

Employee Fitness Challenge – Strive to Thrive – High Five Friday message:

Friday has arrived once again. I hope you had a good week physically, mentally and emotionally. Take care of yourselves!

HR LEARNING SERIES HEALTH & WELLNESS WORKSHOPS

We have some great offerings coming up in March/April so register today!

<https://events.ufv.ca/events/categories/human-resources/>

STRONGER EVERY DAY – VISION BOARD ACTIVITY



Don't forget to sign up for our upcoming activity in our [Stronger Every Day](#) series - creating our own vision boards! This session will focus on our social wellness, give us time to reflect, set goals, and design our own, unique motivational vision boards.



We will be holding the activity on March 31, 2026 in room C1429 at 12:30 pm. Lots of supplies, ideas and snacks will be provided. Please fill out this quick and easy registration link to secure your spot! All employees are welcome to join in (don't have to be a Fitness Challenge member)

[Strive to Thrive -- Vision Board Workshop Registration – Fill out form](#)

GET READY FOR OUR NEXT CHALLENGE – IMPROVING YOUR SLEEP!



I thought it was time to jump on the challenge wagon again, so I wracked my brain for something different than what we've done before. I feel like this challenge is super important for all of us as we just don't prioritize our sleep, which arguably could be the single most important thing we can do to improve our health and wellness. I hope you all give it an honest try to see if your sleep, and in turn, your overall health can be improved by adopting a few simple habits.

[14-Day Sleep Challenge Tracker](#)

Send us your completed chart on **April 8** for a chance to win some great prizes!

RECIPE ALERT

I haven't had any recipes sent to me in awhile from you so thought I'd pull out one of my family's classics!

Pepper Steak

This is a hearty, delicious, quick and easy meal – a recipe I stole from my mother-in-law who has made it for decades. She always prepares a huge batch for the men in our family to take with them on their annual moose hunting trip! They even love it over top of their scrambled eggs for breakfast! Lean beef and lots of veggies makes this a scrumptious, healthy dinner (or breakfast)!



INGREDIENTS:

1 lb. steak – cut into strips
1 Tbsp. paprika
2 Tbsp. butter
2 cloves garlic, minced
1 ½ cups beef broth
1 cup onions, chopped
2 green peppers
2 Tbsp. cornstarch
¼ cup water
¼ cup soy sauce
2 tomatoes, chopped

DIRECTIONS:

1. Cut steak into strips and sprinkle with Paprika.
2. In a large, deep pan brown meat in butter and garlic.
3. Add beef broth and simmer for 30 minutes.
4. Add chopped onions and green peppers.
5. Cook for 5 minutes.
6. Mix corn starch with water and soy sauce.
7. Pour into steak and bring to a boil to thicken.
8. Add tomatoes and serve immediately.

BEST SERVED OVER RICE!