

SPORT & RECREATION ACTIVITY GUIDE

SPRING 2020



DOUBLES BADMINTON
TOURNAMENT
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HOW TO GET
BETTER SLEEP
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FREE FITNESS
WEEK INFO
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KPU


SPORT & REC


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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 @kpusportrec
 @KPU_SportRec
 @kpu_sportrec

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
FITNESS CENTRE	FREE with valid KPU ID*	
FITNESS CLASSES	Flex Pass \$15.00 Drop-in \$5.00	Flex Pass \$30.00 Drop-in \$5.00
PERSONAL/SMALL GROUP TRAINING	By request only. Email: sportrec@kpu.ca	
INTRAMURALS	\$20.00 – \$35.00 per person, per sport	
TOURNAMENTS	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

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 CENTRES

HOURS OF OPERATION:

Monday - Friday | 8:00 am – 9:50 pm

Weekends & Holidays | Closed

KPU Surrey

Fitness Centre (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

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 Centre (East 2565)

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

KPU Tech

Fitness Centre (Room 1410)

Featuring state of the art multi-system Matrix equipment, this compact fitness centre 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!

FUNCTIONAL TRAINING

Functional training is a type of exercise which involves conditioning the body for the daily demands of living. This incorporates big body movements such as squatting, lunging, pushing and pulling. Join us for this 50 minute class that will help you work up a sweat and teach you about proper movement mechanics.

CARDIO KICKBOXING

A conditioning class which will challenge your cardiovascular system at high intensities that mimic the demands of sparring in a ring. Learn basic boxing skill and have fun in a dynamic and tough class!

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
12:05 - 12:55pm	STRENGTH & CONDITIONING  	HATHA YOGA 	CARDIO KICKBOXING  	HATHA YOGA 	FUNCTIONAL TRAINING  
4:30 - 5:30pm		FUNCTIONAL TRAINING  		STRENGTH & CONDITIONING  	

KPU Langley

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:05 - 12:55pm	HATHA YOGA 		HATHA YOGA 		

KPU Richmond

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

Schedule subject to change

LEGEND



CARDIO



STRENGTH



SKILLS



MIND/BODY

FREE FITNESS WEEK

JAN 6 – 10, 2020

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.

	KPU STUDENTS	KPU FACULTY/STAFF
INTRODUCTORY PACKAGE (ONE TIME OFFER)	\$75 for 3 individual 60 minute session	\$99 for 3 individual 60 minute session
1-ON-1 PERSONAL TRAINING	\$45 per session	\$60 per session
DOUBLES TRAINING	\$25 per session/person	\$35 per session/person
SMALL GROUP TRAINING (3 PARTICIPANTS)	\$20 per session/person	\$30 per session/person



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

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.

LOCATION	KPU Surrey Gym
DATES/TIMES	Mondays (Jan 27-March 30) 6-9 pm
MINIMUM TEAMS	4 Teams Required (max. 10 players per team)
COST	\$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!

LOCATION	KPU Surrey Gym
DATES/TIMES	Tuesday (Jan 28-Apr 2) 6-9 pm
MINIMUM PLAYERS	8 Players required (Max. 32 players)
COST	\$20.00/player

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!

LOCATION	KPU Surrey Gym
DATES/TIMES	Wednesdays (Jan 29-Apr 1) 6-9 pm
MINIMUM TEAMS	4 Teams Required (Max. 10 players per team)
COST	\$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 sportsmanship and fun competition. All levels welcome.

LOCATION	KPU Surrey Gym
DATES/TIMES	Thursday (Jan 30 -March 31) 6-9 pm
MINIMUM TEAMS	4 Teams Required (8 Teams Maximum) (Max. 10 players per team)
COST	\$35.00/player (Includes a KPU Jersey)

REGISTER AT

kpu.ca/sportrec



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!

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

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

LOCATION	KPU Richmond Rotunda
DATES/TIMES	Tues & Wed 12-2 pm
COST	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

HEALTH & WELLNESS

THE BENEFITS OF SLEEP & HOW TO GET MORE!

Sleep is extremely important for the body. Even though you shut off conscious thought and literally do nothing during your sleep hours your body is hard at work repairing and restoring itself back to its natural balance (homeostasis). These hours are crucial for the body to re synthesize protein, restore the body's glycogen, cycle and balance hormones and any other processes that are necessary to sustain life. With inadequate sleep, especially repeated bouts of less than 6 hours per day, the body can experience many negative impacts. Let's take a look at some of the differences between getting enough sleep and being sleep deprived.

GOOD SLEEP

- » Research at the University of Chicago has shown that dieters who were well rested lost more fat than those who were sleep deprived.
- » Good sleep can improve concentration and productivity as well as problem solving skills.
- » Good sleep has been shown to enhance athletic performance.
- » A good night's sleep can help with memory consolidation, where your brain is processing your day, making connections between events, sensory information, feelings, and making memories.

POOR SLEEP

- » Poor sleep is linked with weight gain – this is due in part to improper cycling of hormones and lack of motivation to exercise.
- » Poor sleep can negatively impact brain function, similar to alcohol intoxication.
- » Poor sleep quality and sleeping disorders are strongly linked with depression.
- » Studies have shown that students who didn't get enough sleep had worse grades than those who did.

6 TIPS ON HOW TO GET A BETTER SLEEP

LIGHT EXPOSURE



Increase the natural light you are exposed to throughout the day as this helps with your circadian rhythm (tells your body when to stay awake and when it's time to sleep). Reduce blue light exposure in the evenings like using your cellphone, laptop and watching TV before bedtime.

EXERCISE



Exercise regularly! Physical activity increases your time spent in deep sleep. This is the time where your body boosts its immune function, supports cardiac health and controls stress and anxiety. Through a regular exercise routine you can reduce your stress levels which is an often cause of restless sleeps.

SLEEPING PATTERNS



Reduce any irregular sleeping times such as long daytime naps, going to sleep and waking up at varying times throughout the week. Irregular sleeping patterns can alter your circadian rhythm and levels of melatonin, negatively affecting your sleep quality.

RELAX



Relaxing before bed and clearing your mind can allow for a better sleep. Ways to relax include, reading a book, meditation, deep breathing, and a warm bath or shower. The use of Lavender essential oils through a diffuser or a spray can also be a benefit as it helps to relax muscles and slow down heartbeat.

ENVIRONMENT



Create a comfortable and calming environment for where you are sleeping. You can do this by eliminating loud noise, external lights, and high temperatures. Having comfortable bedding such as your bed, mattress and pillow can also increase better quality of sleep. It is recommended to upgrade your bedding at least every 5-8 years.

FOOD



Do not consume caffeine, food or alcohol late in the day. Caffeine stimulates your nervous system and prevents your body from naturally relaxing at night. Consuming food or alcohol late in the evening negatively impacts the natural release of melatonin (signals your brain to sleep) in the body and can lead to disrupted sleeping patterns.

KPU COMMUNITY

Spotlight



STUDENT-ALEXIA

Physical activity improves my wellbeing as I am able to take my mind off of current stressors and focus my thoughts on the challenge at hand. When performing physical activity, I can usually be found in either the fitness centre lifting weights, the gymnasium playing basketball, attending fitness classes such as kickboxing or hiking B.C.'s backcountry. I am addicted to the feeling of self-gratification when I lift a weight that exceeds my previous best, seeing myself improve on certain moves in a fitness class, or once I've reached the summit of a hike and am rewarded with a beautiful view. It is the success and results that I see in myself that keeps me in a positive mindset as well as coming back for more. Following a workout, a class or a

hike my mind is refreshed for the time being and I can return to my daily routine with a clear head.



EMPLOYEE-SIMON

Growing up I always wanted to fit into a medium sized t-shirt. For most of my teen years, I settled for XL. I ate whatever I wanted, I wasn't great at sports, and being a bigger kid, I lacked the confidence to try anything remotely athletic in high school. I didn't know what my inactivity and shoddy nutrition was doing to me, both inside and out. I wanted to make a change and realized there was only one person in the world that could make that possible – me. So, I began using the gym on campus who encouraged me to do the small, everyday things that contributed to improving my overall health and fitness. I began to see improvement with my grades, focus and outlook on life.

Discovering recreation early on in post-secondary changed my life. It means I've found a balance between life, working, and staying fit. It means working towards a challenge and pushing beyond the comfort zone. While I haven't looked back, it doesn't mean I forget what it was like to be there. This has and will always help me better relate to others. I think with the right amount of focus, anything is possible.



SPRING 2020 DOUBLES BADMINTON

KPU SURREY GYMNASIUM
Tuesday, February 18, 2020 | 4-7 pm

Register online at
[**kpu.ca/sportrec**](https://kpu.ca/sportrec)



EVENTS



kpu.ca/sportrec | sportrec@kpu.ca | 604.599.2980

SPRING 2020



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
- » 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.
- » 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?

CHECK OUT OUR STUDENT OPPORTUNITIES AT:

KPU.CA/SPORTREC



CAMPUS WELL

BY 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.

STUDENT
health101TM

MORE INFORMATION:

kpu.campuswell.ca | sh101@kpu.ca