

Our Trail to Wellness Newsletter

January 2022



Message from the President

Lakehead University's 2020-2025 Wellness Strategy, *Our Trail to Wellness*, outlines and guides our ongoing journey of reflection and self-improvement. It is a commitment to supporting the health and wellbeing of each and every one of our students, faculty, and staff in order to better position us for success in learning, teaching, and working together.

The health and wellbeing of our University community is a priority, and Lakehead's leadership is actively working to achieve the key objectives and recommended actions within our Wellness Strategy. Examples of such efforts include the building of an outdoor skating rink in Orillia, Student Health and Wellness's development of a 'train the trainer' model to build partnering capacity among academic units, and our commitment to understand, develop, and apply policies that facilitate different models of learning and working at Lakehead.

This newsletter aims to share the stories and initiatives stemming from *Our Trail to Wellness* as we each do our part to help Lakehead University become a stronger institution and a place where we are proud to learn, teach, and work.

Dr. Moira McPherson
President & Vice-Chancellor, Lakehead University



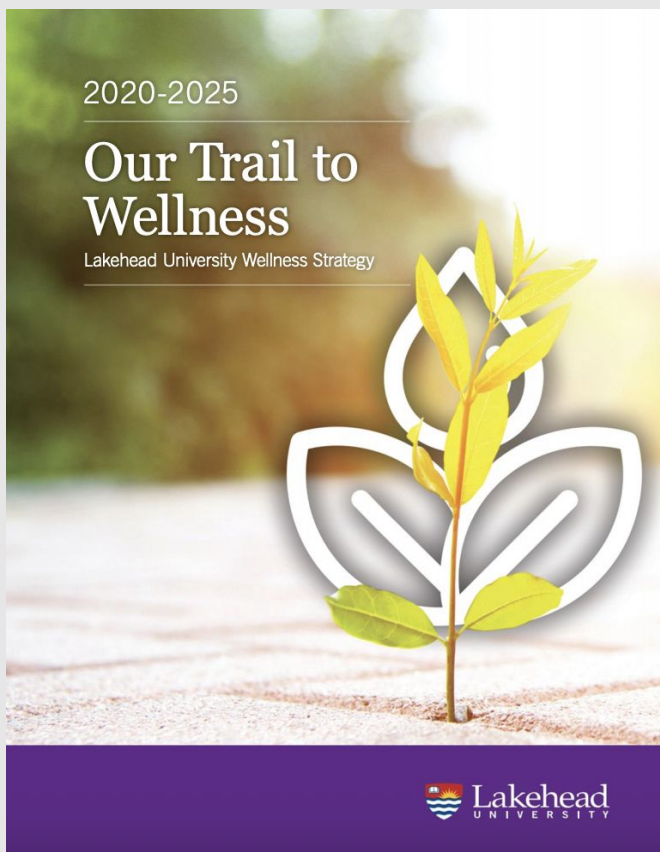
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Welcome to the 1st Edition of the Lakehead University Wellness Newsletter

With the Lakehead University Wellness Strategy implementation plan underway, the Lakehead University Wellness Newsletter will provide the University community with updates on our progress towards *Our Trail to Wellness*.

In addition, the newsletter will focus on information, tips and tricks to help all of our students, faculty and staff explore their own health and wellbeing. Each newsletter will highlight one or more of the 9 Dimensions of Wellness outlined in the Wellness Strategy.

Our January newsletter will focus on Physical Wellness! Please keep reading and stay tuned for future newsletters.



Lakehead University's Commitment to Wellness

On March 20, 2019, Lakehead University marked the official beginning of its commitment towards the development of a Wellness Strategy.

The result of that commitment was the Lakehead University Wellness Strategy, entitled *Our Trail to Wellness, 2020-2025*.

→ For a copy of *Our Trail to Wellness* Lakehead University Wellness Strategy, please download the document, [LU Wellness Strategy 2020-2015.indd](#).



What is Wellness?

Wellness as defined in the *Wellness Strategy* is, an active, lifelong process of becoming aware of your choices and making decisions that will help us to live a more balanced and fulfilling life. Everyone's optimal wellness is different with many factors influencing one's own health and well-being.

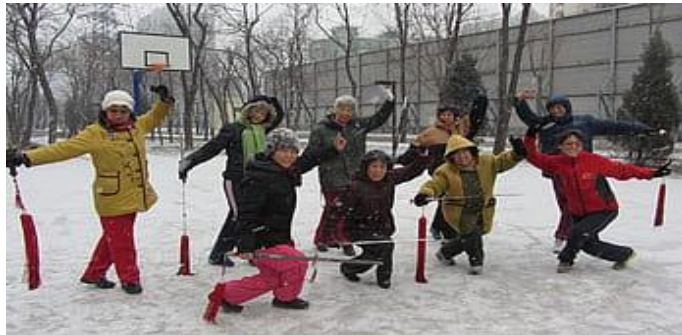
To this end, the *Lakehead University Wellness Strategy* recognizes and considers nine (9) main dimensions of wellness as contributing factors to our overall health and well-being as per the *Wellness Wheel*. This issue will look at *Physical Wellness*.

9 Dimensions of Wellness



Why Physical Wellness Matters?

Physical Wellness promotes proper care of our bodies for optimal health and functioning. It encourages the balance of physical activity, nutrition and mental well-being to keep our body in top condition.



Only 16% of adults are meeting national physical activity guidelines. What can you do to make sure you are meeting the physical activity guideline?

(STATISTICS CANADA. (2019). ACCELEROMETER-MEASURED MODERATE-TO-VIGOROUS PHYSICAL ACTIVITY OF CANADIAN ADULTS, 2007 TO 2017. RETRIEVED FROM . [HTTPS://WWW150.STATCAN.GC.CA/N1/EN/CATALOGUE/82-003-X201900800001](https://www150.statcan.gc.ca/n1/en/catalogue/82-003-x201900800001))



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Physical Wellness: time to hit the reset button

By Dr. Ian Newhouse, PhD, Professor and Director, School of Kinesiology, Lakehead University

It's hard to decide what tact to take when writing a column about physical wellness. Certainly, everyone knows that your body and mind need a good night's sleep, regular exercise, a balanced nutritious diet and avoidance of drug, alcohol and tobacco abuse. Basically, it is just common sense to take good care of yourself. Your body will thank you by elevating your mood, improving your self-esteem, letting you sleep better, letting you think better and avoiding, or at least postponing, almost any chronic disease. In short, your quality of life will be much better if you take care of your physical wellness. The more perplexing issue is that since we know all of this, why do we often make poor decisions. I'm afraid I don't have the answer. One thought is we just don't take the time, take the time to reflect on our goals, take the time to appreciate all of life's gifts and natural wonders, take time to relax and enjoy ourselves, and take time to reflect on our priorities. Instead, we pack our days full of meetings and events and are constantly trying to "get ahead" or just keep our heads above water. While Covid has been and continues to be devastating to many, for others it did offer a reprieve from our hectic schedules and instead an opportunity to hit the reset button. Maybe after we hit the reset button, we won't hit the fast forward button. Another thought is that many just don't know where to start. I would suggest starting with baby steps. The baby steps might be taking some time out of your day, as just noted, to relax and reflect, or it might be going for an after-dinner walk, or it might be getting to bed a little bit earlier. It actually doesn't matter where you start because what you will probably find is that one baby step leads to another and one improvement in your physical wellness leads to an improvement in another dimension of wellness, such as social or emotional wellness.



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Returning to work and the strategy to healthy eating

By Dr. Nicholas Ravanelli, Assistant Professor, School of Kinesiology at Lakehead University

Since the onset of the global pandemic, accessibility to food remained nearly immediate for most while working from home and often we may not have had the most nutritionally dense options at our disposal. I am sure many of us can easily retrace the path from the workspace we carved at home to the fridge – and for some it may have been right across from the dining room table. Understandably, our desire for food is extremely innate as it is critical to our survival. However, as we transition back to the office, we have to begin considering, or reconsidering, healthy food options. One of the most important fields in medical science over the last half century has been recognizing how what we eat influences our health and wellbeing. Even more, the science surrounding healthy eating is constantly evolving and we are learning more and more with each passing day. However, some principles for healthy eating remain, and are the cornerstone to most popular diets (i.e. DASH, Atkins, Mediterranean, etc.). Evidence has consistently shown that diets rich in vegetables, whole grains, with good sources of fat and protein, lower the risk of developing chronic diseases.

Subtle changes in our diet such as substituting foods high in saturated fats such as cookies, biscuits, and pastries, with good sources of mono-and polyunsaturated fats such as nuts and fish can help to improve blood cholesterol profile and reduce the risk of heart disease and stroke. While some evidence suggests that habitual coffee consumption can reduce the risk of cardiovascular disease, adding extra sugar and cream potentially nullify the health benefits. Additionally, one should try to avoid beverages with extra sodium or sugar as these may be ‘empty’ sources of other micronutrients our bodies require for optimal function. Incorporating more fruit and vegetables into our diets can optimize our consumption of these necessary vitamins and minerals, and can be an excellent source dietary fibre, which can potentially protect against the risk of stroke, diabetes and some forms of cancer. Through simple modifications in our food selection, such as consuming a wide variety of food from each food group and trying to incorporate nutritionally dense options, you can begin making healthier and informed food selections.

Healthy snacking improves overall health, curbs cravings, fights weight gain, regulates mood, boosts brain power, and gives you the energy you need to keep going all day. But are we snacking in a healthy manner?

Apples are more effective than coffee at waking you up in the morning.

Tips for Healthy Snacking

Whether you are getting ready for a busy day on campus with courses and group work, or heading to work for the day, having healthy snacks prepared and ready, will go a long way to improving your healthy habits.

- Plan for snacks in advance. Add healthy snack foods to your grocery list. [Healthy snacks - Canada's Food Guide](#))
- Stock your fridge, freezer, and pantry with healthy foods that you can grab quickly.
- Some examples include:
 - Fresh fruits and vegetables
 - Unsalted nuts and seeds and their butters
 - Fruits canned in water or their own juice
 - Lower fat yogurt
 - Lower fat cheese with whole grain crackers
 - Hummus



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Wellness Strategy January 2022 Update

The *Lakehead University Wellness Strategy*, has a total of **79 key objectives** within its plan, and has 19 institutional leads on our campuses, who are guiding the outcomes and recommendations of these key objectives. Additionally, there is a *Guiding Framework* that was developed and used in this strategy. This Framework is centred around 4 foundational pillars.

The following highlights some of the exceptional work taking place:

Institutional Structure: Organization, Planning and Policy

- A Wellness Lens Toolkit is being developed to support policy development and review. This *Toolkit* will support policy makers and decision makers across the university with a handy guide to review policy through a wellness lens.

Supportive Inclusive Campus Climate and Environment

- A Wellness Lens focus is being embedded into the Facility Master Plan to highlight the importance of light, windows, and open communal spaces. Additionally, the exploration of the integration of the United Nations Sustainable Development Goals framework and principles of the Okanagan Charter are being considered for the Facilities Master Plan and facilities planning processes moving ahead.
- Ongoing promotion of the yoga and meditation options available to all Lakehead community members through the Bulletin, Senate Report and social media.

Wellness Awareness and Education

- Workshops for faculty and staff have been developed to enhance and support mental health awareness in the workplace. The workshops include: *Self-care Strategies and Tactics*, and *Learning to Recharge*. More information on these and other similar events can be found on the Human Resources website.
- This month, Lakehead received \$100,000 from Bell Let's Talk to further support student mental health. As part of this, we look forward to launching a campus-wide anti-stigma campaign as noted in the Wellness Strategy.
- Through the Senate Teaching & Learning Committee, Lakehead has been reviewing the Accommodations and Access for Students with Disabilities Policy.

Accessible Wellness Services:

- An outdoor rink at the Orillia campus is underway at 500 University Avenue. Students, faculty and staff are encouraged to bring out their skates and enjoy some physical activity outdoors when it's ready!



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Here's a few tips from our Lakehead Community members on how they focus on their Physical Wellness...



RACHEL GLOBENSKY
HEALTH SCIENCES

I'm a grad student, and a mom. My partner works out of town, so I wrangle the daily family stuff. My life is hectic, to say the least! I wake up early most days, head to the basement area we've set up as a gym, and do a workout. I really love the time I have to myself, before anyone else is up.



EXCEPTIONAL. UNCONVENTIONAL.



ALISIA JOHNSTON
STUDENT ACCESSIBILITY SERVICES

Everyday I make sure to get outside for my lunchbreak to go for a walk in the fresh air. Most days I head down to lake, there is something so refreshing about being by the water...even if it is frozen right now!



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KATHRYN HALVERSON
SCHOOL OF NURSING

As a nurse, I know how important it is to maintain a healthy lifestyle. As a faculty member, and previously as a graduate student, I have had to find balance and make wellness and self-care a priority. I encourage all of our students to get outside and do something every day that brings you joy!



EXCEPTIONAL. UNCONVENTIONAL.



MICHAEL CHEN
EDUCATION

I like starting small. I've taken short walks around the neighbourhood, tried new cooking recipes and joined virtual calls with friends. I hope to go beyond my comfort zone and go on longer walks. In my free time, I've also helped deliver care packages to local residents! The fresh air is a bonus!



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Getting Active

With the winter months among us, staying active and spending time outdoors can be a great way to focus on your physical wellness, as well as cultural and social wellness.

There are activities you can do alongside with others, many of which take place right outside of our campuses. Here's a few tips you may want to consider:

- Take a break from your office or study carrel with a walk outside with colleagues or classmates
- Try a new outdoor activity such as cross-country skiing, snowshoeing, or a winter hike
- Go skating or play pond hockey at the Marina in Thunder Bay or Lake Tamblyn (when it's frozen and safe to do so). Get ready for our new rink coming soon to Lakehead Orillia.
- Sledding and tobogganing with family or friends

Campus Recreation is open to everyone!

Our campus recreation teams are ready to welcome Lakehead students and staff. Click below by campus to discover more:

[Thunder Bay Campus Rec](#)

[Lakehead Orillia](#)

*Please note there are some fees attached with the registration for some of these activities.



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Important Health and Wellness Links for Faculty, Staff and Students

Lakehead Faculty & Staff:

Employee & Family Assistance Program - [Orillia](#) [Thunder Bay](#)

Centre for Innovation in Campus Mental Health - [Resources & Toolkits](#)

[MindBeacon Mental Wellness Support](#)

Lakehead Students:

[Student Health & Wellness - Health Services](#)
[Counselling Services](#)
[Resources](#)

[Indigenous Student Counselling](#)

[International Student Centre](#)

[Good 2 Talk Post-Secondary Helpline](#)

Interested in contributing towards a future Wellness Newsletter?

We'd like to hear from you.

Contact :

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