

High Five Friday



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

Welcome to our new members and thank you to everyone who participated in recent wellness activities. We hope you had a chance to explore the workshop offerings, check out both Health & Safety Week and GoByBike Week, attend the group hike or catch a UFV soccer game. These events offered great opportunities to learn about campus resources and ways to stay safe and well at UFV.

With **Nutrition Awareness Month** just around the corner, now is a great time to focus on healthy eating habits. We hope the meal prep recipes shared inspired you to try something new. If you're on the Abbotsford campus, be sure to check out the newly renovated cafeteria and explore some of its healthy menu options.

The biggest wellness news this fall is the **Fall Movement Challenge**, launching October 5 and running through November 30. Open to all fitness levels, the challenge is a fun way to stay active, build healthy habits, connect with colleagues, and earn prizes along the way. More information below!

As always, we welcome your ideas and contributions for future High-Five newsletters. Wishing everyone a healthy and active fall season!

Updates and Happenings :

Fall Movement Challenge

September Hike pictures

Strive Member Spotlight

Upcoming events

Recipe | Sweet Potato Cranberry muffins

Fall Movement Challenge



The Goal: Just 15 Minutes a Day

The rule is simple: **Log 1 point for any day you complete 15 minutes of intentional movement.**

How you move is entirely up to you! Some ideas:

- Take a quick 15-minute walk around the campus at lunch.
- Do quick stretch and standing during meeting online meeting.
- Park a little further away or use a walking meeting to get your minutes in.

Simple Milestones & Exciting Prizes

- Check off your boxes Monday through Friday to earn up to 5 points a week (additional 2 bonus entries are available). As your points add up over the next two months, you will automatically unlock raffle entries for great prizes:
 - Bronze Level (15+ Points): Entered to win Cascade Cash and Strive to Thrive swag.
 - Silver Level (25+ Points): Entered to win \$25 campus bookstore gift cards.
 - Gold Level (350+ Points): Entered to win the Grand Prize, including an annual campus Rec Center membership!

How to Participate

- Open the attached simple tracking sheet (or print it out for your desk).
- Check a box each day you get your 15 minutes of movement in.
- The challenge kicks off October 5 and runs until November 27!

How to win!

Submit your tracking sheet by December 4 to health.disability.wellness@ufv.ca

Let's focus on small, sustainable habits that keep us feeling good.

Instructions: Enter '1' for each day you complete 15+ minutes of intentional movement. Max 5 points per week. (Except BONUSES)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Week 1 (Oct 5-9)						
Week 2 (Oct 12-16)						
Week 3 (Oct 19-23)						
Attended the Lunch & Move workshop (Oct 20)						BONUS
Week 4 (Oct 26-30)						
Week 5 (Nov 2-6)						
Week 6 (Nov 9-13)						
Week 7 (Nov 16-20)						
Attended Employee Night at the UFV Cascades Volleyball game (Nov 19)						BONUS
Week 8 (Nov 23-27)						
Grand Total Points						

Milestone Tiers: 15+ Pts = Bronze | 25+ Pts = Silver | 35+ Pts = Gold

September Hike

Strive memberships checked out Lower and Upper Ambidextrous Trail on Sumas Mt. Thanks to those who came out!

Let us know if you are interested in another hike for October!



Strive Member Spotlight

Learn a little about what our members are to



Marlene Affleck has been a Strive member since 2020. She shared this story below:

"This summer I have been involved with a fundraising effort called "Joy in Motion". Our small group's goal was to raise \$10,000 and ride/bike/walk 10,000 kms from July 1-September 30. We chose two charities: <https://cycle5tosurvive.com/> and <https://ally.org/>

As September comes to a close we have raised over \$15,500 and moved over 15,000 km."

Congratulations on this great accomplishment!

Inspired by Marlene's biking? Check out the [Active Transportation Hub](#). Photo from it's Grand Opening on Tuesday, Sept 22 below.



Upcoming well-being events (Sept 25–October 9)

A snapshot of upcoming health and wellbeing events from across UFV

Date	Activity	Notes
Sept 25	Cascades Men's Soccer	Get your green on again and go cheer on the teams!
Sept 29	Social Connection, Technology and Hybrid Work - Workshop	Register HERE!
Sept 29	Stó:lō totí:lt (Stó:lō learning principles) and Reconciliation Lunch	Read more
October	Nutrition Awareness Month!	
Oct 5	FALL MOVEMENT CHALLENGE STARTS	Runs from Oct 5–Nov 27th!
Oct 2 & 4	Cascades W&M Soccer	Get your green on again and go cheer on the teams!
Oct 8	APEX Strength & Movement Foundations	Campus Rec program

Local event to check out!

[Dahlia Flower Festival](#) - Mission - On until October 5th, Shangrila Farms offers a 10-acre garden of wonderful mountainous views, surrounded by 200 varieties of dahlia flowers, and 6 different show gardens, plus their grapevine trail, forest trails, ponds, bridges, and mountains.



Weekly Recipe

Sweet potato cranberry muffins

From the [Teledoc Medical Experts Newsletter](#) this month, try these muffins, combining the beloved flavours of the Thanksgiving holiday in one treat.

Prep time: 10 mins **Cook Time:** 25 mins **Yield:** 12



Ingredients

- 1 ½ cups whole-wheat pastry flour
- ½ cup brown sugar
- ¼ cup finely ground flax seed
- 1 Tbsp pumpkin pie spice
- ½ tsp salt
- ½ tsp baking soda
- 1 cup sweet potato puree (fresh or canned)
- 2 eggs
- ¼ cup plain low-fat Greek yogurt
- ¼ cup unsweetened almond milk (or low-fat milk of your choice)
- ¼ cup unsweetened applesauce
- ¼ cup unsweetened shredded coconut
- ½ cup dried cranberries

Directions

1. Preheat oven to 350°F.
2. In a large bowl, mix the dry ingredients (flour, brown sugar, flax, pumpkin pie spice, salt and baking soda).
3. In a separate bowl, combine the wet ingredients (pureed sweet potato, eggs, almond milk, Greek yogurt and applesauce).
4. Add the wet mixture into the dry mixture, stirring gently until mostly incorporated.
5. Fold in dried cranberries and shredded coconut.
6. Spoon or scoop equal amounts of mixture into a cooking-oil-sprayed or nonstick muffin tin.
7. Sprinkle some extra unsweetened coconut on top of the muffins, if desired.
8. Bake for 25 minutes (until a toothpick inserted in the center comes out mostly clean).

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 -
