

# Human Resources & the Northern Sports Center Drop in Wellbeing Lecture Series

Wednesdays | 12:05-12:55 | Room 6-306, Conference Centre

## Active Living with Arthritis

Wednesday May 4 | 12:05 – 12:55pm

Tracie Albisser, Msc., Kinesiologist and Exercise Physiologist

Exercise is an essential tool for managing the symptoms and slowing the progress of arthritis. In a nutshell it makes you feel better!

Unfortunately for many of us exercise is a very difficult habit to maintain. During this session we will review the best kind of exercises to decrease pain and improve strength. We will also explore easy tips and strategies you can use to make exercise a regular habit.

## Active Living and Mental Health

Wednesday May 11 | 12:05 – 12:55pm

Tracie Albisser, Msc., Kinesiologist and Exercise Physiologist

Exercise is a KEY to happiness. Research shows that people who exercise are healthier, more energetic, think more clearly, sleep better, and have delayed onset of dementia. They get relief from anxiety and mild depression. But even when you admit that you'd feel better if you exercised, it can be very hard to adopt the habit.

Join this discussion of what happens to our brain during exercise, ways to maximize happiness from exercise, and strategies to stick with your exercise goals.

## Stop the Cycle and Start Healthy Habits

Wednesday May 18 | 12:05 – 12:55pm  
Room 5-122

Ann Holmes MHK, Ed.D (Cand.)

Are you stuck in the start-stop cycle of exercise and diet? Let's reframe the issues, the barriers, and the habits that contribute to this maddening cycle and figure out some strategies to help you move more and eat better. You should walk away with some concrete ideas to help improve your habits and increase your motivation. Everyone is welcome!

## Active Living and Heart Health

Wednesday May 25 | 12:05 – 12:55pm

Tracie Albisser, Msc., Kinesiologist and Exercise Physiologist

More than 1.4 million Canadians have heart disease. It is also one of the leading causes of death in Canada. Exercise plays a critical role in the prevention and management of cardiovascular disease. In fact regular physical activity can reduce the risk of heart disease by as much as one half!

Many people struggle with where to start and what activities are best to improve heart health. In this session we will answer these questions and explore ideas to maintain an active vibrant lifestyle.

## Taking Control of your Health – Sitting is the New Smoking

Wednesday June 1 | 12:05 – 12:55pm

Tracie Albisser, Msc., Kinesiologist and Exercise Physiologist

Sitting can wreak havoc on your health. Recent studies show that too much sitting contributes to a host of diseases—from obesity and diabetes to cancer and depression. The facts are in: sitting literally shortens your life.

Come and talk about the risks of a sedentary life and explore solutions increase energy, increase your metabolism and get moving!

### Ann Holmes, MHK, Ed.D (Cand.)

Ann has been teaching in the Kinesiology Diploma program at the College of New Caledonia for the last 15 years. She is also a golf professional, a coach educator, a mental performance consultant for athletes, and health coach. Ann is currently researching issues and habits in holistic health and wellness for her doctorate.

### Tracie Albisser, MSc., Exercise Physiologist, and Kinesiologist.

Tracie brings 20 years of training experience with a full spectrum of clientele including high level athletes, injured/disabled, and those with chronic conditions such as cardiovascular disease, diabetes, arthritis, and osteoporosis.

She has instructed in the College of New Caledonia Kinesiology program for the last 7 years and has presented in a variety of fitness, academic, and corporate setting. Tracie brings her passion for teaching and healthy lifestyles to every presentation.