

## INSIDE THIS ISSUE:

- |  |                          |
|--|--------------------------|
| Smileys and emoticons                            | Fun with chocolate       |
| February focus on emotional wellness             | Needle Knockers at Brock |
| Your body mass index                             | Submit your questions    |
| Did you know? February is Heart and Stroke month | The Journey              |
| Video: Stretching at your desk                   | Weight Watchers info     |
|  | Ski trip update          |



# BROCK WELLNESS

## *Challenge update:*

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

The Brock Wellness Fitness Challenge is now up and running, figuratively speaking, with an enthusiastic group of departments taking the opportunity to gather their troops and get moving. For those of you who have not quite committed, there's still time to get involved. Just email [brockwellness@brocku.ca](mailto:brockwellness@brocku.ca) and we'll provide you with the instructions to get moving.

This challenge is one of our first campus-wide programs and we appreciate your participation. In keeping track of your points please take into account the following:

- The benefits of cardiovascular exercise (walking, jogging, cycling, swimming, etc.) are somewhat cumulative but the minimum point allotment is 30 minutes for a single point. Although we have encouraged participants to walk on their breaks, 15 minutes is not enough time to improve overall cardiovascular benefits. Accumulating several 15-minute periods of activity in a day is a means for those just getting started to be able to take part in the program.
- The scoring is based on complete time blocks. We are limiting the total score per day to three points. We have put this limit in place to encourage the non-committed to get involved and to start becoming more active and to recognize that two to three points a day is achievable for all participants.
- The activity, on or off campus, must take place in the day points are awarded.
- Incentives along the path of this challenge will be the publishing of the successes of the participants. So send us your stories (and photos) and let the rest of Brock know how your team is rising to the Brock Wellness Fitness Challenge .

*The Brock Wellness Committee*

Participating departments please note:

- Send your total points for the month of January to [brockwellness@brocku.ca](mailto:brockwellness@brocku.ca).
- Include the total number of participants registered in your department.
- At present time, not all departments had forwarded us their total points so watch for the March newsletter to see how everyone is "moving" along.
- Your February department Tracking Chart can be downloaded at [brocku.ca/webfm\\_send/15677](http://brocku.ca/webfm_send/15677).

# Smileys and emoticons

A 'smiley face', often referred to as a smiley or emoticon, is used in text communications to convey an emotion with a text message. Smiley faces are used in the same way that a person's voice changes or how facial expressions are used in face-to-face conversation.

The purpose of emoticons is to convey a feeling or show emotion in a text based message that may or may not be obvious to the reader. Using emoticons in text messaging helps the receiver correctly interpret your intent and meaning. They are typically used in informal communications, especially when using sarcasm, or trying to add extra feeling to the message.

Emoticons are facial expressions created using a series of keystrokes from standard keyboard characters and punctuation marks. When viewing text smiley faces, most often they are viewed sideways.

If used wisely emoticons can help the communication to convey and enhance the underlying emotional aspects of the message. The key is to use emoticons sparingly and accurately in context to have maximum potential impact.

## The basics

A close bracket - a sideways smile     )

A colon - sideways eyes                     :

Put together - a smiley face                :)

Use the dash to add a nose                 :-)

Change colon to a semi-colon and you have a winking face with a nose     ;-)

Put a zero 0 on top and now you have a winking, smiling angel with a nose 0;-)

Use the number 8 in place of the colon for sunglasses                             8-)

Use the letter p for a mouth sticking out tongue                                     :-P

*Sourced from:*

*[webopedia.com/quick\\_ref/textmessageabbreviations\\_02.asp](http://webopedia.com/quick_ref/textmessageabbreviations_02.asp)*

*[bugclub.org/beginners/miscellaneous/emoticons.html](http://bugclub.org/beginners/miscellaneous/emoticons.html)*

Social - Occupational - Spiritual - Physical - Intellectual - Emotional - Environmental - Financial

# February focus on emotional wellness

It is February, and our schools, places of work and homes are marked with hearts and Valentines to remind us that we are emotional beings with the capacity to love and to be loved. It is an excellent time to reflect on how essential our emotional health is to our overall wellness. Emotional health requires us to be in touch with our emotions, to find appropriate ways to express them and to connect with others through meaningful social interactions. We are wonderful humans who can be touched emotionally by the sound of a symphony, the tears of a friend, the antics of a child, the sweet recall of a memory, the loss of a loved one and the thoughts of injustice in the world.

Art, music and poetry are rich evidence of the creative expression of human emotions. A note of encouragement in a child's lunch box, a letter of thank you to a friend, a spirited and respectful exchange of passionate difference and the campaign of mothers against drinking and driving are all testaments of emotion in action.

Being emotionally healthy doesn't mean never experiencing bad times and troubled feelings. To be emotionally healthy is to fully experience joy and sorrow, anger and love. It means being able to embrace your feelings and to cope, bounce back, build resilience and to reclaim a positive outlook. To do this we need to:

- Recognize, own and understand our emotions.
- Find ways to express emotions appropriately.
- Develop trusted networks to share our love, joy, stress and anger.
- Build a zest for life and the ability to emote and have fun.

An emotion is defined as an affective state of consciousness in which joy, sorrow, fear or hate is experienced. It has been defined as a state that arises spontaneously rather than through conscious effort and is often accompanied by the experience of feelings and physiological changes. We often say that emotions are experienced in the heart or the brain, but we sure feel them in our stomach and they show in our body and on our face. We experience a range of emotions everyday and over a lifetime in varying degrees. While much of the expression of emotion is culturally specific, much of the emotion in the human face has been found to be universal.

Emotional intelligence according to Salovey & Grewal, (2005) involves the ability to: perceive and decipher emotions in faces, pictures, voices and cultural artifacts; to use emotions and harness them for thinking and problem solving; to appreciate the complicated relationships between them; and to manage emotions, even negative ones, to be able to achieve goals.

These powerful things we call emotions will help you to experience life to its fullest, to cope with life's challenges and to be able to laugh and cry and to be fully human and healthy.

*Article submitted by Heather Lee Kilty. Heather Lee Kilty is assistant professor in the Department of Nursing and a member of the Brock Wellness Committee.*

# Your body mass index (BMI)

Body Mass Index (BMI) tells you whether your weight is appropriate for your height. The following link will assist you in determining your BMI.

[hc-sc.gc.ca/fn-an/nutrition/weights-poids/guide-ld-adult/qa-qr-pub-eng.php](http://hc-sc.gc.ca/fn-an/nutrition/weights-poids/guide-ld-adult/qa-qr-pub-eng.php)

There is, however, a limitation to this calculation as the BMI does not provide the information on where fat is located.

Women generally accumulate more fat than men and it is distributed more evenly over the entire body or the lower extremities. Men tend to collect more fat on the trunk and less on the extremities. A simple waist circumference measure provides the information for fat distribution.

Part of the problem in the past was our total reliance on the weigh scale. The emphasis, as we now know, should be on fat rather than weight. A small amount of body fat (referred to as essential fat) serves several physiological functions, including the protection of vital organs, the storage of potential energy and a storage source of fat-soluble vitamins. The remaining non-essential fat represents stored energy in adipose cells just below the skin's surface and around internal organs. Calipers, that pinch your skin, measures fat just below the skin surface.

The ideal measures to assess healthy body weight include body mass index (BMI), the sum of five skinfolds to measure the fat just under the skin, and waist circumference to determine the location of the fat.

*Information is courtesy of The Canadian Physical Activity, Fitness and Lifestyle Approach.*

Recreation Services provides the expertise in assessing a body composition evaluation. This 30 minute procedure evaluates your body fat based on your height, weight, waist girth, skinfolds and bioelectric impedance which is based on the fact that electrical current is conducted through fat-free mass better than through fat tissues.

To make an appointment contact Brian Ker of Recreation Services at Ext 4359 or [bker@brocku.ca](mailto:bker@brocku.ca).



# Did you know? February is Heart and Stroke month

February is Heart and Stroke month and the Campus Store is going to be looking for the Brock community to purchase/donate towards the annual paper hearts campaign. Buy a heart, write your name on it and we will display it proudly on a window in the Campus Store.

Did you know that 5,500 Niagara residents are hospitalized every year because of heart disease or stroke? Statistics also show that heart disease is also responsible for one in three Canadian deaths. Brock has always been a big supporter of this cause and it is anticipated that this year will be no different.

## Video: Stretching at your desk

A video demonstrates stretching exercises that can be done at your desk.

These exercises were chosen after looking at some common problems associated with office and desk jobs.

These exercises are time efficient and take very little effort to get moving while increasing your overall range of motion.

Stretching can improve your posture, make you stronger, reduce your cholesterol and even help you to lose weight.

[youtube.com/watch?v=bzyD\\_Nn7gwo](https://youtube.com/watch?v=bzyD_Nn7gwo)

Thank you to Scott Crozier, a personal trainer specialist who is working on his Master of Science in Applied Health Sciences, and William Alli, a certified personal trainer who is a fourth-year student in Business Administration. Both of these students provide their expertise in the Zone at the Walker Complex. We would also like to thank Susan Yurincich, the Fitness Centre manager, who assisted in co-ordinating this effort and videographer Brian Kroeker, Communications, Marketing and Public Relations Co-ordinator of the Campus Store.



# Fun with chocolate

## CHOCOLATE QUOTE

“Strength is the ability to break a chocolate bar into four pieces with your bare hands – and then eat just one of those pieces.” Judith Viorst

## CHOCOLATE JOKE

A man found a bottle on the beach. He opened it and out popped a genie, who gave the man three wishes. The man wished for a million dollars, and poof! There was a million dollars. Then he wished for a convertible, and poof! There was a convertible. And then, he wished he could be irresistible to all women... Poof! He turned into a box of chocolates.

## CHOCOLATE AND A TV CLASSIC

1952 I Love Lucy episode entitled “Switching Jobs” (aka The Candy Factory episode).

[youtube.com/watch?v=f6r2G2fmPNM](http://youtube.com/watch?v=f6r2G2fmPNM)

**DEATH BY CHOCOLATE** is a marketing term for various desserts that feature chocolate (especially dark chocolate or cocoa) as the primary ingredient. The trademark in the United States was owned by S&A Restaurant Group, the parent company of Bennigan’s restaurants, but with the subsequent bankruptcy of the company the current legal status is unclear.

*(From Wikipedia, the free encyclopedia)*

## A CLASSIC URBAN LEGEND - THE CHOCOLATE CHIP COOKIE RECIPE

The Neiman Marcus / Mrs. Fields / \$250 Cookie Recipe

[urbanlegends.about.com/od/fooddrink/a/cookie\\_recipe.htm](http://urbanlegends.about.com/od/fooddrink/a/cookie_recipe.htm)

## THE MOST FAMOUS CHOCOLATE BAR QUESTION

How do they get the Caramel in the Caramilk bar?

[members.shaw.ca/b.bogdan/caramilk/cadbury.htm](http://members.shaw.ca/b.bogdan/caramilk/cadbury.htm)

# Needle Knockers at Brock

The Needle Knockers is a group of knitters who gather every two weeks to hone their knitting skills and have a chat over the lunch hour.

Last fall, we heard about the Brock nursing students who go to Swaziland on a field course each spring to offer health care to the people there. We learned that they also distribute dolls and shawls, most of which are hand made by Canadians and taken over to Swaziland by the students and faculty members who go on the trip.

Melanie Stansfield and Karyn Taplay, the two Brock faculty members who supervise the field course, were contacted to see if we could knit a few things for them to take. They were thrilled to take anything that we could knit. The story got out via the Brock News and local newspapers, and soon our knitting group had extended beyond Brock. Now, one community member joins us when he can for our gatherings every other week.

We also have a number of community members who are knitting for the Swaziland trip. These include mothers and grandmothers of current and past students, as well as complete strangers who contacted us to offer their skills. There is even one woman who can no longer knit, but who has been donating yarn for the project.

Knitting is truly a “wellness” activity, helping knitters to relax, lower blood pressure, and enjoy some “down time”. This little project has grown beyond Brock to provide wellness to members of the direct community in the Niagara Region, as well as to the broader community half a world away.



*Information submitted by Jo Stewart of Social Sciences. Please contact her at [jo.stewart@brocku.ca](mailto:jo.stewart@brocku.ca) if you are interested in assisting with this worthwhile project.*



# QUIT & YOU COULD WIN

Quit smoking this New Year and you could WIN a new car.  
PLUS there are \$25,000 in other prizes to be won.

Visit [DrivenToQuit.ca](http://DrivenToQuit.ca) to learn more.

THE DRIVEN TO QUIT CHALLENGE

Registration closes midnight February 28, 2011

FREE Nicotine Patch and Gum

Contact Sharon Lawler

[slawler@brocku.ca](mailto:slawler@brocku.ca) ext.4243

# The Journey

by Paula Wake, real property asset management co-ordinator  
with Facilities Management

Our weight loss journey began in early November  
Armed with fundamentals and prepared for December

Office parties, baked goodies, fast food at the mall  
We'd "Stay the course" in spite of it all

Temptations lingering at every high fat treat  
Willpower advocating whole grains and lean meat

We've been active all week, extra points there's no  
doubt  
Willpower rest easy and sit this one out

We became quite savvy with Momentums' tools  
No question we followed every one of the rules

There is no way around it we must track all we eat  
It makes us accountable for every veggie and treat

We meet each week, the scale a friend or a foe  
Our leader to teach us what we need to know

Eat right and be active, repeat every day  
Sensible choices the Weight Watchers way

Our leader has been there, she knows how we feel  
We take a deep breath before the week's weight reveal

Before stepping on, shoes kicked off in a jiffy  
Cardigans and jewelry the weeks our choices were iffy

We hope that our efforts make some kind of dent  
And bring us close to the target of just 10 percent

We sit down and share stories of this challenge we face  
It's this group dynamic that helps us all win the race

Change was on the horizon, we were put to the test  
When we learned that "Momentum" had been laid to rest

The new program has promised "it's the way to go"  
We embrace what it offers, the scales will know

Zero point fruit values, additional points for each day  
Points Plus making it easy for us not to stray

The once lonely banana whose points seemed too high  
Now basks in the spotlight waving his 2 points good-bye

Weekly point allowances for what life's all about  
Those extra indulgences, and for times we dine out

Power Foods are the smartest of foods we can choose  
The little green triangle is one of the clues

Our bodies say thank you for this lifestyle change  
Our hearts will benefit from a healthy BMI range

Weight watching for life each and every day  
Weight Watchers to help us find the way

# Weight Watchers info

We have 17 members already signed up for this 12-week series that starts on Wednesday, Feb 9. Participants can join at any point in the 12-week program; their fee will be pro-rated to the number of sessions left in the series. The whole 12 weeks is \$189.70 and takes place on Wednesdays from 12 noon - 1 p.m. in Thistle 244. Those wishing to join can go directly to the session, or send an email to [brockwellness@brocku.ca](mailto:brockwellness@brocku.ca) if there are any questions.

# Ski trip update

Thank you to those of you who responded to the possibility of a ski day. Unfortunately there was not enough participants to cover the cost of transportation for this group activity. The following links will connect you to ski information:

Snow Valley,  
Barrie, Ont.  
[skisnowvalley.com](http://skisnowvalley.com)

Kissing Bridge,  
Glenwood, N.Y.  
[kbski.com](http://kbski.com)

Blue Mountain,  
Collingwood, Ont.  
[bluemountain.ca](http://bluemountain.ca)

Holiday Valley,  
Ellicottville, N.Y.  
[holidayvalley.com](http://holidayvalley.com)

# Submit your questions

Do you have a health and wellness-related question you would like answered? Submit your question to the Wellness Committee. We'll answer it in our next newsletter. Questions can be submitted to:  
[brockwellness@brocku.ca](mailto:brockwellness@brocku.ca)

# 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](mailto:brockwellness@brocku.ca).

The Brock Wellness Committee is pleased to announce that we have three new members. We welcomed Heather Kilty from the Department of Nursing in the Fall of 2010 and this new year Joan Wiley, a University Advancement writer/editor has joined us, along with Allison Douma, an assistant with Human Resources and Environment, Health and Safety.