"Umeå University is a workplace where student and staff health is in focus (Interim objectives 2018–2020)."

As a part of our endeavour to promote health and wellness at Umeå University, the Umeå School of Sports Sciences offers the event Health on Campus twice per year. The programme contains lectures, workshops and physical exercises. All students and employees are welcome to take part.

Further information and a full programme of events can be found on www.ih.umu.se/halsa-pa-campus or on Facebook.

Health for all!
12:00–12:10
Information about the innovation competition Room for Manoeuvre on campus
As a side-event to Health on Campus, the University is setting off the grand innovation competition Room for Manoeuvre on Campus! The competition consists of teams of students from various programmes together developing an idea that promotes exercise and recreation around the University Pond. Registration can take place individually or in teams.

12:15–12:45
Physical literacy – How many letters are there in your physical alphabet?
Lars Bergström
Physical literacy is one of the keys to good general health, this lecture inspires to reflection on your own behaviour when it comes to training, work and spare time. The lecture is aimed at those who never move, and those who never stop moving, to those who exercise and those who would never exercise. Come listen and enrich you general health. Lars Bergström is a physiotherapist and personal trainer at IKSU.

12:50–13:35
Cardio training? Not my thing...
Malin Lundskog
A lecture on how couch potatoes and achievement pros can make cardiovascular exercise into a habit, and why. For those of you who know that exercising is important to have energy for everything you want to do. And for those of you who feel bad about training at the expense of others, or skip training because of others. Get tangible advice and opportunities to crumble your (imagined?) excuses. Malin Lundskog is a health promotor who makes you let go of bad conscience and makes time for living life.

13:40–14:10
Motivation – why do we do what we do?
Marius Sommer
Motivation is important for success, but what is motivation and what can we do to strengthen our motivation? This is a lecture on what we choose and don’t choose to do in life, what factors affect how much energy and time we are willing on spending, and how long we can last. Marius Sommer is a doctor in sports psychology, researcher and lecturer at Umeå University. His research ties into motivation and goals, and how these variables work together with development and performance.

14:15–15:00
Sustainable health – sustainable performance
Ann-Sofie Forsmark
Everyone talks about health these days, and advice are in abundance. Never have we known so much about how to feel good, still so many struggle with their health. But health is the basis for everything we want to do in life. Whether you just want to enjoy it, complete your studies or do well at work, your health is the deciding factor. So focus on the right things, in the right way. Ann-Sofie Forsmark is health management consultant and works with small and large organisations, employers and employees to support sustainable performance regardless of organisation and challenges.

15:05–15:35
Seeing beyond your nose
Johanna Stenling
This lecture can be held in English upon request.
Johanna Stenling
The importance of prioritising creativity to achieve sustainable job satisfaction. The lecture focuses on creativity and how important health and happiness at work is. Johanna is a psychologist working at Feelgood, Umeå University's occupational health care services.

Organisers: Umeå School of Sports Sciences (USSS), Umeå Student Union, Umeå Medical and Health Sciences Student Union, the Student Union of Science and Technology, Umeå Sport & Motion, Isku, Umeå ÖK, Student Services/Student Health Service, the Office for Human Resources, Feelgood, Try it Out, Kraft, NordBC, the Sports Sciences Programme, the Physical Trainer Programme, the Sports Sciences Association at Umeå University, the Physiotherapy Programme, the Swedish Professional Associations for Physical Activity, the Building Office, the Communications Office, the Department of Food and Nutrition, the Department of Community Medicine and Rehabilitation.
## Workshops 12 September

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop</th>
<th>Place</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00–13:00</td>
<td>Health promotion Self-help against stress – Maria Nordin</td>
<td>Samvetet, the Social Sciences Building</td>
<td>Can be given in English upon request. By understanding stress and why we are stressed, we can find strategies to reduce our everyday stress. This workshop will discuss both physical and mental methods to handle and reduce the strains of everyday life. Maria Nordin is docent in psychology and studies and teaches primarily health psychology. No prior registration needed. Limited seats.</td>
</tr>
<tr>
<td>13:00–14:30</td>
<td>Training neck and shoulder problems</td>
<td>Samvetet, the Social Sciences Building</td>
<td>Can be given in English upon request. The physiotherapists Ulrika Aasa and Eva Tengman holds a workshop with a 30 minute lecture and then discussions and advice in groups with practical demonstrations with neck and shoulder strengthening exercises. No prior registration needed. Limited seats.</td>
</tr>
<tr>
<td>15:00–16:30</td>
<td>Seeing beyond your nose – Feelgood</td>
<td>Universitetsklubben, Universum</td>
<td>Aimed at university employees focusing on how and why to improve creativity at work, and the importance of prioritising creativity to achieve sustainable job satisfaction. Johanna Stenling is a psychologist and Stina Nilsson is a physiotherapist and ergonomist. No prior registration needed.</td>
</tr>
<tr>
<td>13:00–14:30</td>
<td>Walk and talk – Student Services/Student Health Service</td>
<td>A place to meet at the bridge by the Campus Pond, between Universum and the Social Sciences Building</td>
<td>This event is suitable also in English. Welcome to short conversations about existential questions during a walk around the Campus Pond. Suggested topics of discussion: Why are we here? What do I need to develop in life? Claus Jochheim is a counsellor and will hold a short introduction before teaming you up with another student. No prior registration needed.</td>
</tr>
<tr>
<td>15:00–17:00</td>
<td>Creative workshop using the Life Compass – Student Health Service</td>
<td>Universitetsklubben, Universum</td>
<td>Can be offered in English upon request. An explorative, creative workshop where you are provided an opportunity to reflect upon your values in life. Our workshop is based upon the Life Compass used in acceptance and commitment therapy. No prior registration needed, max 15 participants. Only for students.</td>
</tr>
</tbody>
</table>

### Activities requiring registration

- **Hike along Tavelsjöleden Trail with IKSU Frilufts**

- **Strength training – your medicine**
  At 13:00-14:30 Place: Sports Sciences Lab, Lars Berglund
  Lars Berglund, Dr. and physiotherapist holding regular courses and lectures on strength training. He studies injuries and techniques for lifting. Lars Berglund’s workshop goes under the theme: Safe and effective strength training. A short lecture followed by practical training of deadlifts with a barbell. Limited seats. Book your place at www.ih.umu.se/halsa-pa-campus.

- **What is IKSU and how does it work?**
  Suitable also in English.
  Book an introduction and tour of the biggest training facility in Europe. Come by yourself or bring your whole office or class – IKSU’s offering is varied and has something for everyone. IKSU can also contribute with ideas for how you and your team can become more healthy. Book your time slot at www.ih.umu.se/halsa-pa-campus.

- **Massage workshop by and with physiotherapy students**
  Place: 201d and 201e in the Social Sciences Building
  Learn the basics of classical massage. You will both massage and be massaged during this workshop. The massage focuses on neck and shoulders in a seated position. Book your place at www.ih.umu.se/halsa-pa-campus.
### Lindell Hall 12 September – Drop in

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
</table>
| 12:00–15:30   | **Try it out**  
In the Lindell Hall, Umeå associations are exhibiting their offerings and welcome you to certain test activities. An exhibition where you get the opportunity to try out new things. |
| 12:00–15:30   | **Test your flexibility**  
Physiotherapy students recommend individual training exercises. |
| 12:00–15:30   | **Test your strength and get technique and training advice**  
Students from the Physical Trainer Programme give tips and tricks on how to do, for instance, squats and deadlifts. Take this chance to ask your questions. |
| 12:00–15:30   | **Tired of views and thirsty for knowledge?**  
Welcome to test a health shot and ask your questions to students from Food and Nutrition. |
| 12:00–15:30   | **The University Library provides hints on active sitting, come give it a go!** |
| 12:00–15:30   | **Try orienteering**  
walk, jog or run our easy test courses on and around campus with or without electronic timing. More information is found at the Umeå Orienteering exhibition stand. |

### Other activities – Drop in

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
</table>
| 12:00–15:30   | **Unbreakable**  
Come to the pond and try one of the 2018 obstacles in the Unbreakable race and join us to make the 2019 race even better. |
| 12:30–13:15   | **Join us for a jog**  
Beginners and the elite, everyone is welcome. Leader: Elbert Karlsson  
Place to meet: By Universum fountain |
| 12:30–12:50   | **Core – train your body with IKSU**  
Drop-in. No change of clothing necessary. Leader: Anna-Karin Hedin  
By the pond |
| 12:55–13:15   | **Zumba® med IKSU**  
Drop in for a dance. No change of clothing necessary. Leader: Anna-Karin Hedin  
By the pond |
| 13:30–14:30   | **Running technique – learn how to run right and light**  
Get advice on your running technique by running expert and track and field coach Anneli Johansson and physical exercise coach Stefan Sandlund. No prior knowledge required. Campus football arena.  
Running tracks behind Police Education Building. |

10–16 September

- **Free entrance: Gym/group training sessions**  
Umeå Sport & Motion Utopia, Navet, Mariehem

10–16 September

- **Free entrance: Gym/swimming/ball and racket sports/group training sessions**  
IKSU Sport & Plus

All of September

- **Skoj på hoj!** Orienteering around Umeå by bike with a modern orienteering map from Umeå OK’s exhibition stand on 12 September or at Umeå School of Sports Sciences Secretariat at other times.

All the year round

- **Health on Campus orienteering – Gång på Gång!**  
Walk orienteering around campus. Pick up your map at Umeå OK’s exhibition stand in the Lindell Hall on 12 September or at the Umeå School of Sports Sciences Secretariat at other times.

All the year round

- **Walk and Talk**  
Try the various walking tracks for recreation and meetings developed by the Building Office and Student Health Service. 15, 20 or 35 minute walk starting by the bridge over the pond.