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BROCK WELLNESS

Wellness Conference in Review...

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

Each spring a certain amount of excitement fill the halls of Brock. It may be that more than half of the student population have disappeared and the coffee line in the morning has become manageable. However, it is actually because the Employee Wellness Conference is just around the corner and employees are anxious to see what workshops and social opportunities the conference will bring!

A popular University event for many years, the 2010 conference "Be You. Be Well.", held Thursday, June 17th was a huge success. It was moved back to the intimacy of the Sean O'Sullivan Theatre, but also capitalized on the new spacious and functional Thistle Marketplace.

The opening plenary given by Dr. Murray Knuttila based on the title of the conference "Be You. Be Well." was both motivating and insightful. He challenged us to recognize work as a key element of our well-being, reviewed the primary factors of a "great place to work": Respect; Credibility; Fairness; Pride and Camaraderie, and reminded of the unique societal role of a university and how critical each job is to its vitality and success.

The workshop selection was as diverse, offering everything from Tai Chi to outdoor hockey and proper pruning. Thank you to the more than 80 speakers who came out and shared their knowledge with so many faculty and staff.

This year was especially highlighted by the excellent lunch provided by Brock Food Services. Serving over 600 people in an hour, the lunch was a welcome change from the traditional boxed fare giving staff and faculty a choice between 4 fresh, delicious, and healthy options. Participants were also delighted to be together to hear local Brock talent at the noon hour concert. Thank you to the Sodexo Marketplace staff and our lunchtime entertainment for all your hard work -- it helped make the day extra special!

The inaugural Wellness Employee Art Exhibition, "Share your Vision" really surpassed expectations. Congratulations to Jury Prize winner Chris Alic for her collection "Unit 1 and Unit 2" and to Janet Muenzberger for the People's Choice award for her piece "For the Love of Art". Thank you to all who submitted works, it added an enriching element to the conference and we are already anticipating what talents might be displayed next year.

The Charity Penny Sale was another success, raising \$2225, which will be donated to the charities chosen by our plenary speakers: the Niagara Regional Sexual Assault Centre, Gillian's Place, Lincoln County Humane Society, and the St. Catharines and Area Arts Council. The Literacy Book Sale raised \$377 for Literacy Niagara and the remaining books were donated to Goodwill. Thank you to everyone who came out and participated, the donations made will hopefully help enhance the lives of others.

Finally, the day closed with a stimulating talk by Dr. Rosemary Hale on the "Fine Art of Happiness", made a little bittersweet (but still fun) by her departure on an extended administrative leave. It certainly was a good end to a great day. Congratulations to Ernest Biktimirov who won the bicycle donated by Greenshield.

It takes many helping hands to achieve a day like this, and many feet to gather and create such energy. A big thank you to everyone whose contribution and participation made Brock's 11th annual Employee Wellness Conference so memorable and enjoyable. Continue to Be You. Be Well.

*Contributed by Jackie Bering,
 Human Resources and Environment, Health & Safety*

Discover Cycling

Ontario is filled with many miles of country roads, bike paths and routes perfect for a beginner cyclist or a seasoned professional. Lakeshores, farmlands, hill sides and vineyards provide great scenery for small day rides or longer tours*. Discover cycling as a variation

to your current exercise regime or as a way to bond with family and friends.

Here are some websites to help you get started:

ontariotrails.on.ca

niagararegion.ca/exploring/cycle/

niagararegion.ca/exploring/cycle/bikemap.aspx

*Sourced from ontariotrails.on.ca

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

July Focus on Physical Health: *Heart Health*

Simple Tips towards Preventing Heart Disease

By *Katie Ross*

Heart disease is an umbrella term for a range of diseases affecting the heart. Heart disease is the leading cause of death in Canada, accounting for approximately one third of all deaths. There are many risk factors for heart disease.

Some of these factors are not affected by lifestyle changes, such as genetics, age, and ethnicity. A wide range of factors, however, can greatly influence the development of heart disease such as weight, physical activity, stress, blood pressure, cholesterol, smoking, and alcohol intake.

In order to prevent heart disease, it is important to address these risk factors. Some simple strategies that can be used in everyday life include;

1. EAT HEALTHY

Eating fruits, vegetables and grains is a great way to boost energy throughout the day, while keeping your heart healthy. Cutting out foods that are high in saturated fats is an important key to healthy arteries (foods such as butter, beef and cheese are examples of foods with high levels of saturated fats). One resource that is simple to follow and cost free is the Canada Food Guide. The Canada Food Guide also has a free online resource which allows you to make your own food guide, choosing the foods you prefer to eat.

hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

2. GET ACTIVE

Not only will regular physical activity maintain a healthy weight, it has also been proven to reduce stress! Getting at least 30 minutes of physical activity a day can have a huge impact on your health. Easy ways to achieve this are to walk to work, take the stairs if they are an option, or plan a hike with a friend. The Niagara region offers many walking trails that can provide the perfect environment for exercise and stress relief.

3. GO FOR A CHECK UP

Screening for health conditions such as high blood pressure and cholesterol levels is a very important part of heart disease prevention. It is likely that you are unaware of your blood pressure and cholesterol levels unless you schedule regular check-ups with your physician. At the very least, adults should have their blood pressure checked every 2 years, and their cholesterol measured at least once every 5 years. Leaving high blood pressure or cholesterol levels unattended can lead to very serious heart conditions.

If you would like more information on heart disease, go to the Heart and Stroke website at:

heartandstroke.on.ca/site/c.pvI3leNWJwE/b.3581583/k.F7E3/Heart_Disease_Stroke_and_Healthy_Living.htm

Katie Ross is a fourth year student in the Community Health program. She is also working on a minor in music and volunteers with Brock University's Heart Institute. She enjoys physical activity and aspires to undertake her master's in September of 2011. The Wellness Committee would like to thank Katie for her contribution to this month's Wellness newsletter.

Wellness Penny Sale

There are still a number of unclaimed penny sale items. If you have the following tickets, please go to the front counter of Human Resources (12th floor of the tower) to claim your prize. They will be available until the end of July.

1609964	5818996
4224428	8694811
5144211	

The Farmer's Market

Community Connections presents the Brock Farmer's Market featuring locally grown and produced products and "homegrown" musical talent from Brock and the Niagara community. The farmer's market provides an opportunity for the Brock community to sample, purchase and enjoy local produce and products, and to meet the people behind our local culinary offerings!

The Market Season runs every Friday from June 11 to September 24 from 11:30am to 1:30pm, rain or shine in the Jubilee Courtyard.

Brock Wellness Committee

Lynn Hunter-Hope, Recreation Services
lhunterhope@brocku.ca

Susan Mifsud, Human Resources and Environment, Health & Safety
smifsud@brocku.ca

Diana Panter, Office of the Registrar
dpanter@brocku.ca

Janet Jamison, Campus Store
jjamison@brocku.ca

Paula Wake, Facilities Management
pwake@brocku.ca

Janice Boudreau, Human Resources and Environment, Health & Safety
jboudreau@brocku.ca

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

INFO ON LOCAL BEACHES

- Find beaches in the Niagara Region niagararecreation.com/beaches.shtml
- Get an update on a beach status from beach monitoring geosmartniagara.ca/beachmonitor/



IMPORTANCE OF ERGONOMICS

Ergonomics is the study of how your body interacts with your environment when you perform a task or activity.

In our technological environment, being aware of your environment at work is especially important.

When a workstation is set up improperly, the result can range from general discomfort to actual physical injury.

A comprehensive guide to ensuring your work area is ergonomically designed, is available on the HR-EHS website at:

brocku.ca/webfm_send/5309