

High Five Friday



Here's what has happened and what's to come!

We hope you're enjoying the Fall Movement Challenge and making progress toward your goals. As the days get cooler and the leaves continue to change, it's a great time to focus on your wellbeing and find simple ways to stay active throughout the day. Remember, every movement counts!

This month, check out our "**Sneak It In!**" tips for easy ways to add physical activity to your routine.

As part of Nutrition Awareness Month, discover fresh meal ideas, nutritious recipes, and cooking inspiration with [Cookspiration](#).

Don't forget to visit the Events Calendar to see what's happening across campuses, including the **Employee Halloween Party on October 30**.

Challenge yourself to add a little more movement, try a new healthy recipe, and join a campus event this month. Your wellbeing is worth it!

Updates and Happenings :

Fall Movement Challenge

Monthly Initiative | Nutrition Awareness

Did you know? Health Assessment

Upcoming events

Recipe | Lentil Bolognese

Fall Movement Challenge



Don't worry, it is not too late to start!

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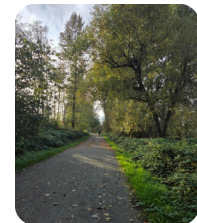
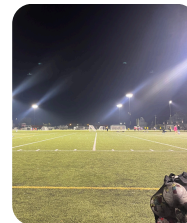
How is everyone doing so far?

Looking to share what you have been up to or connect to find a walking partner?

Join the [Fall 2026 Movement Challenge - Strive to Thrive](#) Teams Channel

Sneak it in tips!

- Standing or stretching during virtual meetings
- Walk over to a colleague's workspace instead of sending an email or Teams message.
- Add a 5-minute stretch or movement break between meetings.



CHECK OUT PHOTOS OF STRIVE MEMBERS IN ACTION

How to Participate

- Open the [attached tracking sheet](#) (or print it out for your desk).
- Check a box each day you get your 15 minutes of movement in.
- The challenge kicks off October 5 and runs until November 27!

The Goal: Just 15 Minutes a Day

The rule is simple: **Log 1 point for any day you complete 15 minutes of intentional movement**

Simple Milestones & Exciting Prizes

- Check off your boxes Monday through Friday to earn up to 5 points a week (additional 2 bonus entries are available). As your points add up over the next two months, you will automatically unlock raffle entries for great prizes:
 - Bronze Level (15+ Points): Entered to win Cascade Cash and Strive to Thrive swag.
 - Silver Level (25+ Points): Entered to win \$25 campus bookstore gift cards.
 - Gold Level (350+ Points): Entered to win the Grand Prize, including an annual campus Rec Center membership!

How to win!

Submit your tracking sheet by December 4 to health.disability.wellness@ufv.ca

Let's focus on small, sustainable habits that keep us feeling good.

Nutrition Awareness Month



Eating well at work can give you the energy you need to stay alert and productive. It can also help boost your overall health. Sometimes challenges, such as coffee breaks, meetings and workplace celebrations, can get in the way of eating well.

Here is a simple solutions to challenge yourself, so you can fuel your workday the nutritious way.

Challenge yourself: Coffee breaks

How often do you reach for a cup of coffee during work breaks? If you refill your mug a few times a day, you may be getting more caffeine than you think. Too much caffeine can lead to trouble sleeping, irritability, nervousness, rapid heart rate and headaches in some people.

Try these tips to help you sip less coffee:

- Have no more than about 3 cups (250 mL each) of coffee per day. If you use a large mug, it could count as a couple of cups.
- Try mixing half decaffeinated with half caffeinated coffee.
- Warm up with green or black tea, herbal tea or steamed low fat milk or plant based beverage.
- Satisfy your thirst with water. Add lemon, lime or orange slices to add flavour.

Did you know? Added cream and sugar can quickly add extra calories and saturated fat.

Add milk instead of cream to your coffee and try to add less sugar or none at all.

Find out how much caffeine is in your favourite drink by reading [Facts on Caffeine](#).

Did you know?

Looking for support on your health journey? Check out the Journeys section on the Manulife Benefits site to access personalized health and wellness programs available through your Extended Health Benefits. Complete your Health Assessment today.

Unlock collections just for you.

Get personalized collection recommendations by completing your health assessment.

Complete Health Assessment

**Start your journey
right on campus**

Your daily picks

Top resources chosen just for you



HEALTH PROGRAM
Take 5,000 steps today
10 activities

Adding more walking into your daily routine is a simple and enjoyable way to get active and feel your best.

[View program](#)



HEALTH PROGRAM
Step indoors
23 activities

Setting and meeting a daily step count promotes a long term healthy lifestyle. Step into this program (see what we did there!) to reach your daily movement goals!

[View program](#)



HEALTH PROGRAM
Know your numbers for heart health
12 activities

When dealing with heart disease, everything from your blood sugar to your cholesterol has a number associated with it. What do these numbers mean, and what can they tell us about heart disease? Read on.

[View program](#)



Upcoming well-being events (October 16–30)

A snapshot of upcoming health and wellbeing events from across UFV

Date	Activity	Notes
Oct. 22 12:30 – 1:00 PM	Lunch & Move Employee Wellness: Interactive Tour Movement Challenge **Bonus**	Join us for a guided tour of the facilities in Building E, followed by a hands-on equipment orientation in the Fitness Centre. Register here
Oct. 21 6:00 – 8:30 PM	UFV Rec - Pumpkin Race	Get moving with a fun and engaging challenge that combines movement, teamwork, and friendly competition. This is a team event but participants can sign up as individuals to be added to a team. Register here
Oct. 23 12 & 2:15 PM	Cascades W&M Soccer	Community Appreciation Day!
Oct. 23 6 & 7:45 PM	Cascades W&M Volleyball	Season Openers!
Oct. 30 12:30 – 1:30 PM	 The poster is for the 'Employee Halloween Party' organized by the University of the Fraser Valley (UFV) and the Faculty & Staff Association (FSA). It features a Halloween theme with orange and black colors, silhouettes of bats, and a full moon. The text on the poster includes: 'YOU'RE INVITED TO THE UFV AND FSA EMPLOYEE HALLOWEEN PARTY', 'ABBOTSFORD: ROOM J161 (STUDENT HOUSING)', 'CHILLIWACK: ROOM A2428', 'OCTOBER 30 12:30 PM - 1:30 PM', 'PIZZA, POP, AND DESSERT', 'PRIZES FOR BEST COSTUMES', 'NO RSVP REQUIRED', and a note at the bottom: 'NOTE: PROTECTING AND UPHOLDING THE DIGNITIES OF ALL INDIVIDUALS IS A SHARED RESPONSIBILITY AND CHOOSING A COSTUME THAT IS OFFENSIVE, HURTFUL, OR DISCRIMINATORY IN NATURE GOES AGAINST OUR VALUES OF INCLUSION. THIS HALLOWEEN, PLEASE WEAR A COSTUME THAT IS INCLUSIVE OF YOUR FELLOW COMMUNITY MEMBERS.'	

Featured Recipe



Lentil Bolognese

Be inspired to cook any time, day or night with [Cookspiration](#), created by Dietitians of Canada. Recipe ideas are served up to suit your mood and schedule. Also, don't forget to try the all new My Menu Planner tool!

Save this Lentil Bolognese for a quick weeknight dinner.

Prep time: 10 mins **Cook Time:** 30 mins **Yield:** 6 servings

Ingredients

- 3 tbsp / 45 ml - extra virgin olive oil
- 1/2 cup / 125 mL - chopped onion
- 1/2 cup / 125 mL - chopped celery
- 2 - garlic cloves, minced
- 1 lb / 500 g - lean ground beef
- 1 tsp / 5 mL - dried oregano
- 1 tsp / 5 mL - fennel seeds
- 1/2 tsp / 2 mL - ground nutmeg
- 1/2 tsp / 2 mL - salt
- 1/4 tsp / 1 mL - ground black pepper
- 1 cup / 250 mL - dry red wine
- 2 cups / 500 mL - cooked green lentils
- 28 oz / 796 mL - 1 can tomatoes, chopped
- 1/4 cup / 60 mL - chopped fresh basil

Directions

Step 1

- Set a Dutch oven over medium-high heat, add the olive oil. Heat for 20 seconds, then stir in onion, celery, and garlic and cook for 2 minutes, until soft.

Step 2

- Stir in ground beef, oregano, fennel seeds, nutmeg, salt, and pepper. Cook for 5 minutes.

Step 3

- Stir in red wine, turn heat to high and let the wine reduce for another 5 minutes, stirring occasionally. Stir in lentils and canned tomatoes, cover, and bring to a boil. Reduce heat to medium, partially remove lid and simmer for 10 minutes. Remove from heat, stir in chopped basil and adjust seasonings with salt and pepper.

Quick tip: Prep ahead for weeknight meals: make extra Bolognese and serve as a topping to polenta or spaghetti squash throughout the week. Or freeze your sauce for future weeknight rushes.

We want to hear from you!

Please share your feedback with health.disability.wellness@ufv.ca

Want to learn more about UFV Health and Wellbeing?

Visit the [UFV Health and Wellbeing website](#) to explore wellness resources, upcoming events, and opportunities to support your health and well-being throughout the year.

- Any movement is good movement -
