

# SPORT & RECREATION ACTIVITY GUIDE

FALL  
2019



DROP IN PING PONG  
@ KPU TECH  
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NUTRITION  
ARTICLE  
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FREE FITNESS  
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KPU

SPORT & REC

[kpu.ca/sportrec](http://kpu.ca/sportrec)

Did you know that **less than 18% of Canadians meet the recommended activity guidelines** for basic health improvement?

## PREVENTABLE CONDITIONS THROUGH ACTIVITY



TYPE 2  
DIABETES



HEART  
DISEASE



OBESITY



OSTEOPOROSIS



STRESS

## SO... WHERE DO YOU FIT IN?

Each week I perform:

	YES	NO
3–5 days of moderate-vigorous cardiovascular activity for at least 30 minutes		
2–3 days of muscle strengthening exercise sessions for at least 60 minutes		
2–3 stretching sessions for at least 10 minutes		

If you answered NO to any of the above questions you are not meeting the minimum guidelines for basic health improvement. **Inquire about how to get more active with KPU Sport & Rec.**



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# MEMBERSHIP INFO & PRICES

All current KPU students, employees and alumni with a valid KPU ID are eligible for the following:

	KPU STUDENTS	KPU EMPLOYEES/ALUMNI
<b>FITNESS CENTRE</b>		FREE with valid KPU ID*
<b>FLEX PASS (10 CLASS PASS)</b>	Flex Pass \$15.00   Drop-in \$5.00	Flex Pass \$30.00   Drop-in \$5.00
<b>PERSONAL/SMALL GROUP TRAINING</b>		By request only. Email: <a href="mailto:sportrec@kpu.ca">sportrec@kpu.ca</a>
<b>INTRAMURALS</b>		\$20.00 – \$35.00 per person, per sport
<b>TOURNAMENTS</b>		FREE

## HOW TO PAY

### Flex Pass

- » KPU Surrey Sport & Rec desk
- » KPU Langley Bookstore
- » KPU Richmond Bookstore

### Intramural programs

- » KPU Surrey Sport & Rec desk  
(Cedar Building 1280)

Credit (VISA or MasterCard) or debit only

## FITNESS CENTRES

KPU fitness centres are FREE for KPU students, employees and alumni with a valid KPU ID.

## FITNESS CLASS FLEX PASS

A Flex Pass can be used for any 10 fitness classes on any campus and is valid for six months.

Some sport and recreation programming may be subject to additional fees. Check online at [kpu.ca/sportrec](http://kpu.ca/sportrec)

### Surrey Campus Facility additionally offers:

- » Towel service
- » Lockers (with your own lock or \$0.25)
- » Showers
- » Change rooms

\*KPU ID is needed for entry.



# SPORT & RECREATION CENTERS



## HOURS OF OPERATION:

**Monday - Friday** | 8:00 am – 9:50 pm

**Weekends & Holidays** | Closed

### KPU Surrey

#### Fitness Center (Cedar 1290)

Home to KPU's largest fitness facility, this center features the latest strength equipment, free weights and cardio machines.

#### Gymnasium (Cedar 1230)

KPU's full-size gymnasium features:

- » 7000 square feet
- » 1 full basketball court with 6 backboards
- » 4 regulation-sized badminton courts
- » 2 volleyball courts

### SURREY GYMNASIUM

**WILL BE CLOSED OCT 7 – OCT 11**

**FOR CONVOCATION**

### KPU Richmond

#### Lotus Studio (Room 1320)

Find your Zen while enjoying the tranquility of this space which hosts multiple weekly yoga classes.

### KPU Langley

#### Fitness Center (East 2565)

This updated functional fitness center offers new fitness equipment for the optimal workout.

### KPU Tech

#### Fitness Center (Room 1410)

Featuring state of the art multi-system Matrix equipment, this compact fitness center packs a powerful punch.

# FITNESS CLASSES



## DROP-IN FITNESS CLASSES

Fitness classes are a great way to get your weekly exercise in. All fitness classes are taught by a qualified Personal Trainer and include a variety of cardio, strength, and conditioning. If fitness classes are how you get in your weekly activity, strive for a minimum of 2 classes per week. However 3 – 5 classes per week will always be more effective!

Remember 150 minutes of moderate activity per week is the minimum for health benefit. For weight loss one must strive for 200+ minutes per week. Purchase a flex pass at the Sport and Recreation department in Surrey, or any campus bookstore and use it for all fitness classes offered.

## GROUP FITNESS CLASSES

### STRENGTH & CONDITIONING



These 50 minute classes will incorporate intense cardio and strength that will help build muscle, burn fat, and increase your fitness performance and sport ability. All fitness levels are welcome!

### HIIT



High Intensity Interval Training (HIIT) is a full-body, high-energy class that combines strength training with bursts of cardio designed to target fat loss and improve your overall conditioning.

### TRX



A strength and core focused suspension training circuit class designed to give you a full body, low impact workout. TRX exercises will be interspersed with cardio bouts to keep the heart rate elevated and stimulating.

### POWER YOGA



Power Yoga has the benefit of getting that deep stretch and increasing your cardio in one class. It builds both strength and stamina while simultaneously working on breathing technique and increasing flexibility.

### HATHA YOGA



Hatha is an ancient, traditional style of yoga that benefits many aspects of both the body and the mind. Come and join us for this class if you are looking for a deep stretch, relaxation, as well as increased health benefits.

### ZEN YOGA



Exploring the body's subtle energies with long, deep stretching, focusing on the connective tissues of the body and cultivating a meditative, peaceful mind. Suitable for all levels.

**FIRST CLASS IS FREE!**

# FITNESS SCHEDULE

## KPU Surrey

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>12:05 - 12:55pm</b>	STRENGTH & CONDITIONING  	HATHA YOGA 	TRX  	POWER YOGA 	STRENGTH & CONDITIONING  
<b>4:30 - 5:30pm</b>		HIIT  		HIIT  	

## KPU Langley

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>12:05 - 12:55pm</b>	HATHA YOGA 		POWER YOGA 		

## KPU Richmond

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1:05 - 1:55pm</b>		POWER YOGA 		POWER YOGA 	
<b>4:30 - 5:30pm</b>	ZEN YOGA 				

*Schedule subject to change*

### LEGEND



CARDIO



STRENGTH



MIND/BODY

### FREE FITNESS WEEK

SEPT 9 – 13, 2019

All fitness programs free for you to try!

## **PERSONAL/SMALL GROUP TRAINING**

Whether you are starting an exercise program or looking to add some variety and challenge to your existing routine, our certified personal trainers provide you with support, motivation, and accountability. Personal training ensures accountability and keeps you on track to reach your health and fitness goals faster than you would on your own. Small group training (3 people max) is a great way to workout with a friend and reduce the hourly cost of your sessions. Our packages allow you to choose between individual and small group training options.

For more information inquire at the Sport & Rec department or book a 30 minute free orientation to chat with a qualified professional about your health and fitness goals.

	<b>KPU STUDENTS</b>	<b>KPU FACULTY/STAFF</b>
<b>1-ON-1 PERSONAL TRAINING</b>	\$45 per session	\$60 per session
<b>DOUBLES TRAINING</b>	\$25 per session/person	\$35 per session/person
<b>SMALL GROUP TRAINING (3 PARTICIPANTS)</b>	\$20 per session/person	\$30 per session/person



# **GYMNASIUM CLOSED\***

**OCT 7–OCT 11, 2019**

As we celebrate KPU graduates!

For more information visit:  
**kpu.ca/convocation**

**\*Fitness centers will remain open**

# INTRAMURAL SPORT LEAGUES



## WHY JOIN?

Intramurals promote teamwork, respect, and most of all, fun! The KPU intramurals program strives to be inclusive of all members, meeting the interests and abilities of a wide range of participants. Sign up as a team or as an individual.

For any questions, please contact  
[sportrec@kpu.ca](mailto:sportrec@kpu.ca)

# INTRAMURAL SPORT LEAGUES

## INDOOR SOCCER

For those looking to experience the game of soccer for the first time to those who live and breathe it. Join us at the KPU Surrey gymnasium for this 5 vs. 5 league.

<b>LOCATION</b>	KPU Surrey   Gym
<b>DATES/TIMES</b>	Mondays (Sept 30-Nov 25)   6-9 pm
<b>REGISTRATION DAY</b>	Monday, Sept 23   6-8 pm
<b>MINIMUM TEAMS</b>	4 Teams Required (max. 10 players per team)
<b>COST</b>	\$20.00/player

## BASKETBALL

Whether you are reminiscing about the good old days or you're new to the game, this league has something for everyone! This 5 vs. 5 open recreation league focuses on sportspersonship and fun competition. All levels welcome.

<b>LOCATION</b>	KPU Surrey   Gym
<b>DATES/TIMES</b>	Tuesdays (Oct 1-Nov 26)   6-9 pm
<b>REGISTRATION DAY</b>	Tuesday, Sept 24   6-8 pm
<b>MINIMUM TEAMS</b>	4 Teams Required (8 Teams Maximum) (Max. 10 players per team)
<b>COST</b>	\$35.00/player (Includes a KPU Jersey)

## VOLLEYBALL

This league will focus on fun and inclusiveness for a wide variety of players. Catering to those who are simply out for recreation and those looking for a competitive game. Come on out and bump, set, spike your way to the Rec Cup!

<b>LOCATION</b>	KPU Surrey   Gym
<b>DATES/TIMES</b>	Wednesdays (Oct 2-Nov 27)   6-9 pm
<b>REGISTRATION DAY</b>	Wednesday, Sept 25   6-8 pm
<b>MINIMUM TEAMS</b>	4 Teams Required (Max. 10 players per team)
<b>COST</b>	\$20.00/player



## BADMINTON

This league gives each player the chance to outwit their opponent by smashing their way to a win! All levels are welcome to join in on this competitive and fun league!

<b>LOCATION</b>	KPU Surrey   Gym
<b>DATES/TIMES</b>	Thursdays (Oct 3-Nov 28)   6-9 pm
<b>REGISTRATION DAY</b>	Thursday, Sept 26   6-8 pm
<b>MINIMUM PLAYERS</b>	8 Players required (Max. 32 players)
<b>COST</b>	\$20.00/player

## REGISTER AT

[kpu.ca/sportrec/league/registration](http://kpu.ca/sportrec/league/registration)



# DROP-IN SPORT PROGRAMS

## PING PONG

Join us for ping pong. BYOP (Bring your own paddle) or use one of ours, play solo or play in pairs. Take advantage of our drop-in times where you can perfect that smash!

<b>LOCATION</b>	KPU Surrey   Gym
<b>DATES/TIMES</b>	See open gym schedule
<b>COST</b>	FREE

<b>LOCATION</b>	KPU Tech   Student Lounge
<b>DATES/TIMES</b>	Mon, Tues & Thurs   9 am-4 pm
<b>COST</b>	FREE

<b>LOCATION</b>	KPU Richmond   Rotunda
<b>DATES/TIMES</b>	Tues & Wed   12-2 pm
<b>COST</b>	FREE

## OPEN GYM

Available at KPU Surrey, open gym provides free gym time for KPU students, alumni and employees. For schedule information, visit

**[kpu.ca/sportrec/schedules](http://kpu.ca/sportrec/schedules)**

# HEALTH & WELLNESS

## MAKING INFORMED DECISIONS

When you eat do you make informed decisions about what your body needs or do you eat based on a craving or schedule? To make informed decisions you must have a basic understanding of food science. Let's begin by introducing the 6 essential nutrients.

### SIX GROUPS OF ESSENTIAL NUTRIENTS:



CARBOHYDRATES



PROTEINS



FATS



VITAMINS



MINERALS



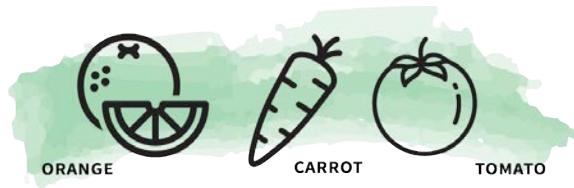
WATER

Essential nutrients are called essential because the body cannot create them. These nutrients are necessary for the many daily bodily functions that support life. The 6 essential nutrients can be broken down into 2 main categories; macronutrients and micronutrients. The macronutrients (what we need in larger amounts) are the energy providers. The micronutrients (what we need in smaller amounts) are vitamins and minerals. Water is also an essential nutrient, while it does not provide energy, it is essential for life. Let's take a look at the **macronutrients** in greater detail.

**CARBOHYDRATES** that you eat are broken down into their most basic form – glucose. Glucose enters the blood stream and is either used immediately or stored in the muscle and liver. Examples of carbohydrates include vegetables & fruits, as well as grains & cereals. Since all carbohydrates are broken down into glucose, what distinguishes them as 'simple' versus 'complex', is how quickly the body breaks them down into glucose. Both are necessary yet complex carbs digest slower. Your body is always trying to maintain a consistent level of blood glucose.

Not enough blood glucose may make you feel faint and dizzy, too much blood glucose increases your risk of coronary artery disease. Both exercise and fasting will decrease your body's glucose levels.

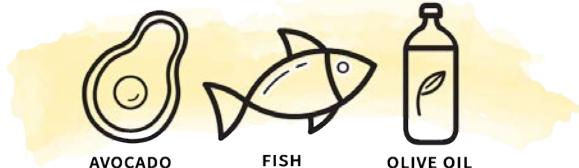
Thus, the more your glucose is depleted prior to ingesting carbs the less likely those carbs will be converted into fat. People who burn more energy can better handle fast releases of glucose into the bloodstream. Often for health improvement and weight loss you need to ensure throughout the day you are choosing more complex carbs as opposed to simple carbs.



**FATS** are an excellent source of energy for the body. Fats are also essential for the creation of many important structures such as hormones and cell membranes. All fats are made up of saturated and unsaturated fatty acids. Saturated fats raise your LDL levels – typically LDL's are known as your bad cholesterol.

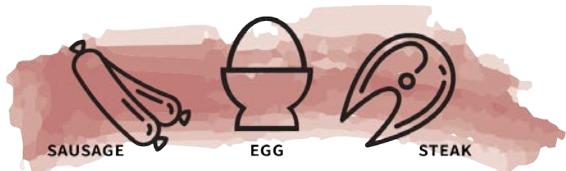
An increased amount of LDL's increases your risk of cardiovascular disease. HDL's are 'good' fats because they help pick up cholesterol lodged on your artery walls and carry it away for processing. Over the years fats have been given a bad reputation, especially in

light of the role they play in cardiovascular disease and weight gain. However, fats are crucial for survival and very much part of a well-rounded and healthy body. Learning which sources of food are good sources of fat can be very beneficial to your health.



**PROTEINS** are the "building blocks of life" and are used to create muscles and tissues in the body. All proteins are made up of chains of amino acids. There are 9 amino acids that the body cannot create and are therefore called essential amino acids. A complete protein source is one which contains all the essential amino acids. For example, meat and fish are complete protein sources. Many other foods contain protein, including some vegetables and fruits, but since they are missing the essential amino acids, they must be eaten in conjunction with other amino acid containing foods. There are a few vegetarian / vegan complete protein sources such as quinoa, hemp

seeds, soy, and pumpkin seeds. Quite often people over consume protein, a single serving of protein is no more than the size of your closed hand. It is recommended to choose a variety of protein sources throughout the week for a well-rounded and balanced nutritional intake.



## RDA (RECOMMENDED DAILY ALLOWANCE)

RDA represents the relative ratio of macronutrients you should eat daily. While these numbers will vary depending on what source you are referencing most nutrition professionals can agree that carbohydrates should make up the majority of your diet.

Eating to create an environment where our bodies can function optimally takes a bit of knowledge and proper planning. Habits need to shift from just satiating hunger and convenience to eating to support your daily needs. People with higher muscle mass and higher levels of physical activity will require more macronutrients (ie: more daily calories) to support the increased demands. People who do not engage in much physical activity do not require the same quantity of macronutrients (ie: less daily calories).

If you are constantly providing your body with excess macronutrients the body will either excrete these nutrients or store them as fat for later use. Choosing unhealthy food options can have long lasting detrimental effects on your body and may increase your risk of developing preventable diseases and conditions. As Hippocrates once said "Let food be thy medicine, and medicine be thy food".

RECOMMENDED DAILY INTAKES		
CARBS	FAT	PROTEIN
45-65%	20-30%	15-20%

# KPU COMMUNITY SPOTLIGHT



## EMPLOYEE - CINDY

### How does physical activity positively impact your overall wellbeing?

My journey through fitness began 15 years ago when I signed up for my first 10km race. During this time I could not run for bouts longer than 30 seconds before needing to walk. However, with perseverance I was able to build up my stamina to the point that I could jog continuously for over 1 hour. During the race all that was going through my mind was “I will never do this again, this is so hard!” I finished the 10km race and I was so proud of myself. A few days later I found myself on the internet signing up for my first half marathon. I weighed around 240 lbs at this point in my life but I started lifting weights, and becoming increasingly more active. Eventually I purchased a bicycle and began training with a friend who was involved in Ironman Canada. It wasn’t long before I completed my first half Ironman. In 2011 I completed my first full Ironman (2.4 mile swim, 112 mile bike ride, 26.22 mile run). Since then I have completed several races which have included an ultra-marathon, and

just last year a 400KM one day bike ride from Kelowna to Delta. This journey has taught me that no matter what, if you put your mind to it you have the ability to achieve it. Fitness was not a part of my life and for a while I had accepted that, now fitness is a huge part of my life and I feel great! I may not be the fastest competitor but does that matter? No, it does not. I am competing against myself, I put my best foot forward, I make the time to train, I make healthy nutritional choices, and I keep a positive attitude. Every day I remind myself that I am creating the best version of me that I can be!



# THRIVE WEEK

OCTOBER **28 - 31**



[kpu.ca/thrive](http://kpu.ca/thrive)  
**#KPUThrive**

*For a full list of events visit our website*

## WHAT YOU CAN DO FOR YOUR WELL-BEING

eat well



sleep well



get active



get connected



talk it out





# ▶▶▶ EVENTS





# THE FINE PRINT



## GUIDELINES

- » All KPU students are subject to the KPU Student Conduct policy while using any KPU facility. For more information, visit [kpu.ca/policies](http://kpu.ca/policies)
- » Valid KPU ID and membership is required to use any KPU facility.
- » All facility users must check-in with Sport and Recreation staff.
- » Unsporting conduct will not be tolerated.
- » Offensive language, disorderly conduct and abuse of others will result in immediate removal from the facility.
- » Users are responsible for all costs associated with damage resulting from disorderly conduct and misuse of equipment.

## WAIVERS AND PAR-Q

- » A Par-Q is a form and questionnaire that determines if you are physically fit and able to participate in physical activity. All participants in any fitness class or using any fitness centre or studio will be required to fill out a Par-Q, available at the Sport & Recreation desk at KPU Surrey or online at [kpu.ca/sportrec](http://kpu.ca/sportrec)
- » All participants in an intramural league or tournament will be required to fill out a waiver form prior to the sport league or tournament beginning.

## CANCELLATIONS AND CLOSURES

- » KPU Sport & Recreation facilities may close temporarily due to convocation, rental groups, holidays and observances, or other unforeseen circumstances.
- » KPU Sport & Recreation reserves the right to cancel programs due to extremely low enrolment or unexpected situations.

## REFUNDS

### *Fitness Programs*

- » Approved refunds will be reimbursed on the initial method of payment.
- » Flex Passes are non-refundable and non-transferrable.
- » KPU Sport & Recreation is not responsible for lost or stolen Flex Passes.

### *Sport Programs & Intramurals*

- » No-shows to any Intramural League will not receive a refund.
- » If a league is cancelled, a full refund will be provided.
- » Refunds will only be issued before the start of a league.

# WE ARE LOOKING FOR STUDENTS!

ARE YOU INTERESTED  
IN WORKING WITH  
KPU SPORT & REC?

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CHECK OUT OUR STUDENT OPPORTUNITIES AT:

**KPU.CA/SPORTREC**

# STUDENT HEALTH 101

KPU Student Health 101 is a free, online monthly resource for the KPU community, promoting healthy bodies and minds. Each month is filled with information to encourage well-being and make the most of KPU resources.

## EACH MONTHLY EDITION FEATURES:

- » Contests                  » Fitness tips                  » Study aids
- » Financial advice      » Recipes                  » And more!

*Check your KPU email each month for the latest issue.*