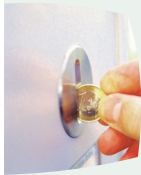




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Health Promotion & WorkLife Services *newsletter*

YOUR BI-MONTHLY UPDATE FOR THE MONTHS OF JANUARY AND FEBRUARY

Step into health

It is safe to say that many of us are currently attempting to adopt a healthier lifestyle or maintain the healthy changes we have carried over from 2011. One of the key components to the annual push for health and fitness is increasing physical activity levels. U of A staff members have some great options to help on this front.

Academic and non-academic staff dues allow for access to the Fitness and Lifestyle Centre, as well as other Van Vliet amenities including the indoor track, badminton, squash and racquet ball courts, and the aquatic centre. A valid ONEcard must be presented to enjoy these facilities. Staff members are also eligible for discounted memberships to the Saville Community Sports Centre at the South Campus.

In the event you are looking to get active a little closer to your home, you may wish to take advantage of the university's membership in the City of Edmonton Corporate Wellness Program and use city-run facilities.

Faculty and staff receive 20% off of annual facility passes, or 20% off the Continuous Monthly Membership Program, or a 15% discount on multi-admission passes (adult and family). Staff members simply need to show their ONEcards to the cashier at any city facility when they go to purchase their passes. Amenities include swimming pools, fitness studios, cardio areas, weight rooms, and indoor running tracks.



UPCOMING EVENTS

Planning is well under way for Health Promotion and WorkLife Services' 2012 workshop offerings. Topics will include stress management, effective workplace communication, respectful work environments and more.

The year's first session will be **Facing Change When You Don't Choose It**, on February 14, from 9:00am—Noon. Depending on how you deal with change, you may view it as a new opportunity or a major source of stress. If you are interested in bettering your skills and understanding your response to ongoing change in your environment, HPaWS invites you to attend this workshop. Participants will examine the change process, identify signs that they are having trouble coping with change, and receive an overview of the coping mechanisms and practical resources that are available to them. Visit www.learningshop.ualberta.ca to learn more and register.



Kick start the New Year...

and let your Employee and Family Assistance Program help!

If you've made a New Year's resolution to get healthy, faculty, staff and their eligible dependents should look no further than the suite of services offered by Homewood Human Solutions, the university's Employee and Family Assistance Program (EFAP) provider.

You Are What You Eat

Canada's Food Guide is widely distributed and easily accessible, but it isn't always easy to put words on a page into action. Indeed, the thought of a do-it-yourself nutritional overhaul can be overwhelming. That's why your EFAP provides you with up to two hours of nutritional consultation per year at no charge. With the support of a Registered Dietician, you'll develop a step-by-step action plan, and receive coaching to ensure your new plan is easily integrated into your lifestyle.

Get a Move On

Exercise is associated with more health benefits than any other behaviour. It reduces stress, strengthens the heart and lungs, improves energy levels and helps you reach and maintain a healthy weight.

If, like many of us, you need a bit of encouragement as you endeavour to get active, consider the fitness consultation services provided by Homewood Human Solutions. Participants may choose from two options:

1. A one-hour fitness appraisal that looks at strength, flexibility, and cardiovascular fitness, followed by a one-hour program developed by your trainer to help you reach your fitness goals; **or**
2. A two-hour one-on-one personal training session including a review of your exercise technique to help you perform more efficiently and effectively.

Give it the One-Two Punch

If you're looking for a comprehensive approach to behaviour change, consider enrolling in Homewood Human Solutions' 12 Weeks to Wellness online self-directed program. In addition to providing the support of a nutritionist and a personal trainer, participants complete a health risk assessment and have access to life coaching and an online health library.

12 Weeks to Wellness takes a holistic approach to improving health, helping participants learn new ways of thinking and working through behavioural change, thereby better ensuring long-term success in reaching your health related goals.

Pedometers

Thinking of taking up walking? Consider purchasing a step-counter for \$15 from HPaWS! (Note: these units count steps rather than the distance walked.) Contact Sarah at 780-492-2249 or hpaws@hrs.ualberta.ca to make arrangements.

HEALTH KITS Heart & Stroke



February is Heart Month. Heart disease and stroke take one in three Canadians before their time—and it is the number one killer of Canadian women!

If you or a loved one have been diagnosed with heart disease, or if you have experienced a heart attack, stroke, or transient ischemic attack, you may be interested in HPaWS' Heart and Stroke information kit.

To request a kit, please email hpaws@hrs.ualberta.ca. All requests are confidential. Materials will be sent labeled Personal and Confidential to the address of your choice. Alternately, you may arrange to pick up your kit from our office.

CONTROLLING YOUR FOOD ENVIRONMENT

Few of us eat strictly for the purpose of fueling our bodies. Emotional states of being often affect our eating behaviours. Stress, boredom, even happiness...we'll reach for food in search of comfort, distraction or celebration. As you can imagine, your food environment has a big role to play in determining how your eating behaviours impact your body. If you have an emotional urge to eat and unhealthy foods are closest at hand, you may see your weight creep up over time.

In the home environment, a good rule of thumb is eat prior to grocery shopping and make every effort not to bring unhealthy or trigger foods home from the store. If they aren't in the pantry, you aren't going to eat them!

Of course, in a work or school environment, where food outlets and vending machines are easily accessible, it can prove a bit more difficult to maintain control. But did you know that departments can influence the vending choices available in their areas? If your department would like to view a list of vending product choices, contact Lorraine Huntley (lorraine.huntley@fo.ualberta.ca). It is important to note that if chosen products do not adequately sell, the machine will revert back to its original selection to avoid food wastage and ensure profitability.



Health Promotion and
WorkLife Services
HPaWS www.virtualwellness.ualberta.ca