

# High Five Friday

## EMPLOYEE FITNESS CHALLENGE STRIVE TO THRIVE



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

As we have rushed into May and as the days trickle down to Nancy's retirement date, let us continue to reflect on the hard work she put in and join us to celebrate on May 21.

As a reminder please join us at 12:30pm for one last group walk around campus to celebrate all that Nancy has built.

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

Thank you to those who have registered and submitted kind words and pictures of Nancy.

#### Updates and Happenings :

May - Cancer Prevention month

Mother's Day reflection

Vision Board workshop

Nancy's Walk

Run for Water opportunity

Past Fitness Challenge photos

### WALKING ROUTE

**SIGN UP FOR WALK**



Please take the time to read Nancy's recent post

**BLOG POST**



Canadian  
Cancer  
Society

## May - Cancer Prevention

Take the "It's My Life!" Cancer Prevention Quiz

The [Canadian Cancer Society's](#) "It's My Life!" quiz is a quick, interactive tool that helps you:

- Understand your personal cancer risk factors
- Identify prevention actions you can take
- Learn which screenings may apply to you

[Take the quiz](#)



## Mother's Day reflection

This upcoming Sunday is Mother's Day, whether you're a mom, have a mom, miss a mom, or have someone who's filled that role in your life, this is your reminder to honor the day in a way that feels right for you.

Head out for a walk, squeeze in a workout, stretch it out, or just spend some time moving and clearing your head. Use the time to reflect, remember, or recharge—no pressure, no rules.

**Looking for something to do?** Join Fraser Valley Health Care foundation's [Run For Mom](#) on Sunday in Chilliwack



## Vision Board workshop

There is still time to register for our Vision Board workshop #2 -- 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!

**Date:** May 12, 2026

**Time:** 12-1pm

**Location:** AB - C1429

[Register here](#)



## Join the team

Our Strive member, Vincent wanted to share the link to register for the Run (or Walk) For Water on May 24th in Abbotsford.

He created a UFV team if some people want to join, running or walking either 5 or 10 km.

[Register here](#)

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## Weekly Recipe



### Spinach Crepes

These spinach crepes are bright green colored for a fun breakfast treat.

They can be made savory or sweet and customized with fillings of choice!

Just make sure to triple the batch, if your family likes them as much as my kids, they disappear quick.

*An easy breakfast for the busy mom's (and dad's) out there or perhaps a treat for your mom this weekend!*

**Prep Time:** 5 minutes mins

**Cook Time:** 5 minutes mins

**Resting Time:** 30 minutes mins

**Total Time:** 40 minutes mins

**Servings:** 8 crepes

#### **Ingredients**

- ½ cup milk
- 1 tbsp melted butter
- 1 egg
- 1 - 2 tbsp maple syrup
- ½ cup all-purpose flour
- ½ cup spinach, packed (about 1 handful)

#### **Instructions**

- Blend all of the ingredients together until smooth. Refrigerate the batter for at least 30 minutes. If you don't have time, you can use the batter right away, but refrigerating crepe batter for some time is what helps the crepes obtain a better texture.
- Melt some butter on a pan on medium heat and use a brush to spread it on the pan. Pour a small amount of crepe batter into the pan and quickly tilt and rotate the pan to spread the batter evenly. I used an 8-inch pan and spread about ¼ cup of batter. You can also use a crepe maker to make the process a little easier.
- Cook the crepes until the edges start to slightly brown and lift up away from the pan. Flip over and cook for about 30 seconds on the other side. Stack the crepes on top of each other so that they do not dry out as you make the rest.
- Fill the crepes with your favorite fillings, fold them over, and serve!

#### **Notes**

- It's ok if your first crepe doesn't come out well! This happens often as you get the hang of the pan, tilt and heat. Once you get the hang of it, the next few will come out well and you'll be a pro! You can also use a crepe maker to make the process a little easier.
  - Once the top of the crepe starts to look dry and the edges start to lift up away from the pan, it is time to flip over the crepe.
  - If you are using savory fillings, omit the maple syrup and replace it with ¼ teaspoon of salt.
  - If you prefer to make a classic crepe, just omit the spinach and follow the steps as directed.
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♥ Strive to Thrive - Fitness Challenge memories ♥



*Enjoy your weekend!*

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