

Week 4- May 27th-June 2nd



Hittin' the Gym Week

This week is all about how to get active, whether in the gym here or your own gym at home! Our goal is to win the title of Canada's Most Active Community through our partnership with [ParticipACTION](#). We have many accessible resources right here on campus, and the Sports & Recreation Fitness Centre is a great way for you to earn points! Find your handy dandy 'how to' guides - available at U of L SRS Fitness Centre:

- How to get active
- Steps on creating a program
- How to warmup
- How to cool down
- Basic concepts
- Different types of workouts and how to's for certain exercises

*The guides will be available at the Sports & Recreation Customer Service desk.

50,000 points will get you the Week 4 badge –enter your physical activity points on a regular basis.



Extra points/badges this week:

1. Take a photo of you and your partner hittin' the gym for some extra points – post on [UofLWellness](#) (Instagram) or [U of L Wellness](#) (Facebook). Email wellness@uleth.ca to confirm for an extra 2000 points.
2. **Gym Orientation Badge.** Attend a **FREE Fitness Centre Gym Orientation** sessions, either as a drop in session or at noon on **Wednesday May 29th**. Please [pre-register](#) by mailing wellness@uleth.ca to ensure time (if drop in) and confirm numbers if you are attending the Wed noon session. This is a great way to learn what's available in the Fitness Centre and how to use the equipment safely and properly.
3. Get your **Free Fitness Centre class badge!** Explore the classes the Fitness Centre has to offer and [sign up](#) for a **FREE class of your choice** – phone 403-320-2706 or drop by the Customer Service desk.
4. Get your **Hittin' the Gym** badge by picking up the 'How to Guide' at SRS Fitness Centre (available Tuesday May 28).
5. [ParticipACTION](#) app – Download the app for your chance to win even more prizes!
6. Up to **10,000 points** for donating to the **Students' Union Food Bank** – most donations will earn 500 points; but [high demand items](#) will earn 1000 points each!



Don't have a gym membership? If you are a new employee or haven't had a membership at SRS in the past 12 months, and you sign up for the payroll deduction plan between now and June 16, you won't have to start [paying until the end of July!](#) Stop in at the Customer Service desk for more info!

