

High Five Friday



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

We hope everyone is soaking up the dog days of summer and making the most of the longer days while they're here! It was great to see so many faces at the Great Campus BBQ on Wednesday.

A big **thank you** to everyone who joined our recent Downes Bowl hike. The trail was reported as not overly challenging, but it still provided a great workout and an opportunity to enjoy the outdoors together. A highlight of the hike was spotting a barred owl, making the experience even more memorable.

Looking ahead to September, we'll be launching our **Fall Movement Challenge**, sharing featured events and workshops, aligned with the month's focus on **Work-Life Balance**. As we transition into a new season and a new semester, finding time for movement and personal well-being is more important than ever. We hope you'll join us in making balance a priority.

Don't forget to mark your calendars for our next group hike on **September 24**. Details below.

We will continue to distribute the High-Five Newsletter on a bi-weekly basis and, as always, welcome your suggestions, ideas, and contributions. We'd love to hear from you!

Until then, enjoy the remaining days of summer and take advantage of the sunshine and longer evenings while they last.

Updates and Happenings:

[Strive to Thrive | Fall Overview](#)

[August Group Hike | Recap](#)

[September's Group Hike](#)

[Recipe | Fresh Fraser Valley Corn Salad Recipe](#)

Fall Overview

Thank you for being part of the UFV Employee Health & Well-being community! Through your participation, you're helping create a healthier, more connected workplace while supporting your own well-being. This Fall, we're encouraging everyone to embrace three simple but powerful principles:

Be Inclusive

- Create welcoming and accessible opportunities that support diverse needs, interests, and abilities.

Small Changes Matter

- Simple, consistent actions can lead to meaningful improvements in well-being.

Lead From Within

- Every employee can make a positive impact by modelling healthy habits and encouraging others.



Membership Highlights

- Fitness & Wellness Challenges that encourage healthy habits and friendly connection
- Opportunities to connect, lead, and champion wellness initiatives
- **UFV Recreation** benefits:
 - Workout, play court sports and join fitness classes on the Abbotsford campus
 - Strive to Thrive members may **claim \$25.00 annually** toward a **UFV Recreation Memberships**
 - Access the **MoVement Studio** on the Chilliwack campus - stay tuned for more information

Hear From Our Members

Our members consistently tell us that the program helps them feel more connected, supported, and engaged in their health and well-being journey. Share the impact and encourage fellow employees to join the community!

"The wellness challenges motivate me to move more throughout the day and helped me build healthier habits."

"I look forward to the newsletter. The wellness tips, recipes, and event information are always helpful and relevant."

"Having access to recreation opportunities on campus has made it easier to prioritize my well-being during the work week."

What's Ahead

What Moves You? Fall Movement Challenge

- Track your movement throughout the month, stay active, and earn chances to win prizes.

Monthly Events & Activities

- Open to all employees, with a focus on promoting physical, mental, and social well-being through education, connection, and healthy habits.

Featured Workshops & Resources

- Watch for upcoming sessions covering stress management, mindfulness, nutrition, and overall well-being.

TOGETHER, WE'RE BUILDING A HEALTHIER, MORE
RESILIENT, AND THRIVING UFV COMMUNITY.

August Group Hike | Recap

Downes Bowl Hike - Clearbrook Park



September | Group Hike - Join us!

Fellow Strive members Jason and Preet are championing September's hike

Date: Thur. Sept. 24, 2026 | **Time:** 5:00 PM

Hike: Lower and Upper Ambidextrous Trail, Abbotsford

Location: End of Harvest Dr. | [Google map](#)

Trail Details:

- **Distance:** 4 km
- **Difficulty:** Moderate
- **Duration:** Approximately 1–1.5 hours



Similar location and terrain to the July's hike. Ensure you have supported footwear and ready to ascend and descend hills.

SIGN UP HERE! or send an email to health.disability.wellness@ufv.ca

Weekly Recipe

Fresh Fraser Valley Corn Salad

Fresh corn salad using famous local corn from roadside stands across the Fraser Valley.

Location	Town	Open Days
<u>Sparkes Corn Barn</u>	Chilliwack	Daily
<u>Wisbey Veggies</u>	Abbotsford	Daily
<u>Emma's Acres</u>	Mission	Mon–Fri



Prep time: 15 mins

Serves: 4 to 6

Ingredients

Salad

- 4 to 5 cobs of fresh local corn (shucked and blanched in boiling water)
- 1 cup cherry tomatoes (halved)
- 1/12 cup diced cucumber or bell pepper
- 1/4 cup red onion or shallot (finely diced)
- 1/4 cup fresh basil or mint (chopped)
- 1/2 cup feta cheese (crumbled)

Dressing

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar or fresh lemon juice
- Salt and black pepper to taste

Directions

1. Cut the corn: Stand the cooled corn cobs upright in a large bowl. Slice the kernels off the cob using a sharp knife.
2. Mix vegetables: Add the cherry tomatoes, cucumber, red onion, and fresh herbs to the corn.
3. Dress the salad: Whisk the olive oil, vinegar, salt, and pepper together. Pour it over the mixture and toss well.
4. Add cheese: Gently fold in the crumbled feta cheese.
5. Rest and serve: Let the salad sit for 10 minutes so the flavors blend before serving.

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! -
