

# SPORT & RECREATION

## AT HOME EDITION

SUMMER 2020



STAYING FIT  
AT HOME  
P.3

IMPORTANCE  
OF BEING  
ACTIVE  
P.4

AT HOME  
WORKOUT  
P.7

  
**KPU**

  
SPORT & REC

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



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 @kpu\_sportrec

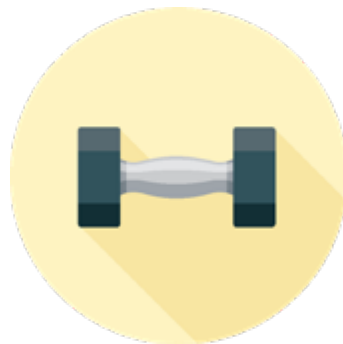
# HOW TO STAY HEALTHY AND FIT AT HOME



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](https://kpu.ca/sportrec)**



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.

# 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.





# THE IMPORTANCE OF BEING ACTIVE FOR 13 MINUTES A DAY

sed·en·tar·y

/ˈsedn̩ˌterē/

adjective

characterized by much sitting and little physical exercise.  
“a sedentary lifestyle can increase your risk for disease”

Leading a sedentary lifestyle is a major risk factor for heart disease and stroke and contributes to many other disorders such as diabetes, obesity, high blood pressure, and high blood cholesterol. Technological advances have decreased the amount of activity required to sustain life. This paired with increasingly sedentary jobs has made it challenging to sometimes obtain the necessary amount of movement each day for optimum health.

The Canadian Center for Exercise Physiology defines a sedentary lifestyle as less than 90 minutes of moderate physical activity each week. To simplify it, this is less than 13 minutes of exercise every day. To ensure you are achieving the minimum recommendations, try to set goals of 10 minutes or more, and increase your pace - if even only for shorter bouts. Let's be clear, the heart is not biased towards any type of exercise. If it makes your heart beat faster and your muscles burn or fatigue, it is good for you!

\*13 minutes a day will ensure you do not fit into the category of being Sedentary, however 30 minutes a day or more is the recommendation for optimal health

## SOME TIPS AND TRICKS TO HELP YOU:



Try not to sit in one position for longer than 30 minutes. Take breaks if only to get up and walk to another room. Add active intervals into your day.



Schedule your breaks into your day. Use this time to also get up and move around, even if it is random movement such as jumping jacks, or going up and down the nearest stairs.



Record your movement, use an activity tracker or step counter or just record minutes spent being active. The sheet on the next page can track activity.



Set reminders to get active. While it should be in bouts of 10 minutes or more, any increased activity is beneficial. Perform jumping jacks during T.V commercials.



# NATIONAL HEALTH & FITNESS DAY!

Saturday June 6, 2020

Daily physical activity is declining and preventable illness is rising. **It's time to get up, get out, and get active!** National Health and Fitness Day (NHFD) is an initiative to challenge Canada to become the fittest nation, starting with one day when Canadians get out and get active in any way possible. NHFD has close to 400 communities across Canada that partake in this initiative. With passage of the National Health and Fitness Day Act in 2014, Canada gained a day to celebrate.

For more information visit:  
[nhfdcan.ca](http://nhfdcan.ca)

**Try these activities to get moving for NHFD!**

- » Play Xbox kinetic, Playstation move or Nintendo Wii
- » Have a scavenger hunt around your home
- » Play hide and seek with your kids
- » Yoga
- » A workout video
- » Dance



## MOVEMENT CHALLENGE: 13 MINUTES OR MORE

The goal of this movement challenge is to ensure you do not fall into the category of being sedentary. Defined as obtaining less than 90 minutes of activity each week, or less than 13 minutes per day. Use this worksheet as a method for keeping yourself accountable for your daily and weekly activity. Utilize the home workout plan in this activity guide, or other resources from our [kpu.ca/sportrec/athome](http://kpu.ca/sportrec/athome) webpage.

**RECORD MINUTES SPENT BEING ACTIVE FOR EVERY DAY. ALSO BE SURE TO ADD UP THE WEEKLY TOTALS. YOUR GOAL IS TO ENSURE YOU ARE OBTAINING NO LESS THAN 90 MINUTES EACH WEEK, MOVING TOWARDS 150 MINUTES PER WEEK OR MORE!**

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Saturday	1	8	15	22	29
Sunday	2	9	16	23	30
Monday	3	10	17	24	1
Tuesday	4	11	18	25	2
Wednesday	5	12	19	26	3
Thursday	6	13	20	27	4
Friday	7	14	21	28	5
Weekly Total					

This sheet can be used to record your atHOME exercise. This could include steps taken up and down your stairs or walking from room to room, just record time spent doing said activity.

# HOME CIRCUIT PROGRAM

Warm up for 5 minutes. Jog on the spot or around the block. Each set of this program should take roughly 14 minutes. Complete this program 2-4x/wk with at least one day in between.

Complete these exercises in order, one after the other with little to no rest (as you can)

## 1. HIGH KNEES



Jogging on the spot keep your core contracted

DURATION  
30 Seconds  
to 1 minute

## 2. SQUATS



Keep your body upright, head looking straight, stick bum out Try not to let knees cross over toes

DURATION  
1 minute

## 3. BENT OVER ROW



Maintain a straight back, bum against wall as point of contact, lift weight towards your hips

DURATION  
20 reps

## 4. JUMPING JACKS



Keep heart rate up

DURATION  
30 Seconds  
to 1 minute

## 5. PUSH UPS

From toes, knees, or even hips.

DURATION  
10-20 reps



## 6. REST

Take a 30 second to 1 minute rest as needed. As the weeks progress you should require less rest!

## 7. HIGH KNEES



Jogging on the spot keep your core contracted

DURATION  
30 Seconds  
to 1 minute

## 8. PLANK

Keep your abs, buttox, and legs tight, stabilize your joints, breathe!

DURATION  
1 minute



## 9. REVERSE LUNGE



Alternate legs with every lunge, keep your pace slow and controlled. Goal is to drop knees 90 degrees

DURATION  
20-30 reps

## 10. JUMPING JACKS



Keep heart rate up

DURATION  
30 Seconds  
to 1 minute

## 11. BACK EXTENSION



Lay on your stomach, arms by side, palms down, lift chest off the floor

DURATION  
20 reps

## 12. ISOMETRIC WALL SQUAT



Keep your abs tight and your back, shoulders and neck on the wall

DURATION  
1 minute

Rest for 1-2 minutes and repeat back from exercise #1 (1-3 sets, you might add a set each week)



# THE FINE PRINT

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## **GUIDELINES**

- » All KPU students are subject to the KPU Student Conduct policy while using any KPU facility. For more information, visit [kpu.ca/policies](https://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



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

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

Use 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 Canadian 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, postal code, and language preference, prior to connecting you with a Clinical Care Counsellor.

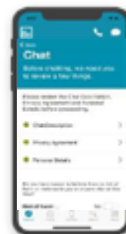
**This process only takes a few minutes.**



#### 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, postal code, and language preference, prior to connecting you with a Clinical Care Counsellor.

**This process only takes a few minutes.**



# 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.

Check your KPU email each month for the latest issue.

### EACH MONTHLY EDITION FEATURES:

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

**STUDENT**  
**health101™**

### MORE INFORMATION:

[kpu.campuswell.ca](http://kpu.campuswell.ca) | [sh101@kpu.ca](mailto:sh101@kpu.ca)

