

SPORT & RECREATION

SPRING 2021



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kpu.ca/sportrec





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 @KPU_SportRec
 @kpu_sportrec



VIRTUAL FITNESS CLASSES

Free Virtual Fitness Classes

LEARN MORE

SPRING SCHEDULE > JAN 11 - APR 30

Full Body Workout – Beginning with a warm up and ending with a stretch. This class will incorporate exercises to work all the muscles in the body. This class is moderate to high intensity but you can make it as easy as you like!

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!

Mindful Yoga – A gentle yoga class suitable for all levels focusing on physical health and mental well-being. This class will strengthen, tone, stretch, and relax your entire body through postures, breathing and relaxation techniques.

Hatha Yoga – This yoga practice includes breathing techniques, strengthening poses and flow sequences. This class will get you warm as we work on strengthening both the body and mind.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:05-12:50 pm Full Body Workout	12:05-12:50 pm Cardio Kickboxing	8:00–8:30 am Mindful Yoga	4:05-4:50 pm Full Body Workout	12:05-12:50 pm Hatha Yoga

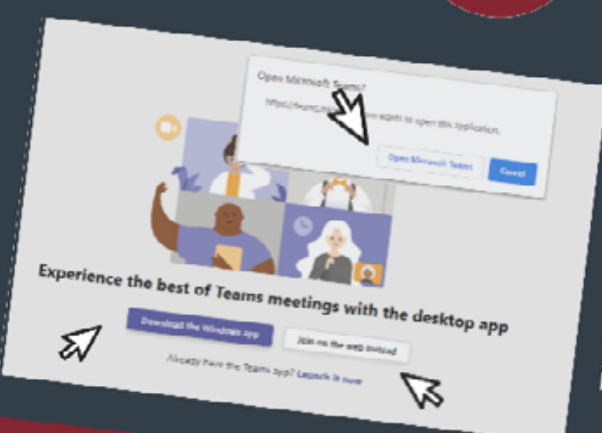


HOW TO JOIN VIRTUAL CLASSES

Click the link on our
Virtual Classes Web-Page
kpu.ca/sportrec/virtual-classes

Class Schedule				Link
Date	Time	Class	Instructor	
Thursday June 18th	12:00pm	Mindful Yoga	Julia	CLICK

Use the MS Teams App or Web-browser



If you have MS Teams installed on your computer or mobile device you may join directly using this. If not, you may join using a web browser - such as Chrome, Firefox, or Internet Explorer.

A larger screen will allow you to see the instructor better!

Before Joining the Virtual Session



Remember to mute your microphone and turn off your web camera!

Be mindful of Virtual Class Etiquette

- Please respect the privacy of others and **do not record the session.**
- **The instructors screen should be the only one in presenter view.** If you are having troubles with your screen try logging in via a different option, or as a guest via the web.
- Please use the chat window for any comments, questions, or concerns.
- **READ THE DISCLAIMER before participating!**

For more information please visit kpu.ca/sportrec/virtual-classes
Thank you for taking part in our community.
Never hesitate to reach out to sportrec@kpu.ca



WHAT IS ESPORTS?

The term ESports is derived from the term Electronic Sports and also known as competitive video gaming or professional gaming. ESports is considered a legitimate sport and is a fast growing international phenomenon. In fact, you will find sport channels like ESPN, streaming live events featuring gaming superstars in vast arenas surrounded by thousands of fans competing for seven figure earnings and big endorsements.

FUN FACTS

1. Esports is a multi-million dollar industry
2. It has even become a varsity sport in many North American Universities and Colleges
3. It is played globally
4. There are over 205 million viewers worldwide
5. Some prize pools are larger than Wimbledon

WHAT YOU NEED

- » Playstation
- » Xbox
- » Nintendo Switch
- » Gaming PC

SOCIAL CONNECTION

Participating in Esports is a way for us to connect with each other and participate in a recreational activity that does not require athletic prowess. As each of us do our part to stay home during this pandemic, Esports offers us a way to virtually connect, socialize and have some fun during this challenging period.

KPU Sport & Recreation will be launching our inaugural recreational Esport tournament in Spring 2021. Check kpu.ca/sportrec for updates!

HOW TO MAKE YOUR NEW YEAR'S RESOLUTION **STICK!**

Every year millions of people set New Year's resolutions but research shows that only a small percentage succeed. At the top of those resolution lists are often goals such as lose weight or get more exercise. Fitness centers are often bustling in January but see a quick drop off in February and even more so in March. Why is this? While there are many factors some of the biggest mistakes people make include setting goals that are too broad, too ambitious and setting too many at once. Fortunately, there are things you can do to keep yourself on track. Here are a few tips to help you achieve your goals this year!

SET SMART GOALS



When setting your goals, stick to the SMART method. In other words, make your goals, Specific, Measurable, Achievable, Relevant and Time-based.

BE HONEST WITH YOURSELF



Why are you actually doing this? Motivation is an important factor in determining success. Is this goal something that you actually want for yourself or is it something that others are telling you to do? If you need additional support, find a partner to help you stay accountable.

PREPARE IN ADVANCE



This one might seem obvious but there is a lot of thought that needs to go in to setting yourself up for success such organizing your environment. If your goal is to lose weight, than maybe you would prepare by filling your fridge with healthy foods and clearing out junk food from your pantry.

CREATE A PLAN OR SCHEDULE



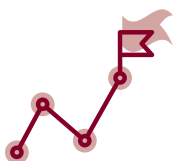
While you don't need to schedule every minute of the day, setting a plan or schedule for yourself will help you stay focused. If your goal is to get more exercise, scheduling time in your calendar is not only a useful reminder but makes you less likely to use excuses like having a lack of time.

TRACK YOUR PROGRESS



This is a great way to see your adherence to your goal. If your goal is to eat healthy and lose a few pounds, keeping a food log will help you figure out what you are doing right and where you could improve. Similarly, taking progress pictures and measurements are a great way to motivate you and keep you on track with your fitness goals.

BE KIND TO YOURSELF



Set backs are natural! We all have experienced setbacks in our lives but what determines success is staying positive and focused. Try to focus on the positive things you have achieved and rather than following completely off the wagon and giving up, try to use it as a learning lesson. Figure out what went wrong and what you could do to prevent future setbacks.



BELL LET'S TALK DAY

— JANUARY 28, 2021 —



Bell
Let's Talk

#BellLetsTalk



STAY CONNECTED VIRTUALLY



As a strategy to combat the spread of COVID-19, public health experts have recommended that people stay home as much as possible and physically distance from each other. That said, the term implies the need to physically be apart but the ability for us to continue to emotionally support and connect during these unprecedented times. Never has technology played such a vital role in providing us with platforms and opportunities to connect with each other. Below are some ways for you to **stay connected!**

Always be aware of your own privacy with any programs or application that you install on your devices. Many of these applications will access your microphone, camera and other information. Please always read what you are allowing access to. A quick internet search and review of application can often be helpful! Technology is a tool, the user is responsible for being aware how the tool works.

WAYS TO STAY CONNECTED:

Word Games

- » Scrabble Go
- » Words with Friends 2

Puzzle Games

- » Best Fiends Stars

Random Games

- » Exploding Kittens

Activity Trackers

- » Strava
- » MapMyRun

Video Calling

- » Facetime
- » Google Hangouts
- » Microsoft Teams
- » Skype
- » Instagram
- » Whatsapp
- » Houseparty

*FREE apps or software will often force you to watch advertisements at given intervals.



AT HOME RESOURCES

Sport & Recreation has created a web page to specifically aide people during this time as we adapt to being at home.

We selected four specific topics with weekly posts including detailed resources, follow along videos, recipes and articles.

CHECK OUT OUR WEB PAGE FOR WEEKLY UPDATED CONTENT!

kpu.ca/sportrec/athome

FITNESS



- » Myth Buster articles
- » Workout videos
- » Challenges

RECREATION



- » Sport Alternative videos
- » Activities
- » Activity blog posts

NUTRITION



- » Recipes
- » Evidence based articles
- » Healthy options

WELLBEING



- » Wellness articles
- » KPU related resources

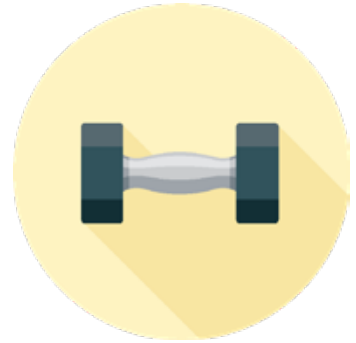
HOW TO STAY HEALTHY AND FIT AT HOME



With less access to equipment try incorporating walking, running or biking. Even with indoor options, walking around the house, running on the spot or indoor biking.



There are many online workout routines offered from fitness centre providers and youtube. Check out Sport & Rec's home videos at kpu.ca/sportrec/athome



Improvise with household items to make a workout! Use milk jugs or wine bottles as weights, dish towels for sliders, or sturdy chair for step-ups.



Consider activities that increase your heart rate but don't necessarily look like working out. Going for walks, gardening or cleaning your house.



Practice yoga or meditation with the incorporation of breathing techniques to help alleviate stress and anxiety.



While practicing social distancing use your phone to chat with family and friends. Try using the video chat option to have face to face conversations.

FULL BODY WORKOUT PLAN

Take rests only as needed,
otherwise non-stop!

End with 5 minutes of stretching.
SEE STRETCHING GUIDE

1. JOGGING ON THE SPOT

Begin with light jogging on the spot for 2 minutes to gently increase your heart rate.

2. JUMPING JACKS

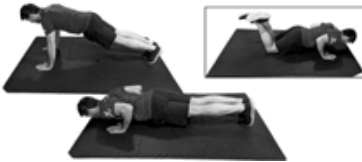
Continue with 2 minutes of jumping jacks to further increase the intensity of your heart rate.

3. ARM AND LEG SWINGS

Perform 10x backwards arm circles, then perform 10x leg swing, both sides. Repeat.

4. PUSH UPS

Either from a cobra position, your knees, your toes, or even a combo of all 3. **10 - 20 reps**



5. CHEST PRESS

Begin with light jogging on the spot for 2 minutes to Now working the same muscle group, complete chest press with weights or a weight substitute. **20 reps**



6. BURPEES, BACK TO #4

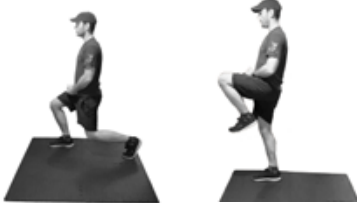
Once complete, if this is your first set go back to exercise #4, if this is your second set go back to exercise #7. **10 - 20 reps**



7. REVERSE LUNGE + STEP UP

Alternating reverse lunge with a step up. Be sure to hold your balance on the single leg for 2 seconds each time.

30 reps in total



8. SQUATS

Holding onto a weight in each hand perform squats with a 2 second hold at the bottom. Keep your chest up as you lower. **30 reps**



9. MOUNTAIN CLIMBERS, BACK TO #7

Once complete, if this is your first set go back to exercise #7, if this is your second set go to exercise #10. **60 seconds**



10. BENT OVER ROW

Holding onto a weight in each hand lean forward as far as is comfortable. Row each hand up to your torso. Keep each rep slow and controlled. Core tight.

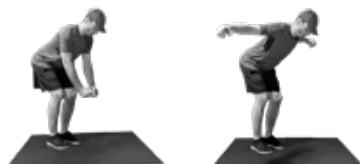
20 reps



11. BENT OVER REVERSE FLY

Holding onto lighter weights be sure to squeeze your shoulder blades together at the top of your movement. Core tight.

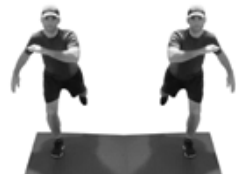
20 reps



12. SIDE TO SIDE SKATERS, BACK TO #10

Once complete, if this is your first set go back to exercise #10, if this is your second set you are done! Or go back to #4.

60 seconds





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.



Student Experience Telephone and Chat Support

24/7 Support for KPU Students

MY
SSP

The best way to access the **keep.me.SAFE** Program is through the My SSP app

Once downloaded, complete your profile set-up and read the disclaimers

Using the **My SSP** app you can call or chat with a counsellor anytime

TELEPHONE SUPPORT

1.844.451.9700

From outside North America: 001.416.380.6578

Who answers the call?

When you call keep.meSAFE, you will be greeted by an automated menu that will ask you to confirm a few options such as:

- Menu language option: English vs French
- International vs Domestic student
- Service options: Support and Services or Emergency
- Intake language options: Mandarin, Cantonese, Korean, Arabic, Spanish, English and all others

To Speak with a keep.meSAFE Clinical Advisor

Select the Support and Services option (unless it is an emergency).

You will be greeted by a Clinical Care Representative who will collect additional information, including: school, full name, birthday, and language preference, prior to connecting you with a Clinical Care Counsellor.

This process only takes a few minutes.

CHAT SUPPORT

My SSP App

Initiate a chat support session directly through the My SSP app.

Before you can start chatting, you must read through the disclaimers and make sure your profile is complete (all check marks must be green) to proceed.

Who answers the chat?

When you initiate a chat, you will be greeted by a Clinical Care Representative who will confirm some information, including: school, full name, birthday, and language preference, prior to connecting you with a Clinical Care Counsellor.

This process only takes a few minutes.

Keep.meSAFE provides all KPU students with **24/7** Professional Counselling. Counsellors can provide immediate support and referral to address a range of concerns.

CAMPUS WELL

KPU Campus Well 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.

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

EACH MONTHLY EDITION FEATURES:

- » Contests
- » Financial Advice
- » Fitness Tips
- » Recipes
- » Study Aids
- » Much more!



MORE INFORMATION:

kpu.campuswell.ca | studenthealth@kpu.ca

