

LIVE ACTIVITIES

More information and links at umu.se/idrottshogskolan/halsa-pa-campus. Register to halsapacampus@umu.se. Certain activities have limited places.

HANDLE STRESS WITH THE LIFE COMPASS 10.00 – 11.30

A workshop with the Student Health Service about finding a balance between studies, free time, health and relationships.

PEACE AND QUIET (In English) 10.00 – 11.00

Welcome to a workshop in quiet meditation with the University Chaplaincy. We talk about and practice how to sit still. A meditation pillow and mat are provided.

DIGITAL LECTURE ABOUT PERFORMANCE ANXIETY AND SELF-CRITICISM 12.00 – 13.00

A digital lecture about what self-criticism and performance anxiety are, how they can limit you in your daily life and how they can be handled. Malin Jonsson is a licenced psychologist at the Student Health Service.



CLASSIC CROSS-COUNTRY SKIING – TECHNICAL COURSE 12.00 – 13.00

Technical course in classic cross-country skiing with national team trainer Andreas Domeij and Umeå School of Sport Sciences fitness trainer Joel Sjölander. Take your chance to get advice on skiing or try for the first time. There is a ski track on campus, we will meet below SLU.

SKATE CROSS-COUNTRY SKIING – TECHNICAL COURSE 13.00 – 14.00

Learn to skate on cross-country skis and get tips and advice on your skiing from national team trainer Andreas Domeij and Umeå School of Sport Sciences fitness trainer Joel Sjölander. Take your chance to get advice on skiing or try for the first time. There is a ski track on campus, we will meet below SLU.



INTRODUCTION TO CONSCIOUS PRESENCE 13.00 – 14.30

A workshop on conscious presence for training and staying in the present, enhancing your ability to focus and reducing stress. Arranged by the Student Health Service.

EXISTENTIAL HEALTH 14.00 – 15.00

Welcome to a workshop where, with help from the calling cards "Open Cards", we investigate and train our existential health. Arranged by the University Chaplaincy.

ICE FISHING 12.00 – 15.00

You are very welcome to try out ice fishing at Nydala Lake. All equipment (including safety equipment for the ice) are provided. Two knowledgeable fishing consultants from Umeå Kommun will lead the activity. With a little luck, we may catch perch, pike and the introduced rainbow trout.



RUNNING TECHNIQUE WITH IKSU 12.30 – 13.15

Join us in an inspirational class in running training with IKSU. Running training is a collection of various technical exercises that aim to make running more comfortable, effective and fun. During the class you will also try different exercises that challenge your coordination, strength and elasticity. Takes place outdoors.

DIGITAL LECTURE ON MAINTAINING GOOD HEALTH DURING SEDENTARY WORK STINA NILSSON 13.00 – 13.45

Sedentary work is on the rise and only one third of the population meets the physical activity goal. But why is sedentary work a health danger and how can we decrease the health risks? Stina Nilsson is a physiotherapist and ergonomist at the company healthcare Feelgood.



ICE BATHING 14.00 – 15.00 or 15.00 – 16.00

You are very welcome to try out cold bathing or cold swimming, it's both healthy and strengthening for both body and soul! Experienced instructors are provided, as well as a warming sauna. Choose between two times when you register.

OUTDOOR GYM WITH INSTRUCTOR 15.00 – 16.00

Individual class in a group, with instructor Conny Tärnklev from the Police Education Unit. The class provides an introduction to the outdoor gym that is found on campus and suits everyone. The gym is found between the Police Education building and the north Behavioural Sciences building and is open 24 hours a day, every day, and is available for anyone.



Health on campus

1st March 2022



FOTO: SOTIE AHLBERG, BÄDLICKA JOHANNA WESTBERG

Free wellness for students and staff of Umeå University



IDROTTSHÖGSKOLAN
UMEÅ UNIVERSITET

DIGITAL LECTURES

The lectures are at umu.se/idrottshogskolan/halsa-pa-campus, available from 1st – 3rd March.

NO-NONSENSE WELLNESS MARIA AHLSEN

How often should you train? Are carbohydrates dangerous? Do you burn more fat by walking than by running? Maria Ahlsén, biochemist and PhD in physiology, dispels the health myths and lets the research speak for itself. She'll help you find your way in the training and diet jungle and let the light of science shine on a topic that affects us all and is often dominated by cynical nonsense, guesswork and alternative teachings. Maria Ahlsén has released several books and, together with Jessica Norrbom, runs the podcast Frisk utan Flum (No-Nonsense Wellness), for which they received the people's education prize, folkbildarpriset, in 2021.



YOGA BRAIN, SELF-COMPASSION AND SHADES OF HAPPINESS CHRISTINA ANDERSSON

The yoga brain is a mental state of psychological flexibility where there is space between thought and reaction. In this state, the capacity for happiness, thankfulness and respect for ourselves and others increases – in other words a helpful way to become the best version of ourselves. Christina Andersson is a licenced psychologist, writer and researcher at the Karolinska Institute and her lecture will help you to develop your yoga brain with a boost of self-compassion.



TRAINING DURING ILLNESS AND PAIN – PERHAPS THE MOST IMPORTANT? ULRIKA AASA

This lecture will present how movement affects our health. We will learn what happens in the body and brain when we are not physically active and how we can put this knowledge into practice. What should you do if you have an illness, a physical disability or pain, to reach the recommendations for physical activity? Ulrika Aasa is a lecturer at Umeå University and a training instructor for those who have difficulty to "train like everyone else". In this lecture she will also discuss a digital training service that offers individual-adapted training for health and rehabilitation.



ICE KNOW-HOW & LOVING LIFE SATISH STRÖMBERG

Satish is an experienced cross-country ice skater and instructor of, among other things, ice know-how and snowboarding. Satish defines cross-country ice skating tours as "transport between coffee breaks" and divides ice skaters into two groups: those who have plunged and those who are going to plunge. He adds though that with the right know-how and equipment, all situations can be handled safely. This lecture is about going cross-country ice skating, how to skate, what you should be mindful of and what you must have with you. Satish Strömberg is a lover of life and a digital teacher/language expert at Humlab, Umeå University. Check out Satish's e-learning education and English inspirational film at the Health on Campus homepage.



EMOTIONS AND PHYSICAL ACTIVITY (in English) PAUL DAVIS

We all know that physical activity is good for us, but yet we have a global crisis of inactivity and obesity. The relationship between emotions and physical activity is complicated and expressions such as "No Pain, No Gain" don't help matters. This lecture describes how our thoughts, emotions and physiology are connected to training behaviour and what role music, for example, can have for our training. Paul is a professor in sports psychology at Umeå University and gives his lectures in English. Here, the listeners can really recognize themselves, have a good laugh and maybe even shed some tears of joy.



WHEN MORE MOTIVATION IS NOT ENOUGH JOHAN ASPLUND

Have you ever gotten stuck on the sofa and missed a training session that you actually wanted to go to? Many know that they should train, many want to train, but sometimes it's tough and for some people it's actually impossible. What is it that's stopping us and how do we get past the obstacles that are holding us back? Johan Asplund is a licenced physiotherapist and adjunct teacher at the Unit of Sports Medicine, Umeå University. In Johan's lecture you will get concrete tips on how to act when your motivation runs low.



TRAINING LENGTHENS LIFE, OR DOES IT? MARCEL BALLIN

Headlines often tell us that physical activity is the best thing since sliced bread. In this lecture Marcel will present, based on his own and others' research, what we know about the effects of physical activity on health and life length. How does this connection actually differ from proven effects? What role does genetics play in physical activity and our health? Marcel Ballin is a PhD student at the Department of Community Medicine and Rehabilitation and is active in the research and innovation centre Livsmedicin (Medicine of Life).



OWN YOUR DAY ANDREAS DOMEIJ

Follow Andreas Domeij on an energy-filled journey where he offers inspiration that will push you to deal with those challenges you are facing head on. Andreas is a national team trainer in cross-country skiing and a regularly hired consultant within training in general. During Health on Campus you will have the chance to train with Andreas – he will hold classes at the temporary ski track on campus – classical skiing at 12.00 and skate skiing at 13.00. All are welcome, regardless of whether you are a beginner or experienced.



ACTIVITIES ON DEMAND

Available at umu.se/idrottshogskolan/halsa-pa-campus

OPEN HOUSE AT IKSU SPORT, ALL OF WEEK 9

Free training at Europe's biggest training centre, IKSU Sport, on campus. IKSU offers almost endless opportunities, e.g. swimming, climbing, squash, beach volleyball and gym. Places in group training classes are offered when available. The open house applies all of week 9 (week beginning 28th February) for those who show a student or staff ID.



PARK RUN – DIGITAL INFORMATION

Here you will get more information about the physical activity Park Run that Vän i Umeå (Friend in Umeå) organizes every Saturday at 9.30 in Broparken. Everyone can take part and it is completely free. The concept Park Run is held on Saturday mornings in parks and green areas around the whole world.

HOME TRAINING WITH IKSU

At IKSU's online training you can find instructor-led classes so that you can train with IKSU whenever you like. A selection of these classes is open for all, just click play and join in. Here you will find classes for beginners as well as those who are more experienced.



ICE SKATING ON THE CAMPUS POND

Akademiska Hus has cleared the snow from the campus pond so that you can enjoy fresh air and ice skating. You can borrow equipment outside the Info Centre from 10.00-14.00 on Tuesday the 1st March.

OPEN SKI TRACK ON CAMPUS

Umeå School of Sport Sciences, in collaboration with Akademiska Hus and Umeå Kommun, provide a ski track on campus during Health on Campus. You can borrow equipment for free from Fritidsbanken, which will be found outside the Info Centre on Tuesday the 1st March. You are welcome to register for one of the instructor-led classes in ski technique that will be arranged during Health on Campus.



ICE KNOW-HOW – DIGITAL EDUCATION

Here, digital education is offered about ice, ice know-how, equipment for cross-country ice skating and important wisdom about how to react to an unintentional ice bath. Satish Strömberg, IT teacher at Umeå University, has put together this comprehensive e-learning tool, which is inspirational and educational, as well as being vital for survival.

BORROW FREE EQUIPMENT

Fritidsbanken will be found outside the Info Centre from 10.00 – 14.00 to loan out cross-country skis, boots and poles. Even ice skates are available for those who wish to skate on the campus pond. At other days and times Fritidsbanken can be found in Äldhem Centrum.



ARRANGERS AND PARTNERS:

Umeå School of Sport Sciences, Umeå Student Union, Umeå Medical and Health Sciences Student Union, Umeå Student Union of Science and Technology, IKSU, Student Services Office/Student Health Service, Human Resources Office, company healthcare Feelgood, the Sport Science programme, the Sport Physiology programme, the Sport Science Society, the Physiotherapy programme, FYSS, the Building Office, the Communications Office, the Department of Community Medicine and Rehabilitation, the University Chaplaincy, Friend in Umeå, Akademiska Hus and Umeå Kommun. Umeå School of Sport Sciences reserves the right for possible changes to the programme.