

Quarterly Newsletter

Issue Date:
October 2017



WELCOME BACK!!



St. Thomas University WELLNESS

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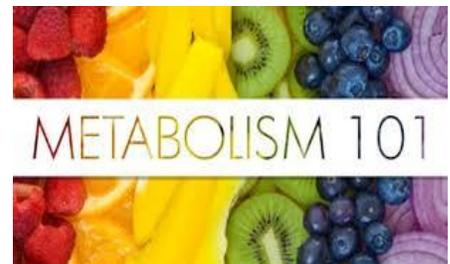


Canada 150 – October Active Challenge

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Back to School Lunches - Ugh!

Submitted by Clara Santacruz

Before writing this article, I had packed lunch for work once before. **ONCE!!** With my limited knowledge of how a good work lunch can be prepared, I had to consult my partner, my coworkers and friends, who need thousands of nutrient-rich calories to get through a busy workday. In summary, these were the best tips I received I'm sure you'll benefit from:

Tip #1: Fruitful lunches start with good containers. Quality, glass containers are easy to clean and make transportation for nearly any food, including soups. Get a sealable coffee mug that won't spill during your ziestiest commutes to snag a parking spot on



Campus! Reusable containers are also good for the environment, so feed yourself without contributing to unnecessary waste.

Tip #2: Remember the fives S's of lunch preparation.

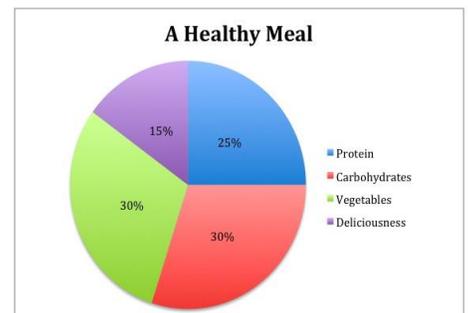
- Sandwiches
- Soups
- Salads
- Silverware
- Leftovers

You will forget a spoon or fork at some point in your professional luncheon career and be forced to YouTube search for an origami solution to satisfy your flatware needs. Or you can pack a designated set of cutlery with you to take every day.

Tip #3: The 5th 'S' relates to maybe the most important thing about packing lunch: Making food that can be prepared the evening before. This is the ultimate key to a stress-less morning. To wake up and fill your lunchbox with fully prepared goods is a great way to start your day with a

small success. So whenever possible make more than enough food for dinner and you'll have leftovers easy to heat up the next day.

Tip #4: One of the biggest improvements one can make in lunch-packing starts at the grocery store. Try picking and buying foods that are easy to eat with one hand for your on-the-go lifestyle. Or buying enough components of the Healthy Meal Chart (see pie chart below) in order to make meal-prepping and lunch-making easier.



Celebrate Canada 150 - October Wellness Challenge

by Lori Orchard

Celebrate Canada's 150 - The Active Way!

What better way to Celebrate Canada's 150 by joining the October Wellness Challenge. The Wellness Committee is challenging you to be active a minimum of 150 minutes week for the entire month of October.



How to Join the Challenge

Email Wellness@stu.ca in order to be added as part of this challenge. This Facebook group was created so that people participating in the Wellness 150 Challenge this month have a place to easily connect, motivate each other, arrange group activities to help hit your 150 minutes of activity each week, or to just update others on how the challenge is going for you. If you're doing noon hour activities and want added motivation - invite others in the group to join! Feel free to post ideas and activities happening around town that might help others reach their 150 minutes each week.

Rules of the Game

The rules of the challenge are very simple! Over the Month of October, spend 150 minutes each week in physical activity. This could be walking, biking, hiking, swimming, anything that gets your heart rate moving! Log your minutes in the log shown on the Facebook group.

When you breakdown **150 minutes per week**, it's very manageable:

7 days for 20 minutes
6 days for 25 minutes
5 days for 30 minutes
4 days for 38 minutes...you get the picture.

JOIN TODAY!!

NEW at STU Pickleball

JB O'Keefe Fitness Centre

Pickleball Equipment

The JB O'Keefe Centre now has the equipment needed to play a fun game of Pickleball!!



What is Pickleball?

Pickleball is a racquet sport that has elements of tennis and badminton combined with a twist of something new! The game can be play inside or outside on a 20x44' court (badminton-sized court).



How to Play

Pickleball is played with special Pickleball paddles, made of wood or high-tech aerospace materials. The ball used is similar to a waffle ball, but slightly smaller. The lower net and wiffle ball allow the game to be accessible to people of all ages and abilities. The game can be played with singles or doubles.

Rules of the Game

In addition to the modified net and gear, there are several key rules in Pickleball that help make the game more accessible. In tennis, and many net sports, games are often won and lost by the power of the serve. In Pickle-ball, the ball must bounce once on each side before volleys are allowed. This opens the game to more players and extends play for added fun.

For more information about Pickleball and for further instructions on how the game is played, please visit the Fredericton Pickleball Website at www.frederictonpickleballclub.com

How to Reserve the court

Book the court by contacting the JB O'Keefe Athletics Coordinator, Matthias Pizzera at mpizzera@stu.ca or 452-0414



REGISTER TODAY!

For more information about this program and JB O'Keefe initiatives, please visit our website at http://gotommies.ca/recreation/classes_and_programs

JB O'Keefe Gym



Staff & Faculty Memberships

Members gain access to the use of cardio and strength training equipment all for less than the cost of a lunch per pay! Sign up for payroll deduction today and check it out for yourself!

JB O'KEEFE GYM FACILITY

HOURS OF OPERATION (SEPTEMBER 2016-APRIL 2017)

Monday	6:30 AM–10:00 PM
Tuesday	6:30 AM–10:00 PM
Wednesday	6:30 AM–10:00 PM
Thursday	6:30 AM–10:00 PM
Friday	6:30 AM–7:30 PM
Saturday	9:00 AM–5:00 PM
Sunday	10:00 AM–7:00 PM

*check the website for summer hours

SIGN UP TODAY!

For more information about becoming a member of the JB O'Keefe center, please visit our website at

<http://w3.stu.ca/stu/athletics/facilities/okeefe>

FUN HEALTH FACTS



Laughing 100 times is equivalent to 15 minutes of exercise on a stationary bicycle.



A scientist cracked his knuckles on one hand for over 50 years to prove it did not cause Arthritis.



You can tweak your metabolic health by turning down the bedroom thermostat a few degrees.

Healthy Fall Recipes

Budget Bytes "All You Can Eat" Cabbage Soup

Ingredients

1 Tbsp olive oil
4 cloves garlic
1 large onion
1/2 lb carrots
1/2 bunch celery
1 green bell pepper
1/2 lb frozen green beans
28 oz can diced tomatoes
8 oz can tomato sauce
1/2 head green cabbage
6 cups vegetable broth
1/4 bunch fresh parsley, chopped
1/2 Tbsp smoked paprika
1 tsp dried oregano
1/2 tsp dried thyme
Salt and pepper to taste
1-2 Tbsp lemon juice

Directions

Mince the garlic and dice the onion. Add both to a large soup pot along with the olive oil and sauté over medium heat until the onions are soft and transparent.

While the onions and garlic are cooking, peel and slice the carrots, slice the celery, and dice the bell pepper. Add the carrots, celery, bell pepper, and frozen green beans to the pot, followed by the diced tomatoes (and their juices) and tomato sauce. Stir to combine.

Allow the vegetables in the pot to heat while you chop the cabbage. Chop the cabbage into one-inch strips or squares, then add them to the pot. Add the vegetable broth, chopped parsley, paprika, oregano, thyme, and some freshly cracked pepper. Stir to combine.

Place a lid on the pot and bring it up to a boil. Once boiling, turn the heat down to medium-low and allow the pot to simmer until the cabbage is tender (about 20 minutes). Turn off the heat and add salt to taste. Start with about 1/2 tsp salt and add more as needed. The total amount will vary depending on your tastes and the type of broth used, but the salt is crucial for the vegetable flavors to pop. Finish the soup with lemon juice.

Source: <https://www.budgetbytes.com/2017/01/can-eat-cabbage-soup>

Slow Cooker Butternut Squash Chili

Ingredients

1 (1.5 pound) butternut squash, peeled, cut into half inch pieces
2 1/2 cups chicken or vegetable broth
1 can black beans, drained and rinsed
1 can great northern beans, drained and rinsed
1 red bell pepper, diced
1 poblano pepper (or green bell), diced
1 sweet onion, diced
1 can petite diced tomatoes
5 cloves garlic, minced
2 teaspoons chili powder
1 teaspoon ground cumin
1/2 teaspoon ground ginger

Toppings:

Cilantro
Sour Cream
Chips
Cheese

Directions:

Place all chili ingredients in the slow cooker, mix, and cook on low for 4-5 hours or until butternut squash is tender. Serve with desired toppings.

Source: <http://www.spendwithpennies.com/slow-cooker-butternut-squash-chili/>



Do you have a favourite recipe that you'd like to share? Send it to wellness@stu.ca to have it added in the next Wellness Newsletter!

Metabolism Rates - 101

by Derek Simon

Metabolism: Not all calories are not created equal

Often our personal approach to fitness and healthy living can focus on one factor while losing sight of others. So we clean up our diet but leave out exercise. Or we think of food intake solely in terms of calorie amounts, as if all calories are created equal, when in fact 150 calories from a lemon-ginger booster or protein shake and 150 calories from a latte or donut have different nutritional profiles and impacts on our metabolism. The body will burn 700 calories from chicken or haddock, cauliflower and raspberries differently than 700 calories from pancakes with maple syrup, even if they are made with 100% organic stoneground buckwheat flour. Now I personally love buckwheat pancakes dripping in butter and swimming in maple syrup, and will even go for it on a cheat day on weekends. But not 4 days out of seven throughout the week.



The same kind of one-sided way of looking at things can affect how we look at how our bodies burn energy, and the rate or speed at which they do so. This is referred to as our

metabolic rate. It is widely known that an active and responsive metabolism is helpful for feeling vital and healthy. Or that a sluggish metabolism can lead to feelings over time of lacking energy, storing unused energy from food intake on our waistline and elsewhere (a useful evolutionary benefit, to make it through times of food scarcity and famine when food supplies were less predictable on a daily and seasonal basis).

Metabolism and Diet

In an age of fitbits and step counters, it is out in the open to link a slow metabolism with the prevalent sedentary lifestyle: sitting for work, sitting for leisure, sitting for driving, sitting at recreational events. All of the sitting or stationary activity drives our base metabolic rate down into energy conservation. Our metabolism finds that there's just not much going on to get excited about! What is not as widely known is that there is a link between crash or chronic dieting (restricting and reducing food intake on a regular basis that leads to backlash) and a slow metabolism. This might not be so shocking, when we consider that, again as a benefit of evolution, our bodies are programmed to conserve energy in storage when food is scarce, rather than burn up stores of energy rapidly, keeping a tight lid on energy reserves, rationing them out in small amounts to make it through the period of uncertainty. Also not as widely known, is the link between a diet that includes many whole grains in the forms of breads, pastas, cereals and baked goods and a sluggish metabolism. Even if high-fiber, and organic, the strains of grains grown today and the kind of industrial processing they are subject to cause them to remain high on the glycemic index and spike insulin levels when eaten. (There are exceptions to this, such as quinoa, which is more of a seed than a grain). Eating grains, even organic grains, on a daily or regular basis, with low or no amounts of sugar, can raise insulin levels. Insulin is an influential hormone that affects how energy from food intake is absorbed: when insulin levels are high, they signal to the body to store

any extra energy from food as body fat, rather than draw energy out of storage and burn body fat. Large amounts of breads, pastas, cereals and baked goods over the course of the week can make it difficult for the body to recover from a constant signal to set aside food energy in pockets of storage. This isn't just an "over 40" issue, but can affect youth and children as well.



What then, might contribute to an active and responsive metabolism, that uses up available food energy or draws it out of storage, rather than setting it aside into body stores for future use? There are multiple factors that go into this, and every individual's makeup is slightly unique given the individual blend of predispositions, likes and dislikes, style, needs and challenges. It is possible though to isolate a couple of contributing factors that can be helpful to fire up metabolism.

Step One:

The first is: you might try a regular daily fast from food (water, tea, black coffee excepted) of at least 12 hours (finish your last snack or meal of the day at 7 pm and don't eat again until "breaking" fast at 7 am). This can be followed by satisfying eating experiences throughout the day that are high in protein, veggies and fruits, and low in starches (grains, rice, wheat). This keeps insulin levels on the lower end, which signals to the body that it is not in energy-saving mode. Most of us come from food habits that are high in grains and sugars, and lower in veggies and proteins. We tend to treat veggies and proteins as smaller sides supplementing a core staple of grains

and starches. One way to boost metabolism is to reverse the pattern, making proteins, veggies, seeds and fruits the core, with starchy grains the small side. There are ways to transition and ease into this. Deep changes in diet don't happen all at once or overnight. They need a long chain of mini changes that, over time, add up to a change in direction. At one time, I personally found it helpful to switch from toast (and butter and jam) to button mushrooms (fried in butter with a touch of balsamic vinegar or soy sauce) as a side to my breakfast of eggs and occasionally (well, ok...often) bacon. Salsa, instead of ketchup. Yogurt and berries instead of nachos as a bedtime snack. The list goes on and on. What do you like that is relatively healthier than the bulk of what you take in, which maybe is not that helpful for your metabolism. Identify one smart, easy step in the right direction, and start there. Don't worry about the rest. When that is comfortable, go on to the next change that comes.

Step Two:

The second is: if you do exercise, try high intensity interval training (HIIT) in a fasted state, either in the morning

before breakfast, or 3-4 hours since your last major meal. Once finished with your HIIT, wait about 30-45 minutes before having a recovery meal or snack. HIIT can last as briefly as 5 minutes, or as long as 45. The idea is that you perform the repetition (reps) of body movement in quick bursts, with a brief recovery rest (water sipping break), before doing the set of body movements again.



This can be whole body movements without equipment, or it can include weightlifting with dumbbells, barbells, cables, bodyweight, etc. So for example, a simple repetition of body squats or plank movements or push-ups is repeated for one set lasting 20 seconds, followed by 15 seconds of rest, then back into a second set of squats, followed by 15 seconds of rest, then back to a third set, rest; fourth set, rest, etc. etc.. If a total duration of five minutes is the starting

point, even this can make a difference, if undertaken 3-4 times per week, for a period of 2-3 months. Eventually, the body will adapt and strengthen to the burst activity, and it needs to be changed up, varied, and extended. Move the burst activity up to 30-second sets, and the recovery period down to 10 seconds. Or keep the recovery period at 15 seconds, but up the burst of movements to 45 seconds. The possibilities are endless, and there are many resources on the internet free of charge to get ideas and keep it fresh.

An active metabolism is not some freak of nature. It is a lifestyle. Take care of it, and it will take care of you.

Sources:

Information in this article has been provided as a volunteer service based references: Shaun Hadsall. "Food Timing Tricks for Rapid Fat Loss." 7DayAbs.com. 2014. Josh Bezoni and Shawn Wells. "Boost Metabolism." Biotrust.com. 2015. Various. muscleforlife.com. 2017. Where health care is both an art and a science, this article does not claim to provide either. If you have symptoms that require medical attention, please see a qualified health care provider.

**TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.**

Gratitude to Jenny Thornhill



Jenny Thornhill, our Admission Counsellor in the Student Recruitment Department, joined the Wellness Committee in September 2016 and quickly became a key part of the team. With her energetic smile and creative ideas, Jenny's contributions to the Committee have been invaluable!

We would like to thank you Jenny, for all of your contributions to the Wellness Committee! Wishing you all the best in your future endeavors. You are going to do great things!!

WE ARE GOING TO MISS YOU!!!



Did you know... About the NB Wellness Movement?

The New Brunswick Wellness Movement supports New Brunswick's Wellness Strategy by being a common platform and connection point for wellness in New Brunswick. The Wellness Movement supports, connects, and celebrates all New Brunswickers – individuals, families, community groups, schools and workplaces – working on enhancing one or more aspect of wellness.

As part of their contribution to New Brunswick's Wellness Strategy, the Department of Social Development's Wellness Branch supports these focus areas: mental fitness and resilience, healthy eating, physical activity, and tobacco-free living.

The Wellness Movement celebrates the people and places that support our well-being. Everyone has a role to play. This website provides you with the inspiration to start your story by profiling stories in your community and directs you to tools and resources to help you, your family, your community group, school or workplace take your next step on your path to wellness. Help grow The Wellness Movement in New Brunswick. Share your story!

View their Website for more information NB Wellness Movement program <http://www.wellnessnb.ca/>



Mental Illness Awareness Week Oct 1-7, 2017

Mental Illness Awareness Week (MIAW) is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness. The week was established in 1992 by the Canadian Psychiatric Association, and is now coordinated by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) in cooperation with all its member organizations and many other supporters across Canada.

One of MIAW's major initiatives is the Faces of Mental Illness campaign, a national outreach campaign featuring the stories of Canadians living in recovery from mental illness. Thousands of pieces of MIAW materials featuring the Faces are disseminated to hundreds of organizations across Canada in an effort to raise awareness and end the stigma associated with mental illness.

- This week is Mental Illness Awareness Week. Join the conversation about mental health and #mentalillness and help raise awareness! #MIAW17
- Did you know that 1 in 5 Canadians will experience a mental health problem or illness in a given year? Help spread the word and join the conversation! #MIAW17
- Want to learn more about Mental Illness Awareness Week? Visit <http://www.camimh.ca/mental-illness-awareness-week/about-miaw/> #MIAW17
- No one should have to feel alone on the road to recovery with #mentalillness. Join the conversation today! #MIAW17

St. Thomas University Wellness Resources

The Seven Dimensions of Wellness



Wellness Program at STU

We are committed to providing information and opportunities that promote health awareness, illness prevention and overall health & wellness knowledge to our Staff and Faculty using the “Seven Dimensions of Health & Wellness” as a guideline.

Each year, the Committee tries to incorporate various opportunities of learning from lunch & learns physical challenges such as yoga and walking, cooking class, and NEW this year, our Wellness Fair and the free massage clinic!

Current Wellness Initiatives

Fall 2017

- Wellness Newsletter –Fall Edition
- October – Canada 150 Active Challenge
- November Cooking Class

Winter/Spring 2018

- Kick the New Year off with Zumba
- Chancellors Day Massage Clinic
- Lunch & Learn – The Sandwich Generation
- Strategic Planning for 2018-2019 Wellness Initiatives

Suggestions on future initiatives are always welcomed by emailing wellness@stu.ca

Ongoing Wellness Programs

Employee & Family
Assistance



EFAP – Employee and Family Assistance Program

This program is available to you free of charge, 24 hours a day, seven days a week. Your Employee and Family Assistance Program is a support service that can help you take the first step. Visit the website at www.workhealthlife.com

Partners for Mental Health- Not Myself Today Program



The purpose of this program is to promote positive mental health, encourage discussions around mental health and illness, reduce the stigma of mental illness and provide educational resources to Managers and staff in the area of mental health.

<http://wp.stu.ca/wellness/partners-for-mental-health-im-not-myself-today-program/>



Community Food Smart Program

The Student Union runs this program out of James Dunn Hall. This makes for convenient pickups! Members can place an order for one or two fresh produce bags a month. The price of a food bag is \$15. Each Fall, the Wellness Committee is committed to purchasing 4 memberships and the first bag of groceries to provide a draw.

<http://wp.stu.ca/wellness/community-food-smart/>

Wellness Bikeshare Program
Runs from May to October each year. For a \$10 membership fee each year, Staff, Students and Faculty are able to utilize the bikes in the JB O’Keefe Centre. See the wellness website for more details.



Quarterly Newsletters

From September to April, the Wellness Committee is dedicated to bringing you, our readers a newsletter full of helpful tips, upcoming wellness events, a few health new recipes to try and other articles on health and wellness. We are always open to ideas or suggestions for future issues. Please see copies of our past newsletters on our website.

VISIT OUR WEBSITE

STU Wellness Website NEW!

Our website has been updated!! Please take a moment to view the *Wellness Events* tab, as well as the *Useful links and Upcoming Fredericton Events!*

FOR MORE INFORMATION

View our Website for more information on the STU Wellness program www.stu.ca/wellness

The Wellness Committee

The Wellness Committee was created as part of the St. Thomas University Strategic Plan 4.3A. The committee strives to promote the health and wellness of our faculty and staff employees by offering comprehensive education on health and wellness initiatives.

View our Website for more information on the STU Wellness program www.stu.ca/wellness

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If you are interested in contributing to our website, newsletter or event planning, please contact us about participating in our monthly meetings.

Creating A Culture Of Health, One Step At A Time!