



Volume 4...Issue 5



Bladder Chatter

TRU student health & wellness newsletter

Men's Health: EXERCISE!

AHH YES... EXERCISE... PROBABLY THE MOST COMMON THING THAT COMES TO MIND WHEN SOMEONE UTTERS THE WORDS: "MEN'S HEALTH." SO WHAT'S AVAILABLE AT TRU AND WHAT CAN YOU DO?

BEFORE GETTING STARTED IN ANY TYPE OF EXERCISE PROGRAM YOU SHOULD AT LEAST TAKE A PAR-Q, A PHYSICAL ACTIVITY READINESS QUESTIONNAIRE. IF YOU'VE PREVIOUSLY HAD ANY HEALTH PROBLEMS OR YOU HAVE ANY CONCERNS YOU SHOULD SEE YOUR DOCTOR.



This newsletter is sponsored and published by the TRU Wellness Centre. This issue was created by fourth year nursing students Michael Manarin and Nicole West.

Do you have any questions or comments? Please contact Chelsea at 828-5010 or ccorsi@tru.ca for more info.



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Check us out in another stall near you or at www.tru.ca/wellness

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Fitness and Exercise

Around Campus:

The Weight Room, located at the Gymnasium, is open Monday-Thursday 630-830am and 1130am-730pm; and Friday 630am-830am and 1130am-530pm

Other options on campus:

- * Open gym nights Tuesday 7-10pm, Wednesday 8-10pm and Thursday 7-10pm for the rest of November... Get out & play some b-ball, indoor soccer or whatever is going on
- * The Aquatic Centre pool and gym is free when you show your student card.
- * Outdoor track at Hillside Stadium
- * There's always the track at Hillside Stadium for running.

Simple Things to Remember

Set attainable goals... If you don't, you're just setting yourself up for failure.

Wear the right gear & bring a water bottle plus a carb filled snack for after exercising

Results take time + effort!

- Start slow and build a base
- Increase the frequency and intensity of your workouts over time
- Stick with your program

- Just because you can't see a difference doesn't mean there aren't any positive results already
- Try new exercises, changing reps and sets, pyramids, supersets, etc. to keep your body from adapting to your workout and to keep on making gains
- Do a proper warm up before and cool down after any type of exercise... Make sure to include stretching (just a light stretch & hold for 30sec)



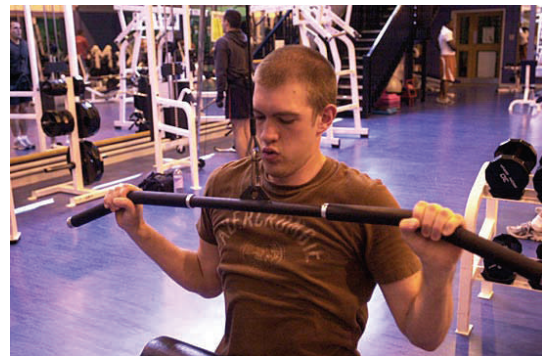
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Tips To fit Fitness into your schedule And keep you into fitness

- * Get a workout buddy: they'll keep you motivated to get to the gym and while you're there
- * You don't have to do all your cardio at one time...try to use a variety of machines like the rower, treadmill, stair climber, stationary bike or elliptical; better yet... get outside for a run, walk, hike, or bike
- * No time for a long workout session? No worries, split it up into two shorter sessions; one for cardio and one for weight training later
- * Live close to Campus? Walk to school, not only will you be doing something good for yourself... you'll be saving money and the environment!
- * Most Importantly: Try to focus on your personal sense of well being instead of focusing on your weight or appearance



The Gym's Not Your Thing?

Be honest... Going to a gym is not for everyone but there's lots of ways around Kamloops to enjoy yourself year round:

- * Try a hike or walk at one of the parks
- * Check out the Kamloops Parks & Rec Guide available at: <http://www.kamloops.ca/activityguide/index.shtml>
- * Enjoy a run? Head up to Runner's Sole and talk to Wayne... He'll have a group for you to join... How does snowshoeing sound for the winter?
- * Head up to Sun Peaks or Harper Mountain, they have XC skiing too

November Wellness Events...

Stress Busters Week #2

November 26-30
FREE SOS Stations & FREE Exam
Relax Sacks Tues - Thurs

FREE Reflexology
Tues, Nov 28
9:30am-3:30pm
Student Street

Men's Health Extravaganza

Tues, Nov 20
11:30am - 1:30pm
Student Street

Drop by and learn more about
men's health and enter to win
PRIZES including:
Blazers tickets & a Team Climb
for 5 at
Rope's End

Exercise does
a body good!



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