DISCOVER UMEÅ OUTDOORS

The pandemic stops us from organising joint meet-ups but the Umeå surroundings have a lot to offer. Check out our suggestions below and find out more on the Health on Campus website.

THE AIR IS FREE
National website for the 2021 Year of Outdoor Recreation with activities in different towns.

NATURKARTAN
This website lists hiking trails, jogging tracks and places to bathe all over Umeå, Västerbotten and Sweden. Search for Västerbottens län to find places nearby.

IKSU FRILUFTS
Experience nature and new friendships through outdoor forest adventures, on water and on mountains. Suits everyone.

ORIENTEERING
See previous page.

CITY NATURE
Discover Grössjön, Bölesholmarna and the Ume River.

NATURE CLOSE BY
Don’t miss the pearls of Holmöarna, Norrbyskär, Hampsjön, Kont and Hörnän.

BIRD-WATCHING
Enjoy a walk to bird-singing with Umeå ornithologists.

CANOEING
Go out on your own, take a guided tour or enrol on a technique course.

CLIMBING
Try out indoor, sport and rock climbing.

MOUNTAIN BIKING
Well-marked trails suitable for everyone.

HEALTH TRACK – UMEÅ
"Hälsans stig" – a 10k, marked track for walking or running.

TEN TOPS OF TAVELSJÖ
Marked trails lead you up to ten peaks of the Tavelsjö mountains.

LECTURES ON DEMAND
Available on the Health on Campus website between 15–17 September.

OUTDOOR LIFE AROUND UMEÅ
PETTER & JOSEFIN LÄMÅS
Discover the seasonal variations in the Umeå nature, in winter, summer and everything in between. The authors of the nature guide around Umeå Friluftsliv kring Umeå, Petter and Josefin Lämås, share some of their pearls and provide some advice for your trip into nature. This lecture is offered in both English and Swedish.

OUTDOOR EATING – MEALS UNDER SEK 10
HANNA OLVENMARK
Cooking good food – healthwise, financially and planetwise – doesn’t have to be expensive or advanced. This lecture gives you advice on simple, tasty and climate-friendly food for your outings. Author and dietician Hanna Olvenmark provides useful tips on how you can eat and live cheap – in nature too.

THE FOREST EFFECT
JENNY LOVEBO
Discovering nature without demands is balm to stressed souls. In this lecture, Jenny Lovebo, senior lecturer at Linnaeus University, talks about the advantages of nature and how come forests make us feel so good, which type of forest works best, and how to get the most out of the forest effect.

THE AIR IS FREE
MIKAEL PETTERSSON
The 2021 Year of Outdoor Recreation intends to help people get out in nature. The idea is based on nature health effects and building an outdoor lifestyle. Mikael Pettersson at the Västerbotten County Administrative Board explains some health effects and invites everyone to spend the rest of the day outdoors.

Organisers and partners:
Umeå School of Sport Sciences, Umeå Student Union, Umeå Medical and Health Sciences Student Union, (IKSU) Student Services Office/Student Health Service, Human Resources Office, Feelgood, Sport Science Programme, Exercise Physiology Programme, Idrottsvetenskapliga förening, Physiotherapy Programme, Physical Activity in the Prevention and Treatment of Disease (FYSS), Property Management Office, Communications Office, Dept. of Community Medicine and Rehabilitation, SEE Sustainability Week, County Administrative Board and Umeå municipality.
LECTURES ON DEMAND
Lectures are held in Swedish and available on the Health on Campus website between 15–17 September.

A CHAT ABOUT JOY
MICAEL DAHLÉN
How happy are you, really? How can you get more out of life, your relationship or career? It has been proven that all those things that affect how we think, feel and perform are linked to joy. Also our ability to be creative. In a personal and entertaining way, Micael Dahlén will talk about the results of his own and others’ research and provide tips that have a proven effect on enjoying life more. Micael Dahlén is professor of economics at the Stockholm School of Economics.

EXERCISE FOR WOMEN
LISBETH WIKSTRÖM-FRISÉN
A lecture about women’s physiology, exercise and performance curves. Lisbeth explains hormones, menstruation, symptoms and women-specific health – good-to-know facts for everyone. Lisbeth Wikström-Frisén is doctor of sports medicine at the Department of Community Medicine and Rehabilitation, Umeå University.

PHYSICAL LITERACY – WHAT’S NEW?
GRIM JERNUDD
The interest for physical literacy has exploded the last few years. The advantages of diverse training and the links between physical activity and health are vastly known, but what’s new? Grim works to give more people the opportunity to discover their physical potential. He has studied sports medicine at Umeå University and is now active at the Change the Game Foundation.

ALL YOU NEED TO KNOW ABOUT WEIGHT
LOVISA SANDBRÖM
A lecture about burning calories and body composition from an exercise, health and lifestyle perspective. Lovisa explains some common myths and truths about burning calories and what actually makes a difference when aiming to change the appearance, shape or weight of your body. Lovisa “Lofsan” Sandström is a sports teacher and one of the topmost exercise experts in Sweden.

RIGHT THINKING
KAROLIN OHLSSON
Karolin Ohlsson is one of Sweden’s most successful orienteer with World and European Championship medals. Karolin Ohlsson is also known as Sweden’s happiest and most outspoken athlete. In her lecture, she shares how to be challenged by challenges, turn negative thoughts around and have fun in tough situations.

PHYSICAL ACTIVITY & HEALTH – CHALLENGES AND CONNECTIONS
PER NILSSON
In this lecture, Per shares success stories, challenges, remedies and good examples of methods that can promote physical activity. Per Nilsson is head of the Swedish School of Sport and Health Sciences, professor of educational sciences and chairperson of the Government Offices of Sweden’s Committee for the Promotion of Physical Activity.

QUESTIONS?
Between 14:00–16:00 on 15 September, you can ask your questions live to some of the lecturers through Zoom. Links are found on: https://www.umu.se/en/umea-school-of-sport-sciences/halsa-pa-campus/

If you wish to ask a question in advance, email it to: halsapacamplus@umu.se.

Moderators: Ulrika Haake & Pernilla Eriksson

ACTIVITIES ON DEMAND
Links are available on the Health on Campus website. No prior registration needed.

POSTURE TRAINING
REBECCA REIS
Your posture affects you more than you think. A good posture brings calm and energy, whereas a bad posture increases pain and stiffness. Try it out and notice the difference. Health on Campus offers two sessions. One aimed at neck issues (in Swedish) and one full body posture session (in English). No advance knowledge needed.

TRY ORIENTEERING
The Umeå Staff Sports Association (UPF) offers orienteering for beginners and pros at Stadssliden. Start and finish at Kvarnen (the Mill) at Gammlia. The courses are two and four kilometres long. Maps can be picked up at the Umeå School of Sport Sciences’ office prior to the event and at the start on 15 September. Due to the pandemic, orienteering is carried out one by one with own timekeeping.

EXERCISE WITH LOFSAN
An exercise session in connection with Lovisa Sandström’s online lecture. The session can be carried out indoors or outdoors – whenever and as many times as you like between 15–17 September. No advance knowledge needed. Suits everyone.

HEALTH TRACKS
Umeå municipality offers health tracks around the region with GPS-based quiz walks suitable for all ages. The tracks are available in the town centre, Haga, Hedlund, Holmsund, Botsmark, Sävar and Hörnefors.

OUTDOOR GYM
Between the Police Education Building and the Northern Behavioural Sciences Building on Campus Umeå, you will find Umeå University’s outdoor gym, which is open all the year round. Support on how to use the equipment can be found through QR codes.

HOME TRAINING WITH IKSU
Through IKSU’s online training, you find trainer-led sessions providing you with IKSU training whenever you want and on all levels. Some of the sessions are open to everyone, just press play and train away.

FOREST YOGA
A on demand yoga session in our abundant nature. Enjoy the scents and sounds. A whilst training flexibility, balance, strength and bodily awareness.

YOGA BY THE WATER
Train your flexibility, balance, strength and bodily awareness on the waterfront under the open sky on demand.

TOTAL TRAINING FOR RUNNERS
This is a on demand session involving strength, flexibility and cardio suitable particularly to those who enjoy a run from time to time.

LIVE ONLINE

INTRODUCTION TO MINDFULNESS
At 10:00–11:00 (Swedish)
At 12:00–13:00 (English)
A workshop on mindfulness. Learn to stay in the present, increase you ability to focus and reduce your stress. The workshop is only aimed at students. Organised by the Student Health Service.

STRESS MANAGEMENT
At 11:00–12:30 (Swedish)
At 13:30–15:00 (English)
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. Organised by the Student Health Service.

PRIORITISING HEALTH
At 12:15–13:00
Sometimes, the balance between work, private life, requirements and pleasure is off. How can you go about finding that sense of good health again? This lecture provides strategies for finding balance in the puzzle of life. Organised by the occupational health care services Feelgood aimed at staff.

EXISTENTIAL HEALTH – EXERCISES
At 13:00–14:00
What brings meaning to life? What is freedom and where do I belong? Welcome to an online workshop using “Open cards” to explore and exercise our existential health. Organised by the University Chaplaincy.