

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

Happy Friday everyone. This is a hard one to write as it will be my last High Five Friday message to you all. I am officially retiring from UFV on May 31, 2026 after 37 years at FVC/UCFV/UFV and have now handed the Employee Fitness Challenge over to Stacie Dixon to administer. I am so very grateful that she came into our department when she did as this is the part of my job that I was most worried about leaving – who could ever put the love, attention, work and commitment into this program the way I did for the past 28 years (the Employee Fitness Challenge started in 1998)? Stacie – that’s who! I couldn’t be happier that she will carry on with this important program and I know she’ll bring new, fresh, amazing opportunities and resources to you all. She is as passionate about this project as I have always been and she is the perfect person to move it forward.

Thank you for all for being the best group of employees I could have hoped for – you supported my efforts, you showed up, you worked hard and hopefully you enjoyed the Challenge as much as I enjoyed building it for you. I’ll really miss this part of my job – maybe most of all.

But keep going – stay strong, healthy, happy – mentally, physically and emotionally. Take everything you gained from this program forward to enrich your lives and the lives of your loved ones.

Remember everyone – **STRIVE TO THRIVE!**

And now, over to Stacie . . .



Hi everyone - Stacie here!

First of all, let’s give Nancy a huge thank-you for her incredible passion and dedication to the Strive to Thrive program over the years.

A little about me: as Nancy mentioned, I’m passionate about helping people find ways to move their bodies in whatever way motivates them most. I grew up immersed in sport, then moved into high-performance sports and coaching. Over the years, my view of health has continued to evolve. Now, living in Chilliwack with a young family, additional priorities and limited time, what motivates me, and what I consider “movement” has changed. What hasn’t changed is my deep-rooted commitment to doing your best to eat well, move in a way that works for you, and take care of yourself.

That balance matters at UFV too. When we take care of ourselves, we’re better able to show up, whether that’s in the classroom, the office, or anywhere else across the campuses.

As I step into this role, I'm excited to keep the momentum going. But before we say goodbye to Nancy, we have one more challenge for our Strive to Thrive members.



Please join us at 12:30pm on May 21 for one last group walk around campus to celebrate all that Nancy has built. [Register here by May 14!](#)

Feel free to drop-in too, for some or part of the walk!

Join us in celebrating Nancy by sharing your messages of thanks, favourite photos, and special memories from over the years. Send emails to: health.disability.wellness@ufv.ca

The inaugural Fitness Challenge kick off, in Fall 2000!



A couple other events going on this month:

Our second Vision Board workshop, -- our first workshop was a success, so we will be back at it again, please comeback or join for the first time. Snacks and all materials provided—come get inspired and connect with colleagues! [Register here](#)

Date: May 12, 2026

Time: 12-1pm

Location: AB - C1429



Our Strive member, Vincent wanted to share the link to register for Run For Water on May 24th in Abbotsford, he created a UFV team if some people want to join, running or walking 5 and 10 km.

[Register here »](#)

Our monthly wellness campaign is [Cancer Prevention](#) so as you are outside this weekend make sure you find your sunscreen and grab a hat!

Practice Safe Sun
Protecting your skin year-round can reduce your risk of developing skin cancer.

Quit Smoking
Quitting smoking can protect many parts of your body —from your brain to your DNA.

Move & Eat Well
Staying active, eating a balanced diet and maintaining a healthy weight can lower your cancer risk.

Know Your Environment
Be aware of cancer-causing chemicals and pollutants at work, at home or in the environment.

Limit Alcohol
No matter the type, the less alcohol you drink, the lower your risk of harm.

Get Vaccinated
There is no vaccine for cancer, but there are vaccines for some viruses that are known to cause cancer.

Thank you all we will see as many as you can on May 21.

As always please feel free to continue to contribute and share to: health.disability.wellness@ufv.ca