

Welcome to **L.I.F.E....**

# L.I.F.E. Newsletter

October, 2010

Issue 1

## Exercise



### **Some of the Benefits of Regular Physical Activity ...**

1. Reduces stress and anxiety
2. Improves self-esteem
3. Improves sleep patterns
4. Builds and maintains healthy bones and joints
5. Increases muscle endurance and strength.
6. Reduces body fat and helps you lose weight.
7. Increases metabolism
8. Improves self-esteem.
9. Strengthens heart and lungs
10. Acts as an "anti-aging" pill!

### **Ways to burn 100 Calories in less than 30 minutes ...**

- Racquetball -- 8 minutes
- Rope jumping -- 8 minutes
- Basketball -- 11 minutes
- Swimming -- 11 minutes
- Tennis -- 13 minutes
- Aerobic Dancing -- 14 minutes
- Cycling -- 15 minutes
- Weight Lifting -- 17 minutes
- Table Tennis -- 21 minutes
- Weeding Garden -- 23 minutes
- Sweeping -- 23 minutes
- Vacuuming -- 23 minutes
- Walking -- 27 minutes
- Ballroom Dancing -- 29 minutes

### **FREE Campus Recreation Oct 25 - 31**

,,, to all Hospitality Services Staff. Just remember to bring your Western ID.

View the Fall 2010 schedule on-line:

[http://westernmustangs.ca/documents/2010/9/2/Weekly\\_Schedule\\_Fall10.pdf](http://westernmustangs.ca/documents/2010/9/2/Weekly_Schedule_Fall10.pdf)

"Training gives us an outlet for suppressed energies created by stress and thus tones the spirit just as exercise conditions the body."

*Arnold Schwarzenegger*

### **Nordic Walking .... what a great concept!**

(By: *Melanie Harvey, Conference Services Manager*)

For those of us who do not like to run, have been advised that they should not run or for those who feel the classic "walking" is not intensive enough, Nordic Walking is a great alternative. Nordic Walking is great for general fitness, weight loss and weight management. While using the Nordic Walking poles (kind of look like modified ski poles), the upper body weight gets distributed so that a lot of pressure is taken off the ankles and knees. Easy to learn and a completely natural way of moving. Why not try it! Check out this web site to learn more about Nordic Walking techniques:

<http://urbanpoling.com/>



email: [hslife@uwo.ca](mailto:hslife@uwo.ca)

Let us know what you think ...

**HS HOSPITALITY**  
SERVICES ■ WESTERN  
[www.has.uwo.ca/hospitality](http://www.has.uwo.ca/hospitality)