



## WORKSHOPS LIVE ONLINE

Register on the Health on Campus website. All workshops are held in Swedish unless otherwise stated.

### INTRODUCTION TO MINDFULNESS STUDENT HEALTH SERVICE 10:00-11:00

A workshop in mindfulness to train yourself in increasing your focus and reducing your stress. The workshop is only aimed at students. Held online via Zoom.

### DIVING UMEÅ DIVING ASSOCIATION 13:00-14:30

Umeå Dyksällskap offers a theoretical introduction to the world of diving, both freediving and recreational diving. Can be held in English on demand, via Zoom.



### STRESS MANAGEMENT STUDENT HEALTH SERVICE 13:00-14:00

What is stress and how does it affect us? A workshop focused on stress, anxiety and strategies to manage. The workshop is only aimed at students. Held online via Zoom.

### HEALTH AND JOB SATISFACTION FEELGOOD 13:00-14:00

2020 will forever be defined as the corona year. What changes did it cause and what have we learnt for the future? This is a workshop focusing on important factors for coping with extensive work from home and strengthening psychosocial aspects. Aimed at employees and held via Zoom.



### KAYAK UMEÅ CANOEING CLUB 14:30-15:30

Umeå kanotklubb offers a theoretical session on kayaking and what the club has to offer. Held online via Zoom.



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

## LIFE IS A HEPTATHLON

### CAROLINA KLÜFT 16:00-17:00

In this online inspirational lecture, Swedish athlete Carolina Klüft describes her athletic career, her road to success, balance and meaning. She shares her experiences on end goals, leadership, self-esteem, personal development and how to handle the pressure to perform when you need to. Link to Zoom is found on the Health on Campus website.



## MORE OUTDOOR TRAINING

### OUTDOOR GYMS FREE OF CHARGE

Campus has two outdoor gyms open all the time and free of charge. One is found by the Police Education Building and one by IKSU sport.



#### Organisers and partners:

Umeå School of Sport Sciences, Umeå Student Union, Umeå Medical and Health Sciences Student Union, IKSU, the Student Service/Student Health Service, Human Resources Office, Feelgood, the Sport Sciences Programme, the Physical Trainer Programme focusing on sports physiology, sports medicine and sports psychology, the IVF Association, the Physiotherapy Programme, FYSS, the Property Management Office, Sharing City Umeå, the Communications Office, the Department of Community Medicine and Rehabilitation.

# Hälsa på campus



CAROLINA KLÜFT PHOTO: EVA LINDBLAD

Online programme  
16 February 2021



IDROTTSHÖGSKOLAN  
UMEÅ UNIVERSITET

# LECTURES ON DEMAND

Links to lectures are available on the Health on Campus website from Tuesday 16 February until Friday 19 February.

## EQUAL HEALTH – IN EVERYONE’S INTEREST CAROLINA KLÜFT

Our society has become very sedentary and we do not eat enough of what our body needs. Sweden also has a very unequal health situation. Carolina Klüft is one of Sweden’s most successful and popular athletes. She now works as head of operations of Generation Pep – a Crown Princess Couple initiative. Her lecture revolves around how healthy habits can prevent a number of diseases and what positive effects it has on us – in the short and long term. *Don’t miss Carolina Klüft’s other lecture on the last page.*



## EMOTION AND PHYSICAL ACTIVITY PAUL DAVIS

Although we know that physical activity does us good, we still find ourselves in the middle of a global crisis caused by inactivity and obesity. The link between emotions and physical activity is complicated and expressions such as “No pain, no gain” hardly make matters easier. This lecture describes how our thoughts, emotions and physiology are linked to our exercise behaviour. Paul is associate professor of sports psychology at Umeå University and holds his lecture in English.



## PHYSICAL LITERACY LARS BERGSTRÖM

Physical literacy is one of the keys to good general health. This lecture inspires to reflections on revolving your own behaviour regarding training, work and spare time. This lecture is aimed at those who never move, and those who never stop moving, at those who exercise and those who would never think of exercising. Lars is a physiotherapist and personal trainer at IKSU.



## MEDITATION – THE RESPONSE TO PRESENT-DAY MENTAL WELLFARE ULRIKA CASSEL

Meditation is a form of mental training that has been around for ages, and today there is plenty of research to support the good effects of meditation. This lecture offers a short presentation of the basics of meditation and the advantages of meditating regularly. Ulrika is a yoga teacher and physiotherapist focusing on psychosomatics. She is also seen on Swedish television where she gets viewers to relax.



## A FRESH START SOFIA ÅHMAN

This is an inspirational lecture for those everyday people out there who want a fresh start. Sofia shares her best tips to be used in everyday life to make you feel great. This will grant you with the tools for a healthier, stronger and happier life. Sofia is a personal trainer, sports teacher and fitness expert on Swedish television. She has been appointed Health Hero of the Year and Årets Västerbottning 2020, and been awarded the TV award Kristallen. *Please note! This lecture is only available on 16 February.*



## WHO REGRETS A TRAINING SESSION? MARIUS SOMMER

Physical activity is good for your health. That has been common knowledge for years, but how come some find it easy to exercise while others struggle? This is a lecture on what factors affect how much energy and time we are willing to spend on exercising. Marius is a lecturer of sports psychology at Umeå University and studies motivation and goals.



### ASK YOUR QUESTIONS TO THE LECTURERS

From 13:30–16:30 on 16 February, you can ask your questions live to the lecturers on Zoom. Times and links can be found on the Health on Campus website.

# ACTIVITIES ON DEMAND

Links are available on the Health on Campus website. No prior registration needed. Instructions are held in Swedish.

## GROUP SESSIONS ONLINE WITH IKSU

Choose between all the pre-recorded sessions in the IKSU exercise library. You will find pilates, functional training, dance and yoga, among other sessions. If you have a favourite session you can take that whenever you wish, or why not try something new every time?



## TOTAL TRAINING WITH THE PHYSICAL TRAINER PROGRAMME

Choose between ten sessions with no or only simple equipment. The instructors are students at the Physical Trainer Programme focusing on sports physiology, sports medicine and sports psychology.

## PAUSE EXERCISES SOFIA ÅHMAN

Two different sessions of pause exercises with the award-winning expert. One session focuses on flexibility and one on strength. Both are conducted in the clothes you are wearing and at your work station. *Please note! These sessions are only available on 16 February.*



## WORKOUT USING SWEDISH GYMNASTICS

The Gymnastics Association has developed an array of training programmes to inspire and motivate, not least during these tough corona times when staying active is particularly important.

## RELAX WITH ULRIKA CASSEL

For 20 minutes, Ulrika will guide you through meditation techniques. All you need to do is find a comfortable space where you will not be disturbed. No prior experience is necessary and the purpose is to get a moment of recovery and comfort.



# ACTIVITIES LIVE ONLINE

Links are available on the Health on Campus website. No prior registration needed. Instructions are held in Swedish.

## TOTAL TRAINING WITH IKSU 8:00–8:30

High-intensity training in a mix of pulse, strength and flexibility.

## YOGA WITH IKSU 8:45–9:15

Aimed at anyone who wants to become more agile, improve their balance and body control as well as strength in a serene way.



## DANCE WITH IKSU 9:30–10:00

For anyone who wants to dance away to challenging choreography in various styles.

## CORE TRAINING WITH IKSU 10:15–10:45

Intense core training aimed at the body’s stabilising muscles.

## TOTAL TRAINING MOBILITY WITH IKSU

11:00–11:30  
High-intensity training focusing on flexibility.

## THE PSYCHOTHERAPY TRAINING CLINIC FOR SPORTS 11:00–11:30

Information about the Psychotherapy Training Clinic for Sports – what is that and how does it work? Find out what help athletes and trainers can get from the clinic.

## BALANCE IN LIFE 11:40–12:10

Church on Campus explains what support they can offer in finding a good balance in life. You will also try a short meditation through Zoom.

