

## DROP-IN ACTIVITIES

### OPEN TRAIL ON CAMPUS

Test classic cross-country skiing when the mood strikes you on the open trail in the campus fields, below SLU. Subject to weather conditions.



### ICE SKATING ON THE POND

There is free skating on the Campus Pond all day (subject to ice and weather conditions). Equipment is available to borrow from Fritidsbanken at the fountain.

### BORROW EQUIPMENT FROM FRITIDSBANKEN

10:00–14:00

You are welcome to borrow ice skates, cross-country skis, ski boots and poles free of charge at the fountain, Universum. On other days you can visit Fritidsbanken in Ålidhem Centrum.

### SWIMMING AT NAVET

8:00–19:00

The Navet swim centre, situated in the city centre, offers free entry for swimming upon presentation of a staff or student card. Exercise swimming 8:00–19:00; adventure and relaxation areas open 13:00–19:00.



### MEDITATION

11:30–12:00 INTRODUCTION

12:00–12:30 MEDITATION

Meditation is an exercise in mindful presence for those who seek a state of stillness and silence. No prior knowledge required. Anyone can take part. At the Kyrkan på Campus premises, Natural Sciences Building, 3rd floor.

### MEET IKSU IN THE LINDELL HALL

11:00–14:00

Are you curious about IKSU and what they have to offer? Come meet their staff at the Social Sciences Building. You can find their stand in Lindell Hall.

### ARM WRESTLING IN LINDELL HALL

12:00–14:00

Come and try arm wrestling with Viking Kraftsport! Whether you want to test your brute strength or are more interested in a technically demanding sport, arm wrestling is something for you. Stop by Lindell Hall and learn basic techniques so you can wrestle effectively yet safely. Everyone is welcome. No prior knowledge required.



### GOSPEL FOR ALL

13:00–14:00

Take the opportunity to exercise your lungs as you join others to form a spontaneous choir for just an hour. Please join us in the Ljusgården Atrium in the Teacher Education Building. Led by Gustaf Lundell and Emma Örnberg in partnership with Kyrkan på Campus.



### BOULDERING (CLIMBING)

13:00–16:00

Bouldering is the most popular form of climbing. No ropes, carabiners, rope brakes or strange wedges required. Shoes and instructor are available on site, IKSU Sport.

### DANCE THE LINDY HOP

14:00–15:00

Stop by the Ljusgården Atrium in the Teacher Education Building and try your hand at dancing the Lindy Hop together with the organisation Swingum. No prior knowledge required. Put on your dancing shoes and have some fun!

### SIMPLE YOGA FOR ALL IN BILDMUSEET

14:00–15:00

Come and try yoga together with the organisation Vän i Umeå. During the session, you can try simple yoga exercises. No prior knowledge required. The session will be adapted to the participants' language level. Knowledge of Swedish is not required. The activity will take place in Bildmuseet's large hall on the 3rd floor, where Loulou Cherinet/State Design is on display.

### PICKLEBALL

15:00–17:00

Come and try pickleball at IKSU Sport. No instructor provided. Rackets and balls available to borrow at the reception desk. In the Berlin room.

## OPEN HOUSE AT IKSU SPORT ALL WEEK

### IKSU SPORT

One of Europe's largest fitness facilities, with 22,000 m<sup>2</sup> of training space, is offering free training throughout the week (week 7) on presentation of a staff or student card. Group exercise also available, if space permits.



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

**Organisers and partners:** School of Sport Sciences, Reference Group for Health on Campus, IKSU, IKSU Kraftsport, IKSU Friluft, IKSU Långskidor, IKSU Squash, Student Services Office/Student Health Service, Property Management Office, Akademiska Hus, Department of Food, Nutrition and Culinary Science, Communications Office, Kyrkan på Campus, Bildmuseet, Hjälpföreningen, IFK Umeå Badminton, Tegs Padelcenter, Umeå Municipality, Swingum, Vän i Umeå, BS Nordboulou, Umeå Power, Viking Kraftsport.

# Health on Campus

13 February 2024

Photo: Meddi Kabrizadeh



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



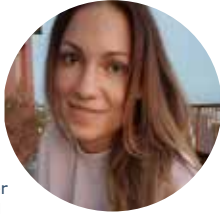
IDROTTSHÖGSKOLAN  
UMEÅ UNIVERSITET

# LECTURES LIVE IN AULA NORDICA

## SITTING DISEASE – EVERY STEP COUNTS

**AMANDA LAHTI**  
11:30-12:10

Amanda's lecture is about the effects of sedentary behaviour and how every step counts. You can do a lot for your health just by breaking up long periods of physical inactivity. Amanda Lahti is a resident physician in general medicine and a researcher at Lund University. She is a board member of Idrottsmedicin Sverige and team doctor for the Malmö FF men's team in the Swedish Allsvenskan football league. Amanda has a PhD in physical activity and has published the popular science book "Sittsjukan".



**12:10–12:20 A MOMENT TO STRETCH OUR LEGS WITH HJÄLTFÖRENINGEN**

## MENTAL STRENGTH – FROM THINKING TO DOING

**STIG WIKLUND**  
12:20-13:00

The power of thought is great. How we think affects our emotions and behaviour more than we realise. Through mental training, we can make lasting changes in life that affect how we feel, perform and function. Stig Wiklund is a social worker and one of Sweden's leading mental trainers/coaches. Over the years, he has worked with many successful individuals, both in and outside the world of sports. The elite athlete Stig has worked with have together won 285 Olympic, World Cup and Swedish Championship medals.



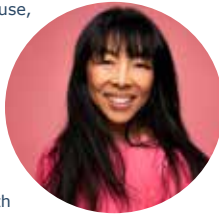
# PRE-RECORDED DIGITAL LECTURES

The lectures are available 13–15 February at [umu.se/idrottshogskolan/halsa-pa-campus](http://umu.se/idrottshogskolan/halsa-pa-campus)

## STRONG THROUGH MENOPAUSE

**MONIKA BJÖRN**

At the mention of the word menopause, most people tend to think of the negatives. But it doesn't have to be that way! Author and fitness expert Monika Björn presents a humorous yet serious look at how we can impact our own well-being. The lecture is aimed primarily at women, but is also suitable for everyone who works with women or lives with a woman on a daily basis. Monika is an author and has been working full-time with exercise, yoga and health for over 25 years. In recent years, Monika has profiled herself as one of Sweden's most renowned menopause activists and is a much sought-after lecturer on women's health issues.



## WHY IS IT SO DIFFICULT TO FOLLOW GOOD HEALTH RECOMMENDATIONS?

**STEVEN NORDIN**

Despite being told early in life that we should eat healthy, exercise, drink in moderation and avoid smoking, we find it difficult to practise what is preached. Steven Nordin, Professor of Psychology at Umeå University, will talk about the benefits of healthy habits, why it is so difficult to follow health recommendations and how to make it easier to make the necessary changes.



## GAIN A BETTER UNDERSTANDING OF MENTAL HEALTH

**JOAKIM BLOMQUIST**

This e-learning session explores how we function on the inside. Among other things, you will learn more about how our mental health works and what you can do to improve your ability to steer your life and how you feel in the direction you want. For over ten years, psychologist Joakim Blomqvist has been trying to bridge the gap between current research and individual understanding. His aim has been to simplify and improve opportunities for individuals to be better able to combat mental health issues. With his company Insightgap, he has won several innovation awards, including the national Skapa acceleration award.



## HJÄLTETRÄNING – PHYSICAL TRAINING FOR PEOPLE WITH DOWN SYNDROME

**CECILIA BRÖNEMYR, FRIDA MOLIN & JOHN GRÖNTVEDT**

When the group home Uttervägen decided to run the Toughest obstacle course competition for the first time, they needed a training programme and a PT. That was the start of it all. During this lecture, Cilla, Frida and John talk about how Hjälteträningen [Hero Training] came about and how it developed into what it is today. Listen and be inspired.



# ACTIVITIES REQUIRING PRIOR REGISTRATION

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

## PADEL

**10:00–16:00**

Try your hand at padel. Instructor and rackets available on site at Tegs Padelcenter. Different time slots. Booking by the hour.

## BADMINTON

**10:00–11:00/13:00–14:00/14:00–15:00**

Learn the basics or take your game to the next level. Rackets available to borrow. Badmintonstadion, Ersboda.

## CAVEMAN COOKING

**11:30–13:30**

Bring out your inner caveman and learn the "Caveman Cooking" technique, which involves cooking directly on the coals without a grill rack. The instructor is "Wild Chef" Erik Brännström. In the campus fields regardless of the weather. Vegetarian food.

## PIMPLE FISHING

**12:00–15:00**

Try your hand at ice fishing using a pimple jigging lure on Lake Nydalasjön. All equipment, including safety equipment, can be borrowed on site. The instructors are fishing consultants from Umeå Municipality.

## SKI TOURING

**12:30–17:00**

Join IKSU Friluftss and experience ski touring in Tavasten, Skeppsvik archipelago. Equipment rental, minibus transport and light refreshments are included.

## CROSS-COUNTRY SKATE SKIING

**13:00–14:00**

Instructors Elbert Karlsson and Joel Kärrman, together with national team coach Andreas Domeij, offer their best tips to help you take your skiing to the next level. For both beginners and experienced skiers. In the campus fields below SLU.

## DARE TO GO VEGETARIAN – WORKSHOP

**13:00–15:00**

The workshop includes hands-on cooking to inspire and motivate people to cook more vegetarian dishes. The workshop is led by Björn Norén and Albina Granberg from the Department of Food, Nutrition and Culinary Science.

## POWERLIFTING

**13:00–14:30 Beginner / 14:40–16:30 Advanced**

Workshop in squat, bench press and deadlift – theory and practice. The activity will be held in Odessa, ISKU Sport, under the guidance of IKSU Kraftsport and Umeå Power.

## CULTURAL EXPERIENCE AT BILDMUSEET

**13:00–14:00 Group 1**

**13:00–14:00 Group 2, in English**

Take a walk to Bildmuseet for a tour of the exhibitions Loulou Cherinet/State Design and Mandana Moghaddam/Woman Life Freedom. The activity closes with a short tour of Umeå Arts Campus. Please be aware that there will also be a yoga session in the exhibition hall at 14:30; see the other side of this programme.

## BOULES

**13:30–15:30**

You will learn the technical and tactical basics of the game and get a chance to play a game or two. Boulehallen, Regelementet. Transport from Universum and back is available.

## DANCE FOR HEALTH

**13:30–14:45**

Student Health Service has organised a dance session for students to promote mental health. Join in to the best of your ability – no demands or expectations. Instructor Sofia Johansson, in the Social Sciences Building. The activity is held in Swedish/English.

## AQUA

**14:00–14:45**

Aqua is a gentle and effective form of exercise in water that works your whole body and helps put you in a good mood. We invite you to "get your feet wet" with us at IKSU Sport, small pool.

## TRY NORTHERN STAR QIGONG

**14:00–15:10 / 15:30–16:40 in English**

Enter the path of health & harmony by learning an ancient Qigong method inspired by the philosophy of Buddha and Dao. This cultivation method has given people around the world better health and inner harmony. The sessions are led by Mai Svensson, and are held in the faculty office of the Umeå School of Sports Science.

## CLASSIC STYLE CROSS-COUNTRY SKIING

**14:00–15:00**

Come and develop your classic skiing technique. We will go through the different techniques and give tips on important things to keep in mind. The instructors are Elbert Karlsson and Joel Kärrman, together with national team coach Andreas Domeij. In the campus fields below SLU.

## FRONT CRAWL WORKSHOP

**15:00–15:45 / 16:00–16:45**

Learn to swim the front crawl or take your swimming to the next level with instructor Per Gedda at Navet in the centre of Umeå. Basic swimming skills required.

## RUNNING TRAINING WITH IKSU

**15:00–16:00**

Running training involves various technical exercises aimed at making running more gentle, effective and fun. The meet-up point is IKSU Sport. The instructor is Lars Bergström.

## BREASTSTROKE WITH IKSU

**15:00–16:30**

Breaststroke may be the swimming style that you learn first, but it is difficult to master. Spend time refining your technique with IKSU's Helena Näs. Basic swimming skills required.

## CROSS-COUNTRY SKIING – INTERVAL SESSION

**15:30–16:45**

Interval session at Gammlia together with IKSU Längdskidor. Suitable for both beginners and experienced skiers. The meet-up point is the watermill. A very limited amount of equipment is available to borrow upon request.

## SQUASH

**16:30–17:30**

Try your hand at squash, one of the most fun racket sports in the world! IKSU Squash will teach you the basics of the sport and help you develop your technical and tactical skills. No prior knowledge is required. We will provide the rackets.