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BROCK WELLNESS

Get Active!

A MONTHLY PUBLICATION AIMED TO INFORM AND PROMOTE WELLNESS INITIATIVES FOR BROCK FACULTY & STAFF

Incorporate activity into your work day!

Getting active is a popular resolution for most people at the start of the new year. But, like every resolution, it can get lost among other priorities as life settles back into a routine.

Instead of a more active lifestyle being something over and above your everyday routine, designate it as part of your day, like brushing your teeth or eating a meal.

Improving your activity level is not necessarily a trip to the gym. It can be as simple as incorporating a walk into your daily schedule. Set some attainable goals such as committing to add 2 hours of walking a week. This is in reality eight 15 minute walks. Your morning and afternoon breaks for 4 days. Add a couple of 30 minute sessions on the weekend and you are looking at a 3 hour increase in your activity level. On-campus indoor and outdoor walking maps, with distances, are provided for these upcoming winter months on the Recreation Services website at brocku.ca/recreation-services/activities-and-courses/campus-walking-routes.

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

World Health Organization, 1948

Once you see and feel the benefits of increasing your activity level, a more formal program using apparatus in a gym setting may become a comfortable option. See the Walker Complex Zone Free Initiatives on page two to help you get started.

Register your department for the Brock Wellness Fitness Challenge by emailing brockwellness@brocku.ca for the information.

Participation is the focus and your "time spent" on activity is what is measured, not the intensity.

Department tracking forms are available at brocku.ca/hr-ehs/environment-health-safety/health-wellbeing.

Please note that January's competition will not commence until Monday January 17th. Post the tracking sheet in a central location within your department and get your co-workers involved. To date there are several departments committed to "the Challenge"

Just get moving.... and good luck to everyone.

The Brock Wellness Committee

January Focus on Physical Wellness:

When asked, what sport is my favorite, I am faced with a philosophical challenge as to the merits of what certain sports have to offer. Although golf courses can be a beautiful walk, great exercise and very social, there is nothing more gratifying than motivating others or being pushed by a teammate or opponent.

How many times do we think about not doing something active, and then someone comes along, pressures you into participating and reluctantly we endure, and then when it is all said and done, the endomorphins kick in and you are so

pleased with yourself for getting it done.

Then there is the gratification of encouraging the usual unwilling participant into coming with you as you enthusiastically and energetically do what you love to do... and low and behold they are enlightened by your routine. Once again, you feel great in that you have shown someone the “way of the force”.

This is why team sports are so wonderful, there are days when we need to be motivated and then there are some days where we can be the coach; encouraging and inspiring your team. Teammates always pull through.

Each department is a team, working together towards a common goal. Are you a team player?

Article submitted by Chris Critelli. Chris Critelli is Brock's Director of Athletics interim and just recently retired from twenty seven years of coaching the women's varsity basketball team. The Wellness Committee would like to thank Chris for her contribution to this month's newsletter.



RECREATION SERVICES

Upcoming events

The following classes begin in January and early February:

- Kickstart to Kickbox
- Kickbox
- Spring Break to Boot Camp
- Hip Hop
- Swing Dance
- Latin Dance
- Ballroom Dance

For more information go to brocku.ca/recreation-services

Free Zone Initiatives

- During the month of January, there will be a free beginner fitness orientation consisting of a free one hour long orientation with each Zone membership. Book your time at the Zone desk.
- Zone Workshops (back, chest, lower body, abs). Now available for all Zone members. Fifteen minute workshops will demonstrate simple, modified, or more advanced ways you can improve your existing workout.
- Free personal Training: Sign up available at The Zone from January 19 to January 21 at noon for a 1.5 hour session. Only 50 spots available and sessions will be booked for the following week. This offer is available to members and non-members.

New Year's Resolutions: To make or not to make...

It's that time of the year again when we choose to make, or not make, a new year's resolution.

Choosing a goal and making an effort to achieve that goal can have a positive impact on your life, regardless of how short lived the effort is. The key is to make a lifestyle change which will allow you to follow through with your commitment.

Here are some interesting facts about new year's resolutions.

- The top resolutions usually involve promises to exercise more (37%), increasing the time devoted to study or work (23%), losing weight, stop smoking or drinking (alcohol and/or coffee), and eat healthier.
- 65% of people made their resolutions between the 28th of December and New Year's Day. The rest usually take up until the end of January.
- 63% of people are still keeping their resolutions after the first two months.
- 67% of people actually make 3 or more resolutions.
- People make more resolutions to start a new habit (84%) , than to break an old one (16%).

10 TOP New Year's Resolutions

1. Spend Time with Loved Ones
2. Get Fit
3. Lose Weight
4. Stop Smoking
5. Enjoy Life More
6. Stop Drinking
7. Get Out of Debt
8. Learn Something New
9. Be More Charitable
10. Reorganize Life

TAKE THE WELLNESS CHALLENGE!

SEE PAGE 4 FOR MORE INFO



- Of those who successfully achieved their top resolution, 40% of them did so on the first attempt. The rest made multiple tries, with 17% finally succeeding after more than six attempts.

Information provided by:

funfacts.com.au/new-years-resolutions-the-facts/

Ski Trip Response

To date we have received some interest in a group ski trip, however, greater participation is still needed to follow through with a booking.

If you would like to participate, but have not yet expressed your interest, please let us know. Additionally you could consider asking a coworker or group of coworkers to join you or perhaps making it a family outing.

Email brockwellness@brocku.ca for more information.

Did you know:

- 44% of downhill skiers are women
- 11% of downhill skiers are children aged 7-11
- 40% of downhill skiers are ages 25-44
- 6 million people participate in alpine skiing

*sourced from winterfeelsgood.com



RECIPE FEATURE: Pina Colada Smoothie

- 1/2 c. lowfat silken tofu
- 3/4 c. frozen pineapple chunks
- 1/2 c. lowfat vanilla yogurt
- 1 tbsp flaxseed oil
- 1/2 tsp coconut extract
- 1/3 c. water

Whip pineapple chunks and tofu for 20 seconds. Add yogurt, flaxseed oil, coconut extract and water.

Whip for 15 seconds more and enjoy!

Quit Smoking or Help Someone Quit *Information*

January is definitely a time of the year when many people want to start off in a new direction. Some people decide to lose weight, others to exercise more or try out a yoga class. Just ask the local gym owners about the January-February surge in business! For someone who smokes, and is thinking of quitting, January is about the very best time to do it. The cold weather is a strong deterrent to smoking. January 17 - 23 is National Non Smoking Week, so many people are motivated to quit. All these factors can really help when you are trying to change your routines and get off nicotine. So if your aim in 2011 is to become a non-smoker, listen up!

It has been shown in studies that most smokers would like to quit, and when they do try, would like to know what is the latest, most effective way to do it. According to the Centre for Disease Control in Atlanta, the most successful attempts to quit smoking include a combination of pharmacotherapy (quit smoking medications) and some counselling support. If this is your year to stop smoking, here is some helpful information about what is available to you at Brock and in Niagara.

First and foremost, if you receive benefits along with your salary, you are covered for the prescription medications available to help you quit. What are they? The most used medications are Varenicline (Champix) and Bupropion SR (Zyban). You just need to go to your doctor or a nurse practitioner and get a prescription. Check in with green Shield about details of your coverage.

Nicotine Replacement Therapies (NRT) such as the nicotine patch, gum, inhaler or lozenge are not prescription medications, so are available over the counter in pharmacies. Prices vary depending on the brand, and it is important that you speak with the pharmacist to determine which strength to start with. These products gradually wean you off nicotine, minimize the withdrawal symptoms and reduce temptations to succumb to the triggers to smoke.

The latest Nicorette product available is the nicotine patch and mint-flavoured gum combination. With this product, you start with a patch of 15mg, and move down to 10mg and 5mg. You can use a 2mg nicorette gum along with this patch, to ease you over any stressful situation where you might want to smoke.

Contrary to what some people believe, these products do not keep you addicted to nicotine. If you want to try out the patch and/or the gum, you can obtain some free samples on campus, as long as supplies last. Just call Sharon Lawler at Ext. 4243 for samples or more information.

Submitted by: Sharon Lawler, Co-director and Manager of Leave The Pack Behind. The Wellness Committee would like to thank Sharon for her contribution to this month's newsletter.

Niagara Smoking Cessation Services
niagararegion.ca
(search 'smoking')

ADDITIONAL
QUIT SMOKING
RESOURCES

'Driven 2 Quit' Contest
Provincial Quit Smoking Contest
the best motivator this spring
driventoquit.ca/english/home/

Smokers' Helpline
free telephone, on-line or texting services with a 'quit coach' who will assist you and contact you periodically while you are quitting
for more information visit
smokershelpline.ca

What are e-Readers?

e-Reading has been growing in popularity with the introduction of digital reading productions such as the iPad and Kobo Reader.

These portable reading devices allow entire books to be downloaded to a portable handheld device. These devices eliminate the need for reading glasses, allow you to turn pages by touch, and have the capability to highlight passages and make notations.

These devices allow readers to read where and when they want such as on long flights, in long lines or waiting for an appointment. This means you can carry your entire library with you allowing for immediate access to a greater selection of reading material.

To learn more about what to look for in an e-reader, visit the following website:

news.cnet.com/kindle-vs-nook-vs-ipad-which-e-book-reader-should-you-buy



Brock Wellness Committee

The Wellness Committee is an initiative of Recreation Services and Human Resources and Environment, Health & Safety. You can contact us at:

brockwellness@brocku.ca