

REGISTER NO LATER THAN 8 SEPTEMBER

## WORKSHOPS

BOOK YOUR PLACE VIA THE HEALTH ON CAMPUS WEBSITE  
Lectures will be held in Swedish

- 11:00-15:00 MASSAGE WORKSHOP  
50-minute session. see bookable times when registering.  
Venue: Norrskenet, Universum Arr: Physiotherapy Programme
- 13:00-14:00 ENGAGE – PHYSICAL JOB SATISFACTION  
Factors for improved health and production at work.  
Venue: Universitetsklubben, Arr: Feelgood Occupational Health
- 14:40-15:40 THIS IS HOW WE BUILD A HEALTHY CAMPUS  
Seminar on health and campus development  
Venue: Universitetsklubben, Arr: Akademiska Hus (nationally), refreshments included
- 15:45-16:35 AN INSIGHT INTO OUTLOOK – HEAVEN OR HELL  
Seminar on good digital work environments.  
Venue: Universitetsklubben, Arr: Feelgood



Photo: Mattias Pettersson

### MEET US IN THE PAVILION AND AT UNIVERSUM (2ND FLOOR)

- |                                  |                            |
|----------------------------------|----------------------------|
| Occupational Therapy Programme   | Tai Chi                    |
| Boxen Umeå                       | Physical Trainer Programme |
| Fritidsbanken                    | Västerbotten               |
| Physiotherapy Programme          | Parasports Association     |
| School of Sport Sciences         | Umeå Brottning             |
| IKSU Alpine                      | Umeå Cricket Club          |
| Korpen                           | Umeå Dansimperium          |
| Navet                            | Umeå Kampcenter            |
| Nord InC                         | Umeå Kanotklubb            |
| Office for Human Resources       | U&Me Dance                 |
| Region Västerbotten              | UB                         |
| Sharing City Umeå                | Utegygmet Campus           |
| Student Health Service           | West Coast Swing           |
| SV – Studieförbundet Vuxenskolan |                            |

### FREE OFF-CAMPUS TRAINING ON 11 SEPTEMBER\*

- |                          |                          |                               |
|--------------------------|--------------------------|-------------------------------|
| IKSU Plus                | 360 Träningcenter City – | Aquaarena – Sollefteå         |
| IKSU Spa                 | Skellefteå               | Friskis & svettis – Östersund |
| Navet Umeå               | 1 life – Örnsköldsvik    | Step in – Lycksele            |
| Sävar swimming baths     | Ego – Sundsvall          | Mitt livs stil – Luleå        |
| Hörnefors swimming baths |                          |                               |
| Storsjöhallen Holmsund   |                          |                               |

\*Free training on production of staff or student ID card. Arrangers and teammates: School of Sport Sciences, Umeå Student Union, Umeå Umeå Medical and Health Sciences Student Union, NTK, IKSU, Student Centre/Student Health Service, Office for Human Resources, Feelgood, Try it Out, Nordic Innovation Center for Physical Activity and Health (Nord InC), Occupational Therapy Programme, Study Programme for Sport Sciences, Physical Trainer Programme, IVF Association, Physiotherapy Programme, FYSS, Building Office, Communications Office, Dept. of Food and Nutrition, Dept. of Community Medicine and Rehabilitation, University Library and Umeå Municipality.  
**The School of Sport Sciences reserves the right to make changes to the programme.**

# Hälsa på campus



11 SEPTEMBER 2019



Aron Andersson, adventurer, Paralympian and winner of Vinnarskallar 2019.

Photo: Daniel Olsén

### WHAT GETS YOU UP AND RUNNING?

A warm welcome to students and staff on 11 September! Try something new or something you already know – it's all free!



Detailed programme and registration:

[www.umu.se/en/umea-school-of-sport-sciences/halsa-pa-campus/](http://www.umu.se/en/umea-school-of-sport-sciences/halsa-pa-campus/)



IDROTTSHÖGSKOLAN  
UMEÅ UNIVERSITET

# PROGRAMME 11 SEPTEMBER

## OPEN LECTURES IN AULA NORDICA

Lectures will be held in Swedish

### 12:05-13:00

IT'S NOT ABOUT YOUR SITUATION  
IT'S ABOUT WHAT YOU CHOOSE TO DO ABOUT IT

Aron Andersson, adventurer, Paralympian and winner of the television show Vinnarskallar 2019.



### 13:15-14:00

DAILY PATTERNS OF MOVEMENT –  
WHAT CAN WE DO ABOUT IT, AND HOW?

Elin Ekblom Bak is an associate professor in public health and physical activity at the Swedish School of Sport and Health Sciences (GIH) in Stockholm.



### 14:05-14:45

THAT VITAL, LIFE-THREATENING FAT –  
AN EXPANSIVE LECTURE

Michael Svensson is an associate professor, dietician and lecturer in sports physiology at Umeå University.

## AT IKSU SPORT – Europe's largest training facility!

BOOK YOUR PLACE VIA THE HEALTH ON CAMPUS WEBSITE

06:30-07:30	ASHTANGA YOGA	13:00-14:00	DROP-IN MIXED FOOTBALL
06:40-07:25	INDOOR WALKING	13:30-14:00	CYCLING
07:25-07:55	CXWORX®	14:00-15:30	SQUATS WORKSHOP
10:30-11:00	LIGHT INDOOR WALKING	14:00-14:45	TOTAL TRAINING
10:30-11:15	EASY ZUMBA	15:00-15:45	AQUA TOTAL TRAINING
11:00-14:00	BOULDERING AND CLIMBING DROP-IN WITH INSTRUCTOR	15:00-16:00	CHANGING LIFESTYLE AND LOSING WEIGHT PRESENTATION BY ITRIM
11:15-12:15	FITNESS CLASS	16:00-17:00	BODYPUMP®
11:30-12:15	CYCLE RPM®	16:00-17:00	STEP MUSCLE-BUILDING
12:00-14:00	IKSU PHYSIOTHERAPISTS DROP-IN WITH ADVICE	16:00-17:00	BADMINTON WITH INSTRUCTOR
12:00-14:00	PERSONAL TRAINING DROP-IN WITH ADVICE	17:00-18:00	SWIMMING WITH INSTRUCTOR
12:00-14:00	GOLF GOLF SIMULATOR, DROP-IN	17:50-18:50	DANCE FUSION
12:00-12:30	ZUMBA®	18:00-18:30	CYCLE SPRINT®
12:20-12:50	CXWORX®	18:15-19:15	CARDIO TRAINING
12:30-13:30	YIN YOGA	18:35-19:35	YOGA
12:45-13:15	BODYPUMP®	19:10-20:10	BODYATTACK®

LIMITED PLACES AVAILABLE, FURTHER INFORMATION ABOUT THE SESSION IS AVAILABLE AT IKSU.SE.

## TRY IT OUT – PREREGISTRATION

BOOK YOUR PLACE VIA THE HEALTH ON CAMPUS WEBSITE

09:15-10:00	MINDFULNESS AND STUDENT HEALTH – NORRSKEN, UNIVERSUM
10:00-15:00	TAKE A PILGRIMAGE WITH THE CAMPUS CHURCH – MEET AT UNIVERSUM
11:00-12:00	LUNCHTIME PHYS ED WITH THE TOUGH TRAINING GROUP (TTGU) – AT NORRA SKENET
12:15-17:00	HIKE AROUND TAVELSJÖ WITH IKSU OUTDOOR – BUS FROM IKSU SPORT
13:45-14:45	WRESTLING PHYS ED WITH THE POLICE EDUCATION UNIT – POLICE STATION
14:30-15:30	TRAIL RUNNING WITH IKSU MULTISPORT – MEET AT BRÄNTBERGET
15:00-16:00	RUNNING SCHOOL WITH THE SCHOOL OF SPORT SCIENCES – CAMPUS SPORTS ARENA
17:00-18:00	CROSS-FIT FOR BEGINNERS – BOXEN UMEÅ TEG
18:00-19:00	CROSS-FIT FOR BEGINNERS – BOXEN UMEÅ ERSBODA
18:00-19:00	SUND MED HUND – CANINE CIRCUIT TRAINING WITH THE WORKING DOG'S CLUB – NORRA SKENET

## TRY IT OUT - DROP IN

11:00-15:00	TRY PARASPORTS WITH THE OCCUPATIONAL THERAPY PROGRAMME INCL. OBSTACLE COURSE AND PING-PONG, BESIDE THE FOUNTAIN
11:00-15:00	TEST YOUR LUNG CAPACITY – AT THE PAVILION
11:00-15:00	TRY MARTIAL ARTS WITH UMEÅ KAMPCENTER – BESIDE THE FOUNTAIN
11:00-15:00	BORROW SPORTS AND ACTIVITIES EQUIPMENT – AT THE PAVILION
11:00-15:00	FUNCTIONAL MOVEMENT SCREENING WITH THE PHYSIOTHERAPY PROGRAMME – UNIVERSUM
11:00-15:00	STRENGTH TESTING AND TRAINING ADVICE WITH THE PHYSICAL TRAINER PROGRAMME – UNIVERSUM
12:15-13:15	MEDITATION – CAMPUS CHURCH NEAR THE NATURAL SCIENCES BUILDING
13:30-15:00	THAI CHI – SOUTH MEADOWS, BELOW SLU
14:00-18:00	BATHING EXPERIENCE AND MOTIONISM – NAVET
16:00-18:00	THE RELAXATION AREA – NAVET
19:00-20:00	PARKOUR FOR BEGINNERS WITH KORPEN – BROPARKEN BESIDE THE RIVER, CITY CENTRE IN THE EVENT OF RAIN, THE EVENT WILL BE MOVED TO THE SMALL SPORTS HALL AT ÄLIDHEM

## FREE TRAINING THROUGHOUT WEEK 37\*

KORPEN UMEÅ – WWW.KORPENUMEA.SE

IKSU SPORT – WWW.IKSU.SE

IKSU SPA – WWW.IKSU.SE

IKSU PLUS BETWEEN 15:30-20:00 – WWW.IKSU.SE

GROUP TRAINING, SUBJECT TO AVAILABLE PLACES.

WOULD YOU LIKE TO KNOW MORE?

FURTHER INFORMATION ABOUT ACTIVITIES AVAILABLE AT

WWW.UMU.SE/EN/UMEA-SCHOOL-OF-SPORT-SCIENCES/HALSA-PA-CAMPUS/

