

President's Message – May 2012

With the winter semester now at an end, it is great to see so many people outside on our campus enjoying the spring weather. Maintaining a healthy mind and body is of utmost importance – and staying active is part of that equation. I'm not always as successful as I would like to be at staying active, but I try whenever possible to take time to get outside, go for a run, and relax.

Like me, all of you have busy schedules that can sometimes get in the way of physical activity, but I encourage everyone – faculty, staff and students – to take time for yourselves when you can. The University of Regina is dedicated to providing a safe and healthy learning and work environment, and there are many initiatives in place to support this commitment. For example, as many of you will be aware, the President's Office and UR Wellness have launched "60 Days of Wellness," a special initiative to encourage physical activity and healthy living. Since mid-March, University of Regina faculty and staff have been meeting at noon in the Administration-Humanities Building pit area for daily walks through Wascana Park or around campus. The walks, which lead up to the Royal Road Race fundraiser for scholarships at the University, will continue until May 11. I encourage everyone to join in.

The "60 Days of Wellness" initiative is just one of the ways to promote a healthy, active campus. Daily activities such as riding your bike or walking to work have great long-term benefits. Not only are these healthy choices, they also contribute to a more sustainable and environmentally friendly campus environment. Participating in UR Fit Classes or taking the stairs daily are other ways to help stay healthy.

As well, our Human Resources Department offers services to help ensure a healthy work environment. Information about the employee and family assistance program, health and fitness assessments, smoking cessation, the ergonomics program and other wellness resources is available on the Human Resources website at <http://www.uregina.ca/hr/employees/wellness.html>.

Physical wellness is only one part of being a well-rounded, healthy individual. We should also focus on emotional, spiritual, social, intellectual, financial, and environmental wellness. We can all take small steps to achieving wellness in a holistic way. Take a class, join a social club or engage in a new hobby, enjoy a theatre production or sporting event, or spend time with friends and loved ones. On their website at <http://www.uregina.ca/recservices/wellness/index.html>, UR Wellness identifies a variety of other ways to get involved in wellness website. It all starts with a list of "10 Things Needed for an Overall Healthy Lifestyle:"

- Healthy food choices
- Fitness and physical activity
- Rest
- Self-awareness/acceptance
- Elimination of alcohol or tobacco substances
- Social activity
- Healthy relationships
- A proactive approach to health
- Balance and stress reduction
- Positive attitude/fun

Thank you for everything you have done for our University over the past semester, and I hope the spring season is enjoyable for you and a time of personal renewal. Stay active, be healthy and have fun!