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SUMMER 2019

SPORT & RECREATION ACTIVITY GUIDE

KPU | SPORT & REC

kpu.ca/sportrec

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

CONSEQUENCES OF PHYSICAL INACTIVITY

TYPE 2 DIABETES

HEART DISEASE

OBESITY

OSTEOPOROSIS

STRESS

...these are only a few of the preventable conditions related to physical inactivity.

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 strenghtening 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.***

SPORT & RECREATION ACTIVITY GUIDE

@kpusportrec
@KPU_SportRec
@kpu_sportrec

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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
FITNESS CENTRE	FREE with valid KPU ID*	
FLEX PASS (10 CLASS PASS)	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	$15.00 – $30.00 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.

KPU TECH FITNESS CENTRE

SPORT & RECREATION FACILITIES

HOURS OF OPERATION: Monday-Friday | 8:00 AM – 9:50 PM | Closed holidays

Fridays in July and August facilities will close at 7pm

KPU Surrey

Fitness Centre (Cedar 1290)
Home to KPU's largest fitness facility, this centre features the latest strength equipment, free weights and cardio machines.

Gymnasium (Cedar 1230)
Known as The Eagles' Nest, 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 MAY 30 – JUNE 7
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 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!

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

Surrey

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

Langley

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

Richmond

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

Schedule subject to change

LEGEND

CARDIO

STRENGTH

MIND/BODY

FREE FITNESS WEEK

MAY 6 – 10, 2019

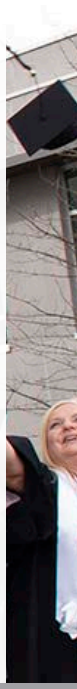
All fitness programs free for you to try!

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.

	KPU STUDENTS	KPU FACULTY/STAFF
ONE-ON-ONE 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



GYMNASIUM CLOSED*

MAY 30–JUNE 7, 2019 AS WE CELEBRATE KPU GRADUATES!

kpu.ca/convocation

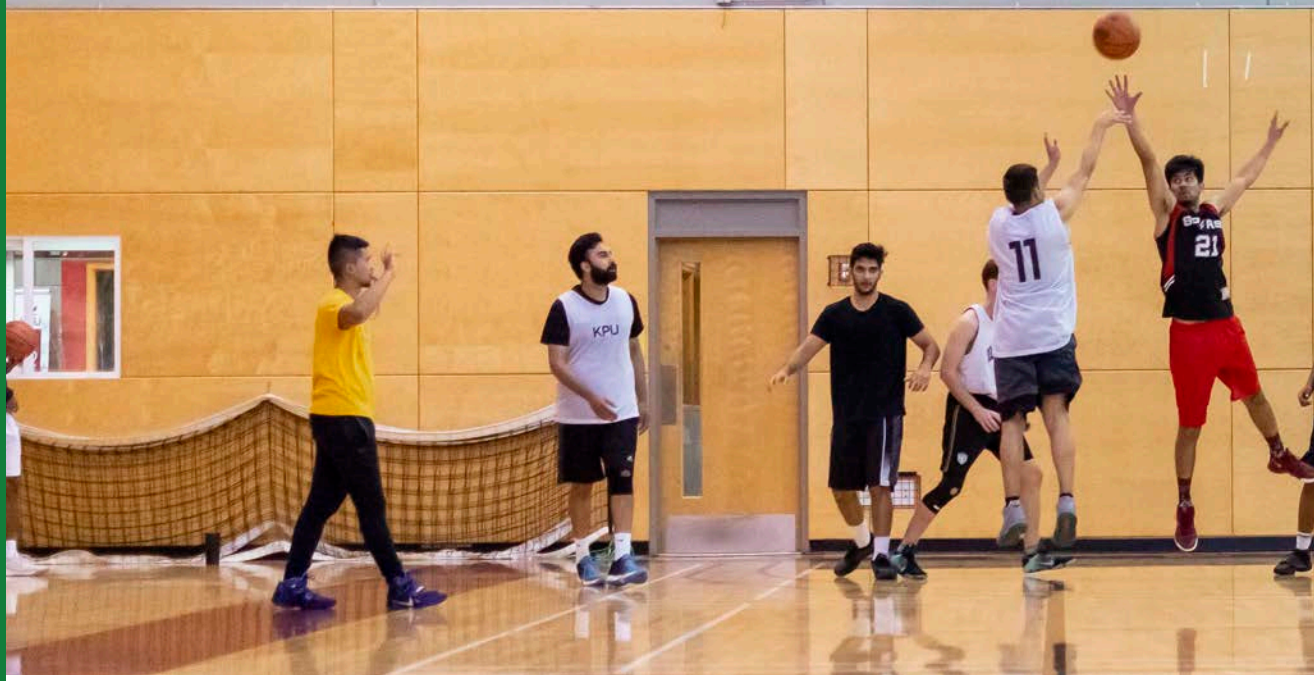
***FITNESS CENTRES WILL REMAIN OPEN**

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**



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 | 6:00-9:00 PM (JUN 10-JUL 29)
REGISTRATION DAY:	MONDAY MAY 27
MINIMUM TEAMS:	4 TEAMS REQUIRED (MAX. 10 PLAYERS PER TEAM)
COST:	$15.00/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.

LOCATION:	KPU SURREY | GYM
DATES/TIMES:	TUESDAYS | 6:00-10:00 PM (JUN 11-JUL 30)
REGISTRATION DAY:	TUESDAY MAY 28
MINIMUM TEAMS:	4 TEAMS REQUIRED (MAX. 8 TEAMS) (MAX. 10 PLAYERS PER TEAM)
COST:	$30.00/PLAYER (INCLUDES A KPU JERSEY)

Register at 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!

LOCATION: KPU SURREY | GYM
DATES/TIMES: SEE OPEN GYM SCHEDULE
COST: FREE

LOCATION: KPU TECH | STUDENT LOUNGE
DATES/TIMES: MON, TUES & THURS | 9:00 AM-4:00 PM
COST: FREE

LUNCH & LAWN

Every Friday come out and enjoy the Sunny Summer days with some lawn games, including croquet, bocce and horseshoes. Fill your Fridays with fresh air and downtime with some games and the company of fellow colleagues or classmates!

LOCATION: WESTERMAN PROPERTY
DATES/TIMES: FRIDAYS THROUGHOUT JULY & AUGUST | 12:00-2:00 PM
COST: FREE

VOLLEYBALL

Whether it's your first time out or you are perfecting those spikes, join in on our drop in Indoor Volleyball every Wednesday night! This is a great way to get active and social during the Summer with fellow KPU peers!

LOCATION: KPU SURREY | GYM
DATES/TIMES: WEDNESDAYS | 6:00-10:00 PM
COST: FREE

OPEN GYM

Available at KPU Surrey, open gym provides free scheduled activities for KPU students, alumni and employees. For schedule information, visit **kpu.ca/sportrec/schedules**

DO YOU ***MOVE*** ENOUGH ***FOR*** YOUR ***HEALTH?***

Experts say that 10,000 steps a day is a good number to strive for, **however any amount of movement beyond what you are currently doing may result in overall health improvements.** Studies have proven that people who managed to increase their daily steps to at least 10,000 per day experienced **significant health benefits,** such as reductions in blood pressure and improvements in blood glucose levels. Increasing your movement can also lead to improved fitness, strength and is a great way to de-stress!

While walking 10,000 steps a day is not an official recommendation, any increase in physical activity is crucial for health improvement. The Canadian Physical Activity Guidelines recommend adults engage in **150 minutes** of **moderate to vigorous activity** each week (exercise that causes adults to sweat and breathe a bit harder). However, this may be a vague and undefined goal and lead to less success than the better defined goal of achieving a predefined number of daily steps. Remember your pedometer counts all movement, so any increase in physical activity will increase your step count.

It is recommended that people first set **short term goals** such as adding 1000 steps to your daily routine. Each week you may build on previous success by adding an additional 1000 steps until you have reached a minimum of 10,000 steps most days of the week.

Join us as we kick off **National Health & Fitness Day!**

National Health and Fitness Day (NHFD) is an annual initiative that challenges Canadians to get out and be active. On **Thursday, May 30th**, KPU's Health Promotion and Sport & Recreation teams will be raising awareness about NHFD on campus. Stop by the Surrey Main Courtyard from 11 AM - 2 PM on May 30th and play some games and learn more about the importance of physical activity!

See details on how to complete our June Challenge on the next page…

Wearable health technology is among the latest in fitness trends. Devices such as apple watch, fitbit, heart rate monitors and pedometers can help people track their daily and weekly physical activity and be great motivational tools to keep you accountable to your daily and weekly fitness requirements.

KPU Sport & Rec will be giving out free pedometers to the first 50 people to sign up for the movement challenge on the Sport & Recreation website.

JUNE MOVEMENT CHALLENGE

Signing up for the June Movement Challenge is not required to take part. However, if you do sign up, the first 50 participants will receive a **free KPU pedometer** and weekly motivational tips from our Sport, Recreation and Health Promotion team.

WEEK 1: Record your daily step count each day of the week to establish your baseline. Which days are more than others, consider what in your routine is different for these days?

WEEK 2: Try to increase your daily step count by 500-1000 steps from last week's numbers.

WEEK 3-5: Continue to progress your daily step count by 500-1000 steps each week. Remember to record your weekly total at the end of each week.

SUCCESS is if you have increased your daily and weekly step count from Week 1 – Week 5

JUNE 2019					
	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					

WELLNESS CLUB

This motivational activity club is dedicated to the health and well-being of the KPU community! Together we will celebrate and encourage an increase in physical activity throughout our journey to a healthy lifestyle.

More info at
strava.com/clubs/kpu_sportrec

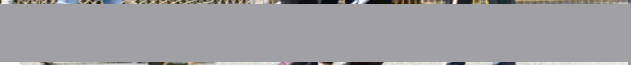
SEAN - EMPLOYEE

Having been involved in Taekwondo, baseball, and other sports for most of my life, being active was always part of who I was and what I did. As I grew older, however, I found I had less free time and I exercised less, especially after getting a desk job, and it was only then that I realized the importance of being active. Pushing myself to exercise more, and having fun while I'm at it, has allowed me to focus more at work, given me more energy at home, and has honestly made me a happier person. I think it's important not to underestimate how big exercise and an active lifestyle can impact your life.

VY - STUDENT

I never understood the importance and impact physical activity had on my mental health until about a year ago. I used to put so much pressure on myself to study every minute I had, to the point where I just had to step away from school altogether. I became depressed and my anxiety got worse; until I was re-introduced to yoga, volleyball, and going to the gym. Once I found my passion for fitness again, I then began finding a better balance of education and my own health. Now anytime I get overwhelmed from school, I hit the gym or I'll go on a run before coming back and working again. I've shaped myself into a completely different person and physical activity is something I rely on and it has changed my life for the better.

TOURNAMENTS



EUROPEAN HANDBALL

KPU SURREY CAMPUS GYMNASIUM

WEDNESDAY | JULY 10
3:00–6:00 PM

THE AMAZING RACE KPU Edition

ALL KPU CAMPUSES

WEDNESDAY | JUNE 12
10:00 AM–1:00 PM

For more information: kpu.ca/sportrec/tournaments

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 or online at **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?

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

Check your KPU email each month for the latest issue.

STUDENT health101™

kpu.ca/student-health-101
sh101@kpu.ca