

# ACTIVITIES REQUIRING PRIOR REGISTRATION

More information and registration: [umu.se/idrottshogskolan/halsa-pa-campus](https://umu.se/idrottshogskolan/halsa-pa-campus)



## UNIVERSITY GOLF CHAMPIONSHIP

8:30–15:00  
Norrmjöle Golfklubb  
Note: Unlike all other activities, a green fee of SEK 350 must be paid for each participant.

## SPRING SPEED

10:00–11:00  
Campus arena

## DARE TO GO VEGETARIAN – COOKING WORKSHOP

10:00–12:00  
Teacher Education Building

## BADMINTON WITH IFK UMEÅ

10:00–11:00, 13:00–14:00 & 14:00–15:00  
Badmintonstadion, Ersboda.

## DOUBLE KAYAKING WITH TTGU

11:00–12:30  
Lake Nydalasjön

## HIKING IN TAVELSJÖ WITH IKSU FRILUFTS

11:00–17:00  
Transport by minibus from Universum

## LIFTING AND RUNNING WITH IKSU

11:00–12:00  
IKSU Sport

## BOULES WITH NORDBOULEN

12:00–13:00  
13:00–14:00  
At the beach volleyball court, below IKSU Sport

## MOUNTAIN BIKING WITH OBBOLA OUTDOOR

12:00–14:00, Beginners  
15:00–17:00, More advanced  
SCA arena in Obbola, bicycles available for borrowing on site.

## DISC GOLF

13:00–16:00  
Disc golf course, Mariehemsängarna

## GREEN WOODCRAFT

13:15–16:15  
Start from the fountain, Universitetstorget.

## DANCE FOR HEALTH!

14:00–15:00  
Social Sciences Building This activity is organised by Student Health Service and is open to students only.

## ART EXPERIENCE AT BILDMUSEET

14:00–15:00  
Bildmuseet, Umeå Arts Campus. See also drop-in yoga.

## STAR QIGONG

14:00–15:10, Swedish  
15:30–16:40, English  
Faculty office of the Umeå School of Sports Science

## PARKOUR FOR ALL

14:00–15:30  
On campus, start from the fountain, Universitetstorget.

## BREASTSTROKE WITH IKSU

14:00–15:00  
IKSU Sport

## RUNNING TRAINING WITH IKSU

14:00–15:00  
Start from IKSU Sport.

## AQUABASE HIIT – EXERCISE ON FLOATING

EXERCISE MATS  
14:00–15:00  
Navet, Umeå town centre

## TOUCH RUGBY WITH IKSU RUGBY

15:00–16:00  
Campus fields below SLU

## LIFESAVING WORKSHOP

15:15–16:15  
IKSU Sport

## DRYLAND CROSS-COUNTRY SKIING TRAINING WITH IKSU LÅNGDSKIDOR

15:30–16:30  
Bräntberget

## SQUASH WITH IKSU SQUASH

16:30–17:30  
IKSU Sport

For more information on all activities, see the Health on Campus website. The School of Sport Sciences reserves the right to make changes to the programme.

## JACOB GUDIOL

### TRAINING WORKSHOP 13:45–14:45, IKSU Sport

In addition to his lecture in Aula Nordica, Jacob will also give a training workshop. Join us for an introduction to strength training techniques and how to perform more explosive training in practice. Jacob mixes theory and practice in a way that allows anyone to take part. Each participant takes part based on their own abilities.

Jacob Gudiol is a physiotherapist, blogger, podcaster and debater who has been named "Adult Educator of the Year" (Arets folkbildare). He has become known for his ability to challenge unscientific nonsense with facts.



# Health on Campus

18 September 2024



Free health and wellness care for students and staff of Umeå University

Photo: Alicia Sjöström



UMEÅ SCHOOL OF SPORT SCIENCES  
UMEÅ UNIVERSITY



# LIVE IN AULA NORDICA

## WHY PHYSICAL ACTIVITY?

**JACOB GUDIOL**  
11:30–12:15

The most popular speaker in the seven-year history of Health on Campus is finally here! Through Jacob's lecture, you will learn how research has determined what plays the biggest role in health. The lecture also explains why Jacob usually distinguishes between training and exercise, while providing additional knowledge about strength training, or muscle-strengthening activities as it is often referred to as in recommendations for physical activities. Jacob Gudiol is a physiotherapist with a Master's degree in Sports Science with a specialisation in sports medicine from Lund University.

## MOTIVATION, INSPIRATION AND COURAGE!

**ANJA PÄRSON**  
12:20–13:00

Anja's lecture is based on her elite sport career and deals with how to get the mental strength needed to dare to go right when everyone else goes left and to find something positive when adversity is at its greatest. Anja explains how she used visualisation and mental power to not only reach the world alpine elite, but also stay at the top for 14 years and then create a rich life, with love, children and cool challenges, such as being an adventurer and TV presenter. Anja highlights the importance of believing in yourself and having the confidence to say "I am the best", and talks about how we can trick ourselves into success.



# AVAILABLE ONLINE

Pre-recorded lectures are available 18–20 September on the Health on Campus website. Anders Rosengren's lecture will be broadcast live.

## TIPS AND TRICKS – FOOD FOR HEALTH AND EXERCISE

**EWACARIN SEHLSTEDT**

Based on the latest Nordic Nutrition Recommendations, this lecture focuses on food, health and the environment, and the differences between athletes and non-athletes. It also provides tips and tricks to help us all incorporate better eating habits in our day-to-day lives. EwaCarin Sehlstedt is a licensed dietician at Department of Food, Nutrition and Culinary Science.



## STRESS, DISRUPTED SLEEP AND RECOVERY

**PER HÖGLUND**  
This lecture explores how you can get in touch with more recovery behaviours to manage stress, improve the quality of your sleep and promote sustainable recovery in your everyday life.

The lecture is for anyone who wants to understand more about the connection between stress, sleep and recovery, and how you can restore balance in your life. Per Höglund is a licensed psychologist, psychotherapist and researcher at the Department of Psychology.



## OUTDOOR RECREATION IN SWEDEN

**FRILUFTSFRÄMJANDET**  
How can we access and how can we enjoy Swedish nature? Over three days, you can watch short information videos about the fantastic Swedish right of public access, ice safety, advice on buying second-hand equipment, how to dress and tips on skiing in the Umeå area.



## ERGONOMICS FOR WORKING AT HOME

**FALCK OCCUPATIONAL HEALTH SERVICE**  
As more and more people are working from home, the demands on the physical workspace are changing. This web lecture in ergonomics addresses how to prevent strain-related ailments and how to combat injuries and pain in muscles and joints. You will gain knowledge on how to optimise your home office to keep you fit for work. The lecture will be given by FALCK Occupational Health Service.



## THE LIFESTYLE TOOL

**ANDERS ROSENGREN**  
**LIVE ONLINE 10:00–11:00**  
The Lifestyle Tool aims to get people to reflect on their health and make positive and sustainable changes. The tool provides access to a wealth of tips and scientific facts to achieve even healthier habits in small steps. Among other insights, Anders explains how circadian rhythms and sleep affect ageing and how exercise and stress are linked. Anders Rosengren is a physician and professor of molecular medicine at the University of Gothenburg. His research ranges from detailed basic research to lifestyle and health behaviours.



**FOR EVERYONE ON CAMPUS UMEÅ:**  
**PLEASE JOIN US IN THE GALAXEN ROOM IN UNIVERSUM (INFOCENTER) SO WE CAN LISTEN TO ANDERS TOGETHER!**

# DROP-IN ACTIVITIES

More information: [umu.se/idrottshogskolan/halsa-pa-campus](https://umu.se/idrottshogskolan/halsa-pa-campus)



## FREE TRAINING AT IKSU

Weeks 36 & 37 + 18 September  
For more info, see the QR code below.

## CYCLING

06:30–7:20  
IKSU Sport, Madrid room. Register at the reception desk.

## SWIMMING & SPA AT NAVET

08:00–19:00, Exercise swimming  
13:00–19:00, Discovery pool, relaxation area, and spa  
Free upon presentation of staff or student card.

## EASY ZUMBA

10:05–10:50  
IKSU Sport. Register at the reception desk.

## YOGA AT BILDMUSEET

11:00–12:00  
In the Elias Crespin meditative exhibition.

## BODY BALANCE

11:00–12:00  
IKSU Sport. Register at the reception desk.

## TASTER SESSION – GOSPEL FOR ALL!

11:00–12:00  
Atrium, Teacher Education Building.

## SING BARBERSHOP WITH SNOWFLAKE SINGERS

12:00–13:00  
Atrium, Teacher Education Building.

## MEET FALCK OCCUPATIONAL HEALTH SERVICE

11:30–15:00  
At the fountain, outside of Universum

## BILLIARDS WITH UMEÅ BILJARDKLUBB

12:00–18:00  
Ålidhems Centrum

## BOULDERING (CLIMBING)

13:00–16:00  
IKSU Sport; shoes and instructor available on site.

## DANCE THE LINDY HOP

13:00–14:00  
Atrium, Teacher Education Building.  
Instructors from Swingum.

## DANCE WEST COAST SWING

14:00–15:00  
Atrium, Teacher Education Building.  
Instructors from WCS Umeå.

## DANCE BUGG (SWING DANCE)

15:00–16:00  
Atrium, Teacher Education Building.  
Instructors from Umeå Dansimperium.

## PICKLEBALL

15:00–17:00  
Berlin, IKSU Sport. No instructor provided. Rackets and balls available to borrow at the reception desk.

## MINDFULNESS WORKSHOP

15:00–16:30  
Tranquillity room, Umeå University Library, 3rd floor

## TRAINING IN THE OUTDOOR GYM WITH INSTRUCTOR

15:30–17:00  
Outdoor gym at the Police Education Building.

## BODYPUMP

18:00–19:00  
IKSU Sport. Register at the reception desk.

## LES MILLS DANCE

19:10–19:55  
IKSU Sport. Register at the reception desk.

## CYCLING

19:15–19:55  
IKSU Sport. Register at the reception desk.

## MOVEMENT PATH ON CAMPUS

Available year-round.

## LUNCH TRAINING WITH IKSU

Norra Skenet sculpture, the Pond  
weeks 35, 36, 37, 38  
Wednesday, 12:00–12:45

## TRAIN FOR FREE AT IKSU FOR ONE WEEK

Free training at IKSU for all students and staff on 18 September. In addition, during weeks 36 and 37, you can activate a one-week trial period that lets you exercise at any of our four facilities.

Scan the QR code, download the app, and select "Provträning" (Trial period); available 2–15 September.

