

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

I hope you had a good week, but only one more to go until we get a little break from work. But an extra long Easter weekend means lots of yummy treats! Hopefully some wonderful time spent with family and friends as well, but let’s work really hard next week leading up to Easter so we don’t feel so guilty about indulging more than we normally would! I challenge you to set a physical goal for yourself from now until next Thursday – my goal is to do 3 gym workouts next week and get a good, one-hour walk in every day! Hopefully we’ll get some nice weather so I can also get out on my new e-bike. What’s your goal for next week?

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



Last chance 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!



We are just a couple of nights in on this challenge – how are you all doing? It's not too late if you haven't started yet – get tracking tonight.

[14-Day Sleep Challenge Tracker](#)

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

RECIPE ALERT

I tapped out on recipes so send me your favorite healthy recipes to share!

