

Week 3- May 20 – 26th



ParticipACT Active Outside Week

We are partnering this year with [ParticipACTION](#) and for the next four weeks our focus will be on activities that can help us win the title of **Canada's Most Active Community**. With the warmer weather, this week's challenge is to be active outdoors. Being outdoors improves mood and reduces stress. A quick activity outside can have a positive reset on our stressful daily lives which will also improve work quality, motivation, energy levels and will help you get a better sleep. Suggestions include:

- [Bike Fest](#) May 2019!
 - *Bike Feast* – May 23rd from 5:30-9:30pm on the Corner of 3rd Ave and 4th St S. Includes a guided bike ride to four restaurants with menu samplings at each. Get your tickets [here](#).
 - *'Urban Poker Ride & Bicycle Show 'N Shine/ BBQ'* - May 25th from 1-4pm. The route starts at Southern Alberta Art Gallery and ends at Ascent Cycle. There will be stops along the way to pick up playing cards and the best poker hand at the end wins!
 - *Skills Workshop* - May 26th from 12:30-5pm - LSCO Meeting Room, 500- 11 Street South. This course will give you the confidence to conquer the busy downtown roads of Lethbridge to cruising the quiet residential roads and coulees.
 - There are plenty more activities happening this month till June 1st so check them out at [Bike Fest](#) to get you active outside this week/month and earning those points!
- Start the day out right with a morning walk, or enjoy an after dinner walk as the day settles down.
- Walk, run or cycle to work after a healthy breakfast or try an evening bike ride in the coulees.
- Check out our [Campus Walking Map](#) routes – for both indoor and outdoor walks around campus!
- Have lunch outside - enjoying the sun with healthy food and colleagues can help reduce stress and reset your mental inventory allowing you to maintain productivity for the rest of the day.
- Mood levels can increase with activities such as gardening. It can help build self-esteem through accomplishments and can alleviate stress and anxiety.
- Play a game in the park; Frisbee, football, catch or try a sport like golf, softball/baseball, soccer.
- Take your kids outside or to the park to play.
- 50,000 points will get you the Week 3 badge –enter your physical activity points on a regular basis.

Extra points/badges this week:

1. Take a photo of you, your partner or team being active outside – post on [UofLWellness](#) (Instagram) or [U of L Wellness](#) (Facebook). Email wellness@uleth.ca to confirm for **an extra 2000 points**.
2. Join us for a **'Guided Bird Walk' badge** (if you don't already have) – with Birder Samantha Krause – meet May 21st at 12:05 PM by the Bus Loop (SU). Bring a friend/teammate – get your **Week 3 Team Badge!**
3. **Coulee Clean up Badge!** – May 22 - Join us at noon UHall 6th level south east entrance to the patio/coulees and help us clean up our lovely coulees! Pre-register at wellness@uleth.ca.



4. **No driving to work badge** – choose an alternative way to get to work such as walking, biking, rollerblading, Complete this at least twice this week to get this badge and tag us on [UofLWellness](#) (Instagram) or [U of L Wellness](#) (Facebook) to keep us in the loop!
5. [ParticipACTION](#) app – Download the app for your chance to win even more prizes!

Did you know?

- Physical activity has a positive impact on your mental health!
- Moderate - intensive outdoor activity like walking, cycling and gardening can help lower your risk of developing coronary heart disease and stroke.
- Being active outdoors can increase vitamin D levels, helping to prevent osteoporosis and bone thinning.