement, happiness,

playfulness and yes, stress as well. In most instances, we take it in stride and generally try to enjoy the time we spend together, making new memories. However, as the season draws to an end, a different set of emotions may surface for many individuals, as we realize celebrations are winding down. It's in these moments, after the parties, dinners and gatherings that post-holiday depression can set in.

It's important to recognize that depression is one of the most common mood disorders, and it can have serious and lasting implications on an individual's mental and physical health. Depression is a mental health disorder which makes individuals feel sad or indifferent to many events or scenarios.



Homewood Health Life Lines January 2019 - for the full article click here:

<https://www.uleth.ca/hr/wellness/life-lines-2019>

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IMMUNIZATION

It is that time of the year again when Albertans need to start thinking about seasonal influenza.

What is influenza?

Influenza is a respiratory illness - it is NOT the "stomach flu"...

Seasonal influenza causes sudden onset of fever and chills, cough, headache, muscle and joint aches, and extreme tiredness. Most people will get better within a week or two but some people will develop severe complications, including pneumonia. Some people will die from influenza. Influenza is easily spread by droplets in the air when an infected person coughs, sneezes or talks.

Why get vaccinated?

Immunization with the seasonal influenza vaccine remains the single most effective means to protect yourself and your family from influenza and prevent the spread to others. All Albertans (six months of age and older) are eligible for the vaccine free-of-charge. On Monday, October 15th and running into January 2019, influenza vaccine will be available at pharmacies, certain family doctor offices and through Alberta Health Services influenza clinics. Alberta Health Services will offer the seasonal influenza vaccine to the public at various immunization clinics across Alberta. Having staff off sick with influenza impacts business continuity – challenge and support your staff to get immunized to stay healthy during influenza season. Family members of staff are also encouraged to be immunized as this prevents circulation within the household.

On October 1, 2018, the Alberta Health Services immunization clinic schedules in your area will be posted on our website www.albertahealthservices.ca/influenza. Alternatively, you can call Health Link Alberta at 811 or speak to your pharmacist and/or family doctor. We would ask that you share this information with your citizens / employees / clients.

Influenza is serious. Prevention is your protection.

Here are some simple steps to protect yourself and your family from influenza:

- **Get immunized!**
- **Clean your hands.** Wash your hands often with soap and warm water before you eat or serve food, or after you have been in contact with a person who is ill. Hand sanitizers work very well.
- **Cover your cough.** Cough or sneeze into your elbow or sleeve, not into your hands, or use a tissue to cover your nose and mouth. Throw the tissue into the garbage and wash your hands.
- **Stay home when sick.** Stay home when you have symptoms of illness (fever, cough, headache, extreme tiredness).
- **Stay fit and healthy.** Eat a healthy diet, quit/reduce smoking; get plenty of sleep and regular exercise.

Please contact your local Public Health office if you have any questions or concerns.

Alberta Health Service's 2018/19 Influenza Immunization Program begins October 15, 2018. Plan ahead to arm yourself and your family against influenza this season!

Influenza immunizations will be available, free of charge, to all Albertans six months of age and older, through AHS clinics, pharmacies, and physicians.

Note: Pharmacists can now immunize children five years of age and older. Children, less than five years of age must be immunized at an AHS Clinic.

Find a clinic for your whole family by clicking [here](#). You can also call 811.

For more information on the Influenza Vaccine, read the following PDF

[hi-flu-influenza-vaccine-information-sheet.pdf](#)

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