

High Five Friday



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

We hope everyone had a wonderful summer and is settling into the new semester. Welcome back!

As campus activity picks up, remember to make time for your well-being. Consider a walking meeting or a lunch time drop-in sport session or group fitness class with [UFV Campus Rec.](#)

[UFV Cascades](#) soccer season is in full swing, come out and support both the Women and Men's team playing at home this weekend.

The week of September 21 to 25 is packed with opportunities to connect and recharge, including the [On-Campus Recreation Opportunities](#) workshop, [Health & Safety Week](#) and UFV's Fall [GoByBike Week](#) activities. Don't forget to join us for our next group hike on September 24th.

And get ready. The **Fall Movement Challenge** launches October 1! Open to all fitness levels, this challenge encourages simple, everyday movement while providing opportunities to stay motivated, build healthy habits, and win prizes.

As always, we welcome your ideas, suggestions, and contributions for future High-Five newsletters. Wishing you a healthy, balanced, and successful start to the fall season!

Updates and Happenings :

Strive to Thrive |
Membership
Highlights

September's Group
Hike

Upcoming events

Fall Movement
Challenge | Coming
Oct 1!

Recipe | Sheet Pan
Power Bowls

Strive 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

The new & improved green space is looking great!

Have you had your lunch out in the new green space yet?

Maybe move a meeting outside?



Have you checked out the new equipment in the Fitness Centre yet?

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

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

Upcoming well-being events (Sept 11-25)

A snapshot of upcoming health and wellbeing events from across UFV

Date	Activity	Notes
Sep 11 & 12	Cascades W&M Soccer Home Opener weekend	Get your green on and go cheer on the teams!
Sept 14-18	UFV Campus Rec Free Week	Perfect opportunity to try before you buy a membership!
Sept 18 & 19	Cascades W&M Soccer	Get your green on again and go cheer on the teams!
Sept 21-25	Occupational Safety & Health Week	Check out UFV EHS & JOHSC members tabling events
Sept 21	Bike to Banter - part of GoByBike week	Register HERE!
Sept 22	On-Campus Recreation Opportunities workshop	Session #1 in the HR Learning Series
Sept 22	Active Transportation Hub Grand Opening	Drop in event to check out the new space
Sept 23	UFV Campus Rec Spin Class	Make sure to pre-register!
Sept 24	Strive Group Hike	Sign up here!

Fall Movement Challenge

Coming Soon: Move Your Way Fall Movement Challenge

This fall, join fellow Strive to Thrive members in a simple and inclusive movement challenge designed to support your well-being. Whether you enjoy walking, stretching, gardening, fitness classes, active commuting, or movement breaks throughout your day, every movement day counts.

Track your progress, build healthy habits, and earn prize entries along the way.

The challenge runs from October 1 to November 30, with opportunities to win monthly and grand prizes.

Move your way. Make small changes. Thrive together. More information to come!

Weekly Recipe

Sheet Pan Power Bowls

A delicious combination of chicken and colorful vegetables roasted beautifully and flavorfully on sheet pans for a week's worth of mix-and-match meals. Read the [full recipe here](#).

Prep time: 20 mins **Cook Time:** 30 mins **Serves:** 5 Bowls



Ingredients

- 2 pounds boneless skinless chicken breast or thighs
- 3 cloves garlic chopped or minced
- 1 small bunch kale
- 1 medium sweet potato
- 1 pint sweet baby tomatoes
- 1 carrot
- olive oil
- juice of half lemon
- sea salt to taste
- black pepper to taste
- 1 teaspoon cinnamon
- crushed red pepper / curry powder to taste

Directions

1. Preheat oven to 375 degrees. Cut chicken into two-inch pieces. Drizzle with olive oil and lemon juice then season with garlic, curry powder, sea salt, and black pepper. Set aside.
2. Peel sweet potato and cut into one-inch cubes. Drizzle with olive oil and season with cinnamon and sea salt. Set aside.
3. Slice carrots into about half-inch pieces. Drizzle with olive oil and season with sea salt and black pepper. Set aside.
4. Remove kale stems and cut or tear leaves into one to two-inch pieces. Drizzle generously with olive oil and season with sea salt and crushed red pepper.
5. Drizzle tomatoes with olive oil and season with black pepper.
6. Spread chicken pieces out on a small non-stick sheet pan. Spread vegetables out on a larger non-stick sheet pan, careful not to crowd the kale especially (this will prevent it from getting crisp).
7. Place both pans into oven and roast for 30 minutes or until kale is crisp, other veggies are tender, and chicken is cooked through.

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 -
