



# Staying Well at the U of L

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# Family Bike Rides!

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# Daily walks around Aperture Lake

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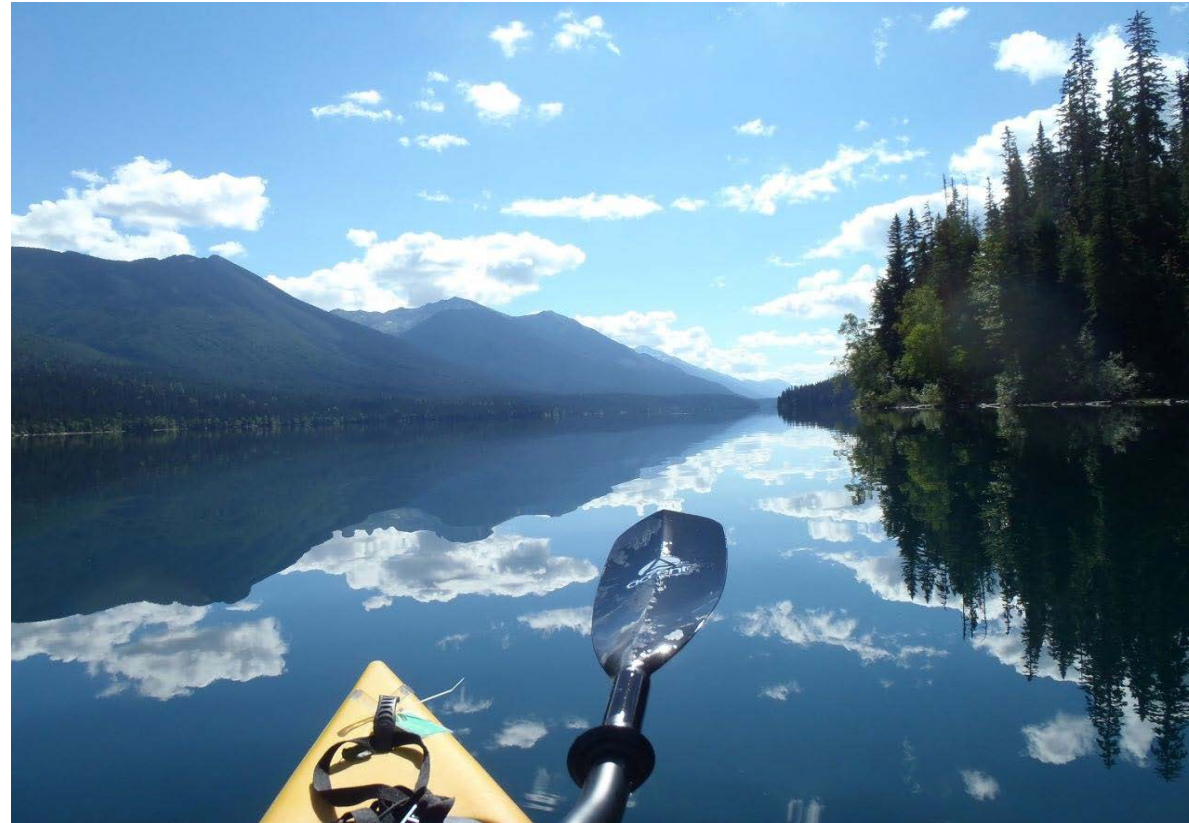
# Mountain Biking

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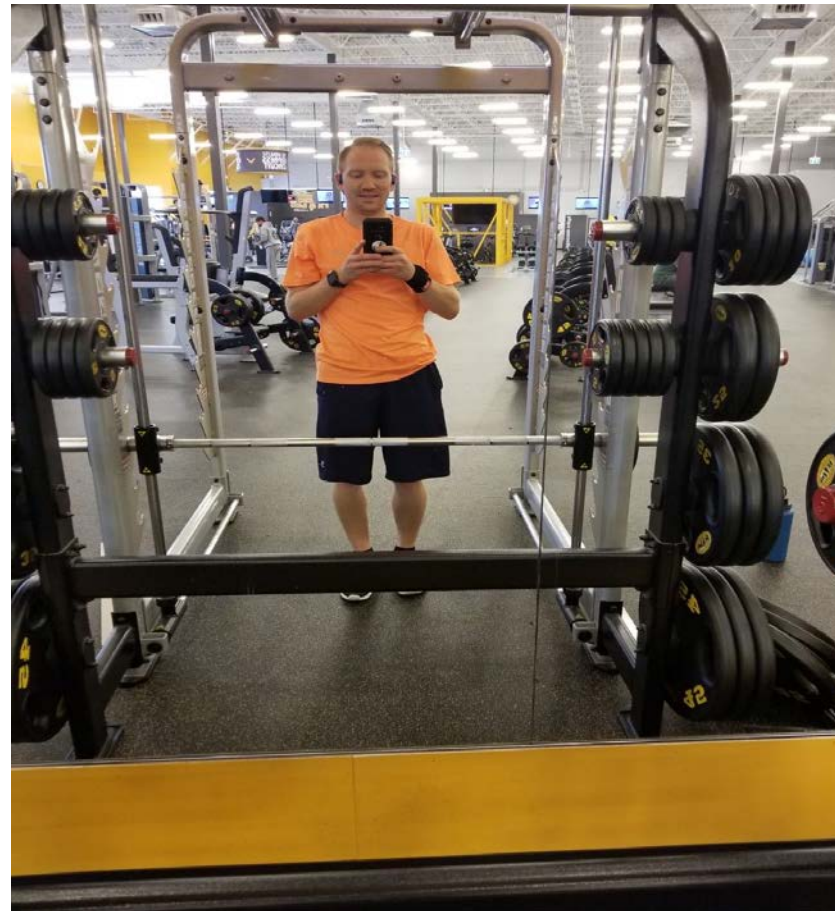
# Canoeing/ Kayaking/ Dragon boating

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# Badminton/ Yoga/ Walking around Henderson Lake and going to the gym

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# Lunch Time Walks



# Hot Yoga

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# 15km Mud Run



# Dog Walks

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# Walking, Running or Cycling around the lake

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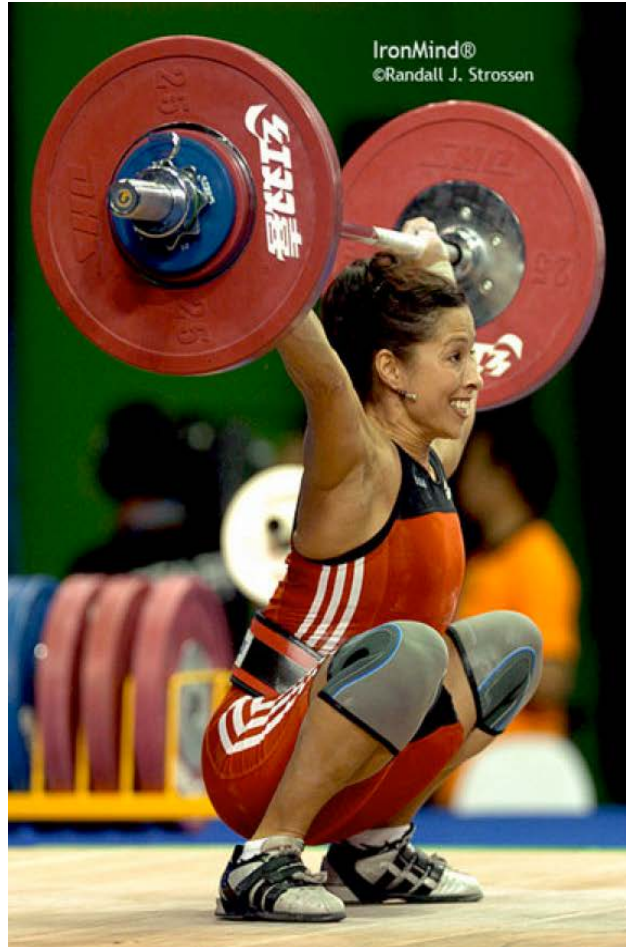


# Dragon Boating

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# Olympic Lifting



# Meal Prep



# Working out to stay strong

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# Hiking in Waterton Lakes and Crowsnest Pass

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# Walking on neighborhood pathways

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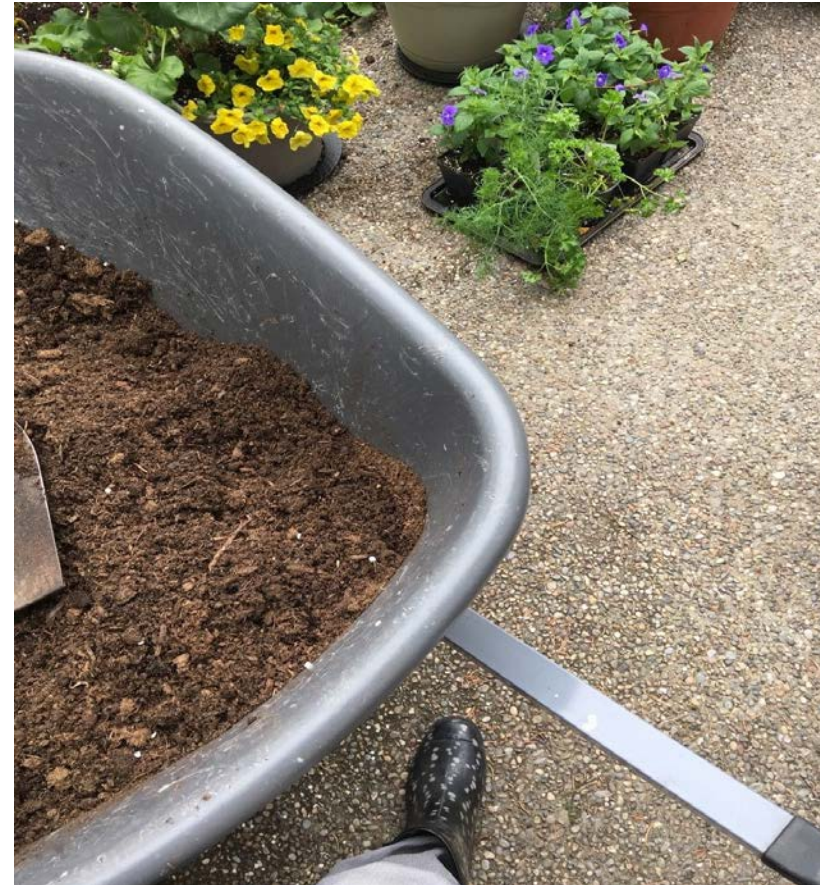


# Dog Walks



# Gardening

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# Contra Dancing

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# Spring Fishing



Week 1!

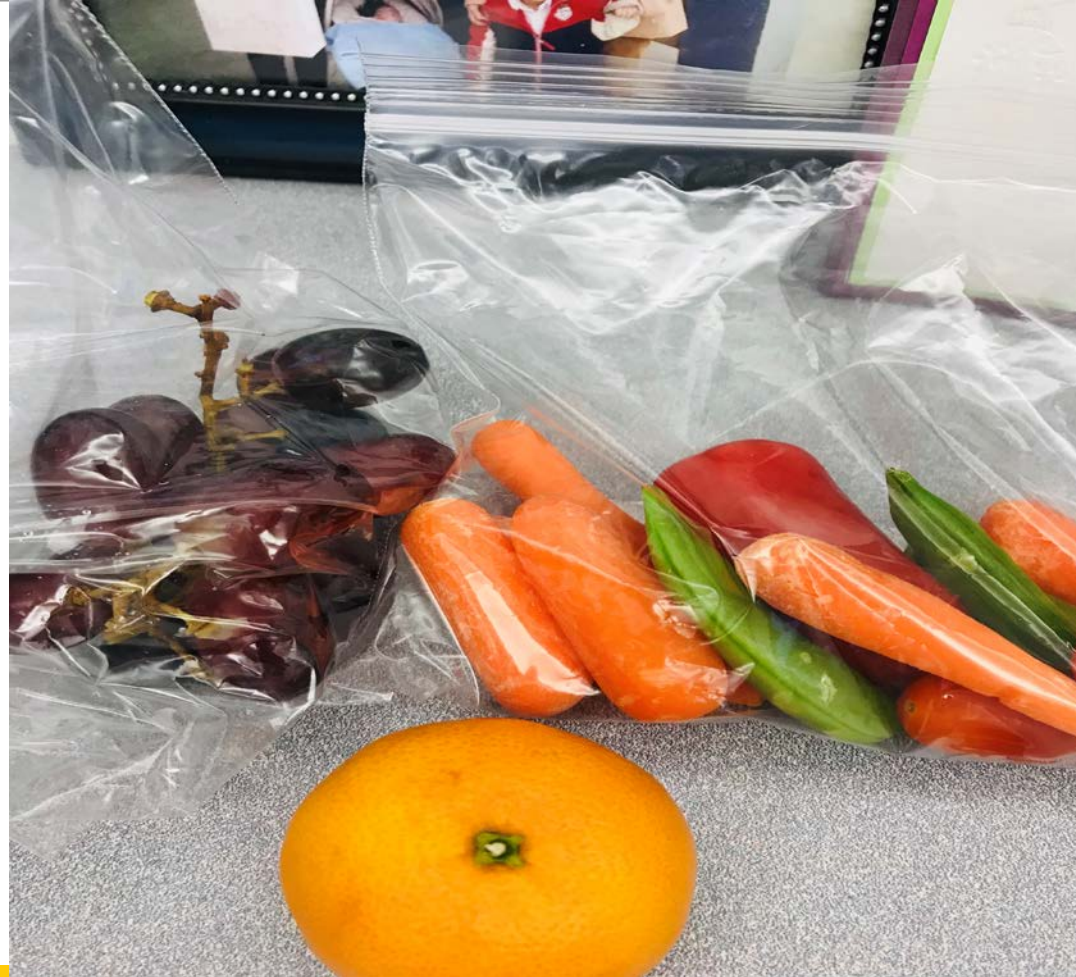
# Healthy Habits Bonus Points



**Week 1!**

# Healthy Habits Bonus Points

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**Week 1!**

# Healthy Habits Bonus Points

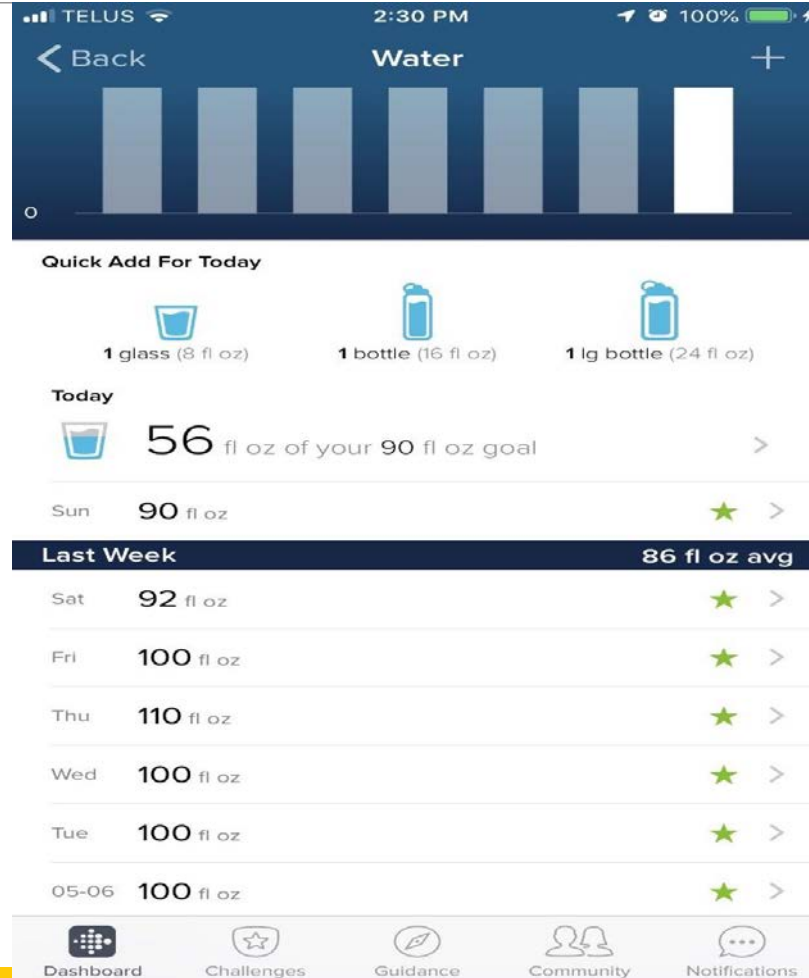
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Week 1!

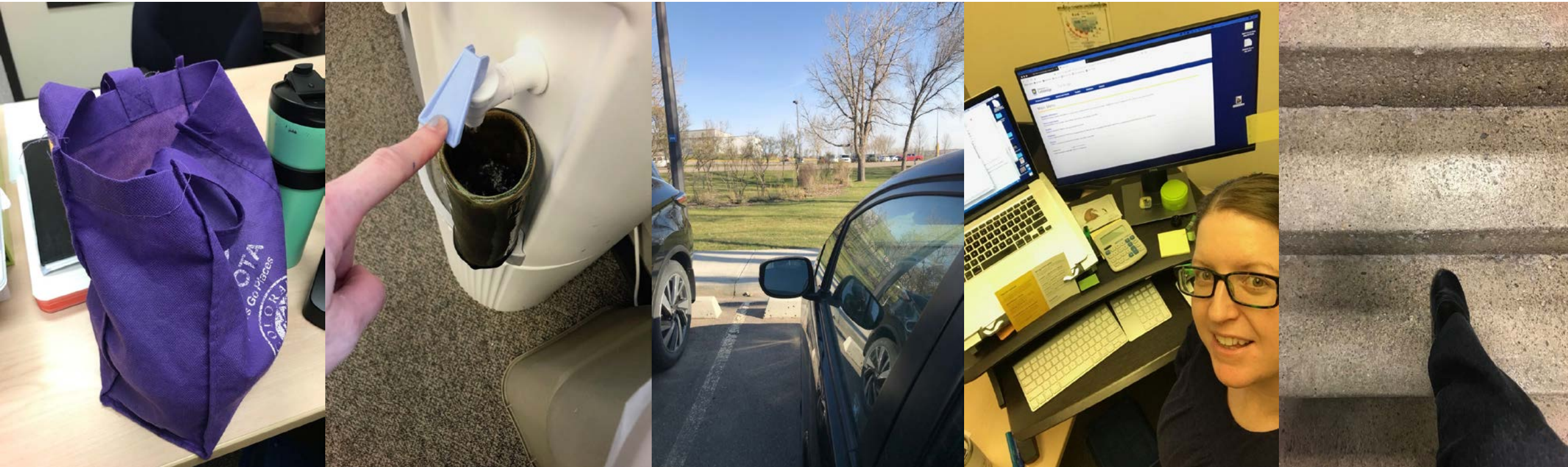
# Healthy Habits Bonus Points



Week 1!

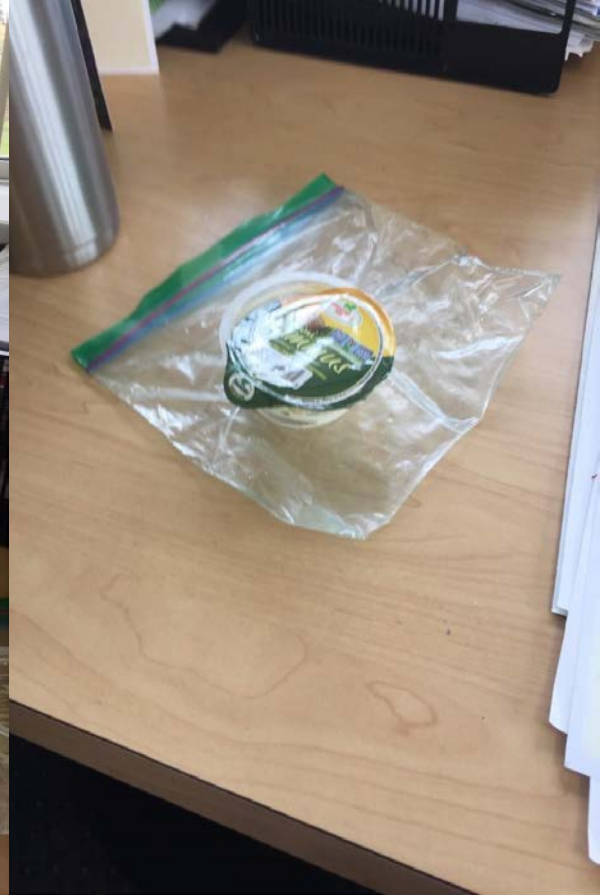
# Healthy Habits Bonus Points

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Week 1!

# Healthy Habits Bonus Points



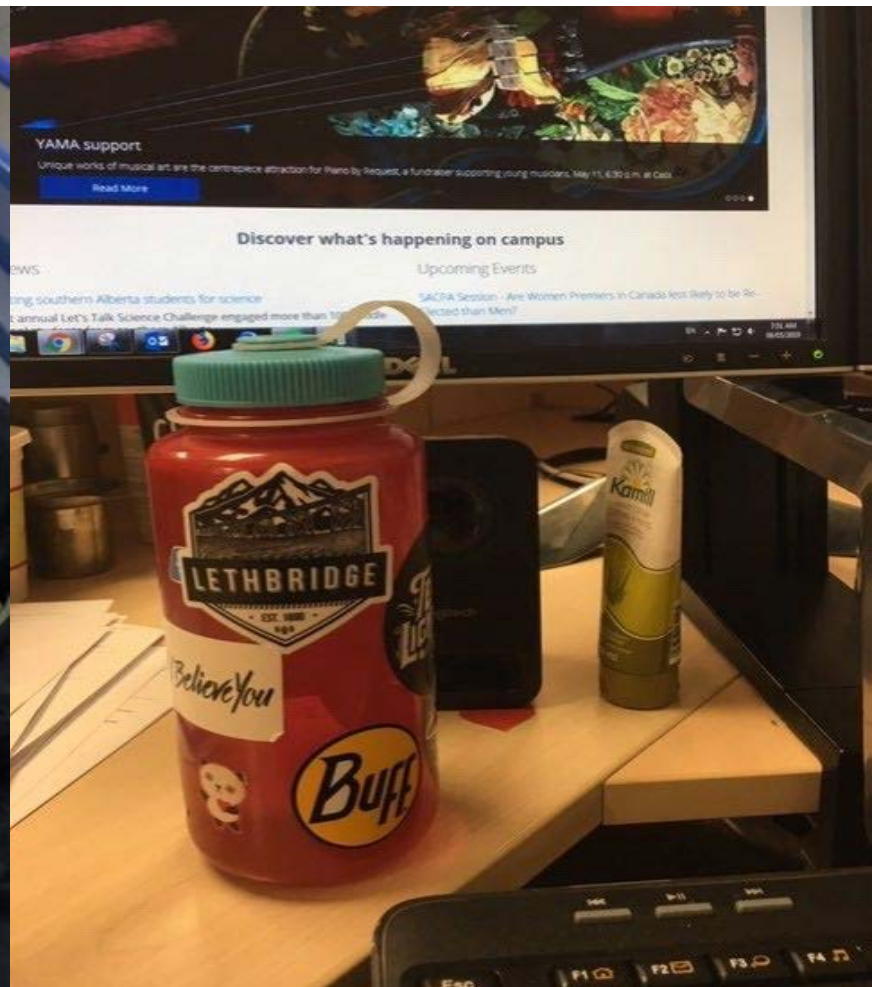
Week 1!

# Healthy Habits Bonus Points



Week 1!

# Healthy Habits Bonus Points



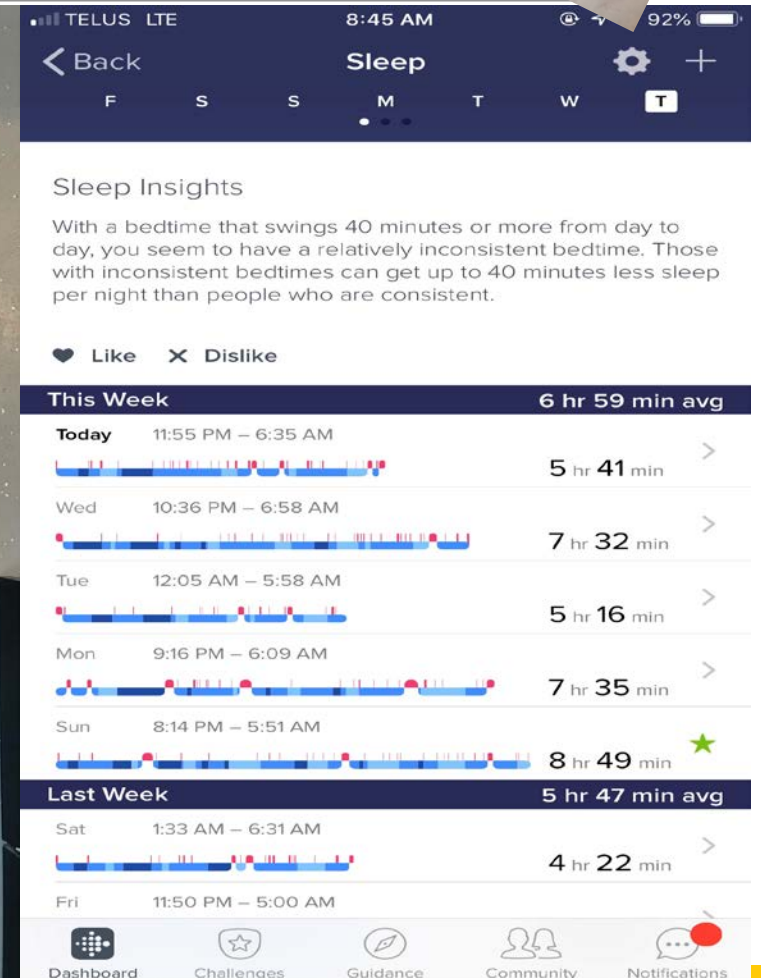
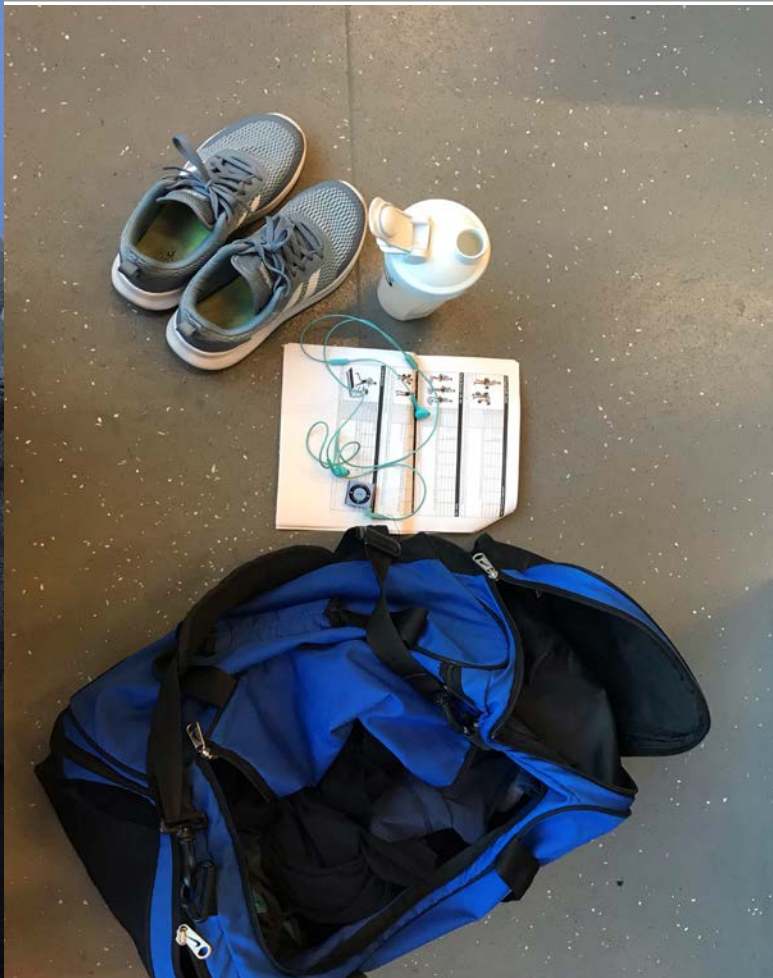
Week 1!

# Healthy Habits Bonus Points



Week 1!

# Healthy Habits Bonus Points



Week 1!

# Healthy Habits Bonus Points

**May 2019**  
**~Balance Fitness Classes**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 10:00am H.I.T. Lower Body <small>No Class May 20</small>	9:00 - 10:00am H.I.T. Upper Body	9:00 - 10:00am POUND®	8:10-8:50am Joints in Motion	9:00 - 10:00am Rewind & Unwind Yoga	8:15 - 8:45am Tabata <small>(indoor/outdoor)</small> <small>No Class May 20</small>
12:10-12:50 pm Hatha Yoga <small>No Class May 20</small>	12:10-12:50 pm Shred - Lower	12:10-12:50 pm Zumba	9:00 - 10:00am Cycle* & Barre	9:00-9:40 am Power Barre	9:00 - 10:00am Zumba <small>No Class May 20</small>
5:20 - 6:20 pm Cycle*	5:20 - 6:20 pm STRONG by Zumba®	5:20 - 6:10 pm Cycle*	12:10-12:50 pm Shred - Upper	12:10-12:50 pm Met Con* <small>(main gym area)</small>	9:00-10:00am Cycle* <small>No Class May 20</small>
5:20 - 6:10 pm Zumba <small>No Class May 20</small>	6:30 - 7:45pm Warm Yang/Yin Yoga	6:00 - 6:50 pm StrongFit* <small>main gym area (indoor/outdoor class)</small>	5:20 - 6:10 pm Cycle*	5:00 - 6:00pm POUND®	10:10-11:10am Hot Power Yoga <small>No Class May 20</small>



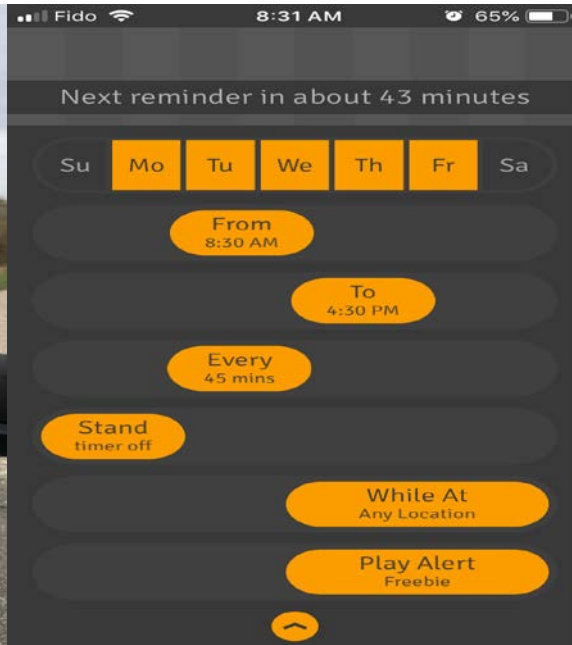
6:30 - 7:45pm
<b>Warm Yang/Yin Yoga</b>





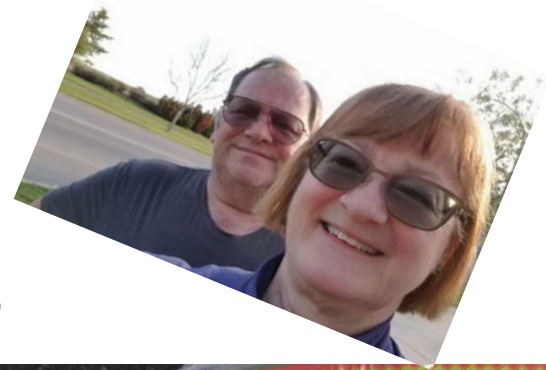
Week 1!

# Healthy Habits Bonus Points



Week 1!

# Healthy Habits Bonus Points



Carolyn Gaebel

Week 1!

# Healthy Habits Bonus Points



Week 1!

# Healthy Habits Bonus Points



Week 1!

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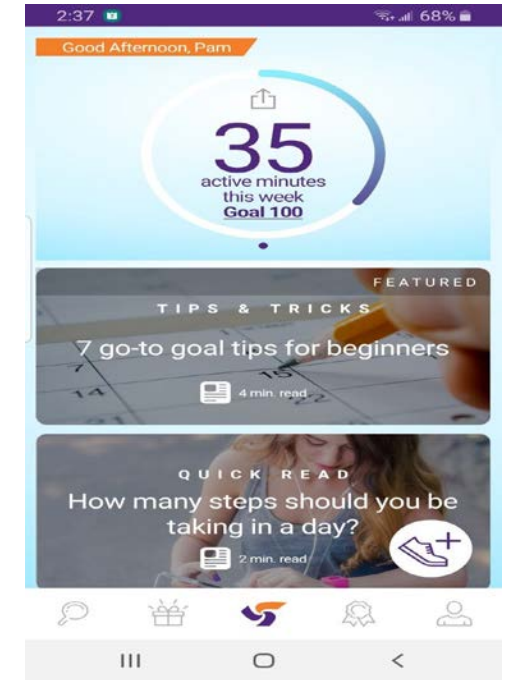


**Week 1!**

# Healthy Habits Bonus Points



**Thanks for participACTing!**



Week 1!

# Healthy Habits Bonus Points





Week 1!

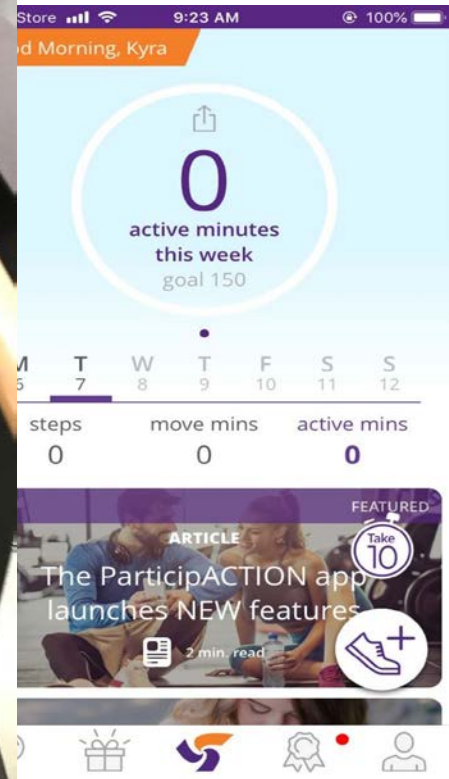
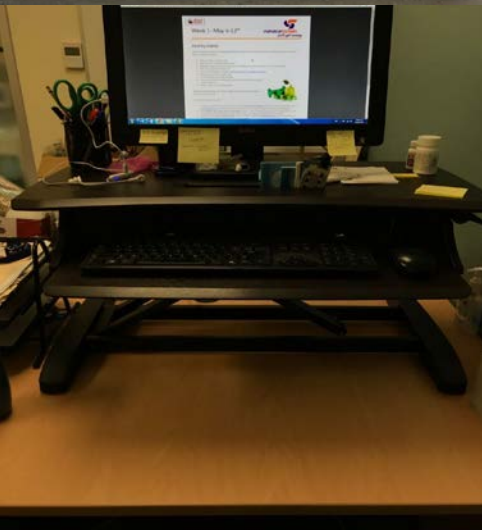
# Healthy Habits Bonus Points

DROP IN FITNESS CLASSES						
TIME	MON	TUES	WED	THUR	FRI	SAT
6 AM	CYCLE WEIGHT LOSS Sheila PE 110	CYCLE Janelle TRACK	MUSCLE UP Sheila PE 152	CYCLE STRONG Janelle TRACK	STRONG Michelle PE 152	
9 AM						ZUMBA Janelle TRACK PE 152
12 PM	STRENGTH CONDITIONING Sheila PE 157	HIIT Jeannie PE 110	MUSCLE UP Sheila PE 152	ZUMBA Jeannie PE 152	CYCLE Sheila PE 110	
12 PM					YOGA Yvonne PE 255	

April 23 - June 28 **NOTES**



Thanks for participACTing!

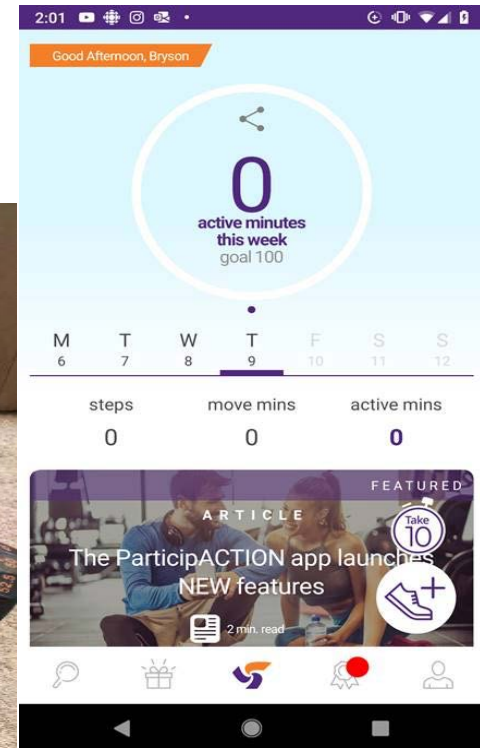


Week 1!

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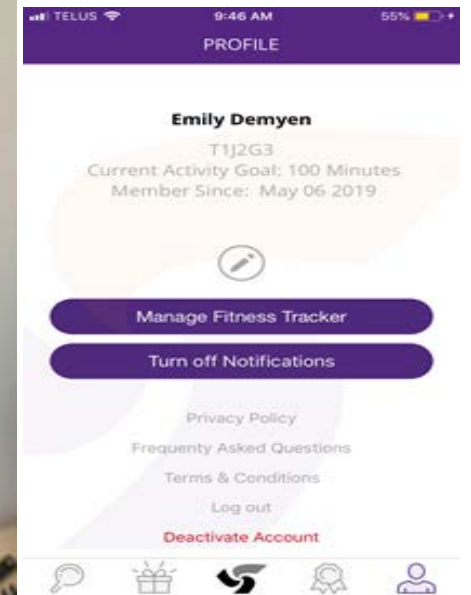


Week 1!

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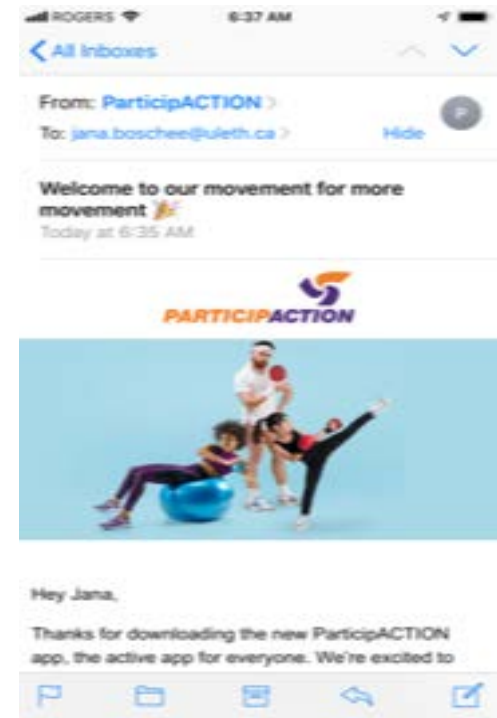


Week 1!

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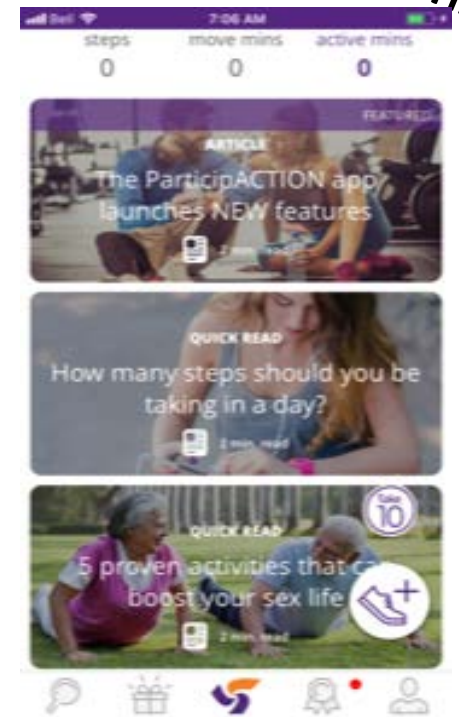
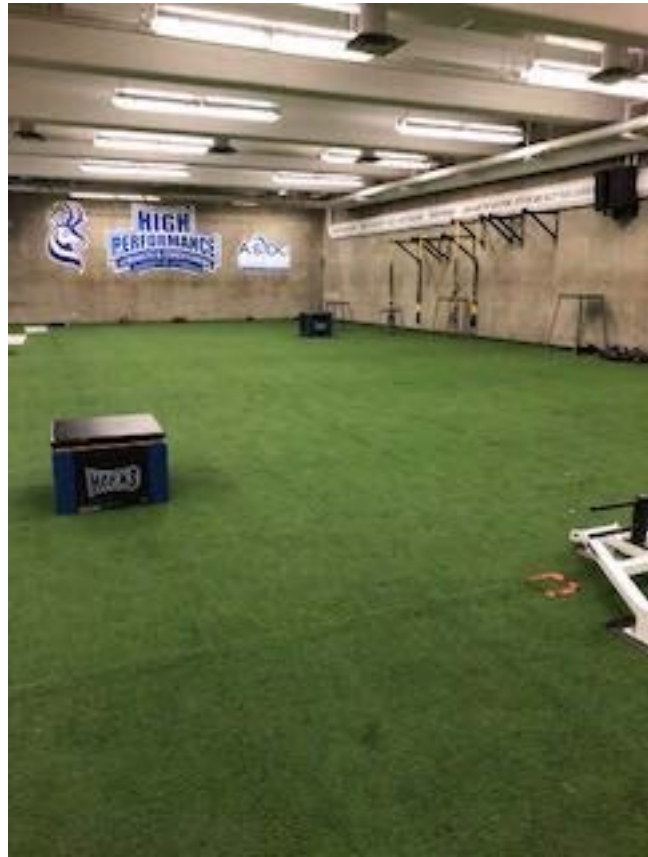


Week 1!

# Healthy Habits Bonus Points



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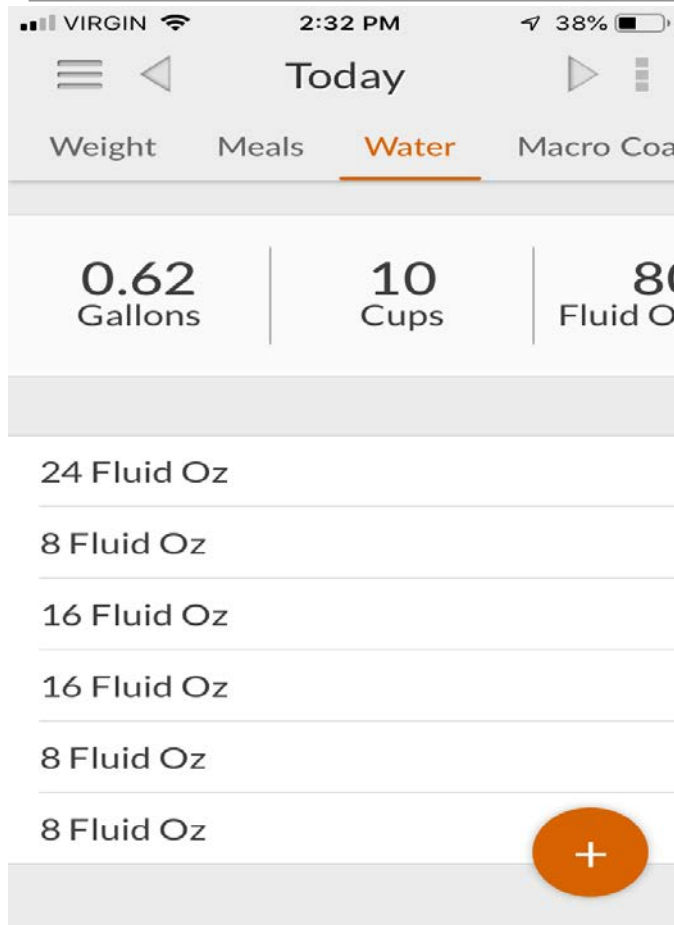
Week 1!

# Healthy Habits Bonus Points



Week 1!

# Healthy Habits Bonus Points



Week 1!

# Snake Safety Session



Carolyn Gaebel, Jessica Davies, Betsy Greenlees & others



Week 1!

# Free Walk on the Track Day



Mini Mees, Raise a Little Health, Asheley Cowie, Kyra Gillert, Trish Jackson, Jamie Morasch, Diana Koenig, Ami-Marie Perry, Kristy, Sam AND everyone else who came out!

Week 1!

# Healthy Habits



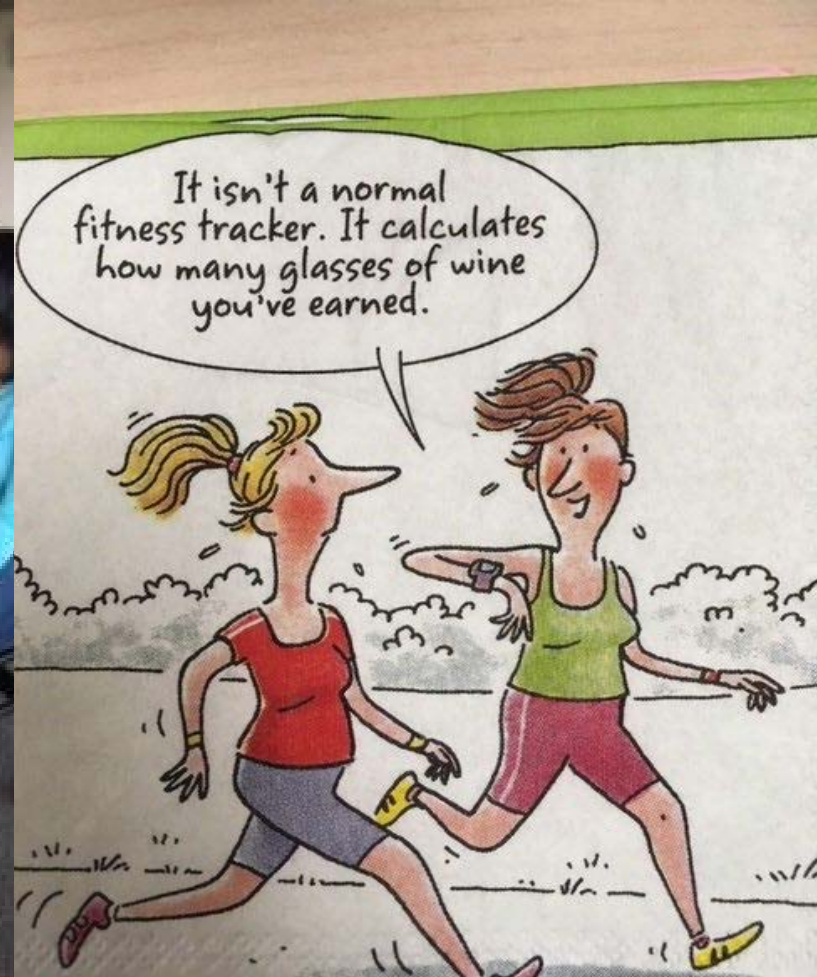
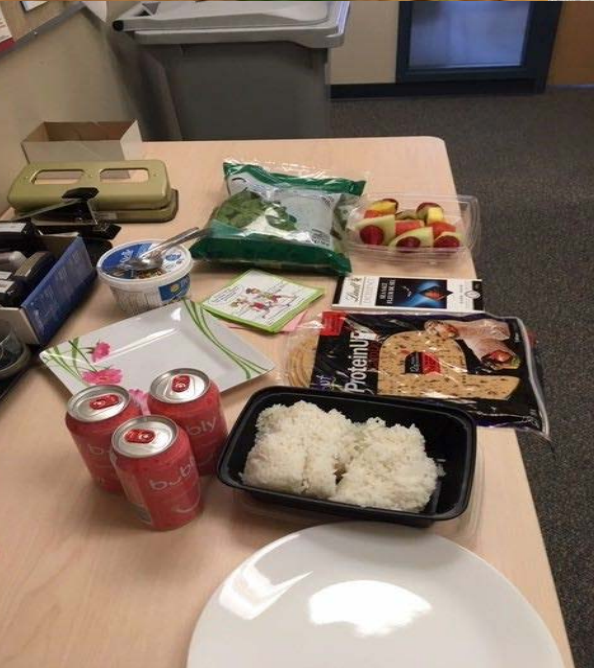
Week 2!

# Nutrition Badge



Week 2!

# Mini Mees Team Potluck



Week 2!

# 'Raise a Little Health!' Team Potluck



Suzanne McIntosh, Krysta Nagel, Kevin Leusink, Heather Takahashi, Krystal Davis, Justina Gaudette, Nicolle Keim, Anderson Ebhomielen, Ariane Tennant, Nancy Pastoor



Week 2!

# Bibliotrekkers Team Potluck



Jessica Davies, Bryson Duda, Betsy Greenless, Nicole Eva, Gwen Umeris, Sara Eastman, Romany Craig, Paula Cardozo, Carolyn Gaebel, Jacqueline Geneau

Week 2!

# 'Don't Go Bacon my Heart' Team Potluck



Samantha Steel, Kendra Fuglerud, Valerie Siljak- Kissick, Brittany Flick, Emily Demyen, Amanda Boschmann, Kristy Grant, Monica Wang, Tammy Paskuski, Hillary Derksen, Erin Nordquist, Melissa Schafer & Katie Labey



Week 2!

# 'Basement Trolls' Team Potluck

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Ami- Marie Perry, Ashley Cowie, Diana Koenig, Trish Jackson, Spencer Simkin, Kyra Gillet, Susan Bakker





# Week 3! 'Raise a Little Health!' Team Being Active Outside

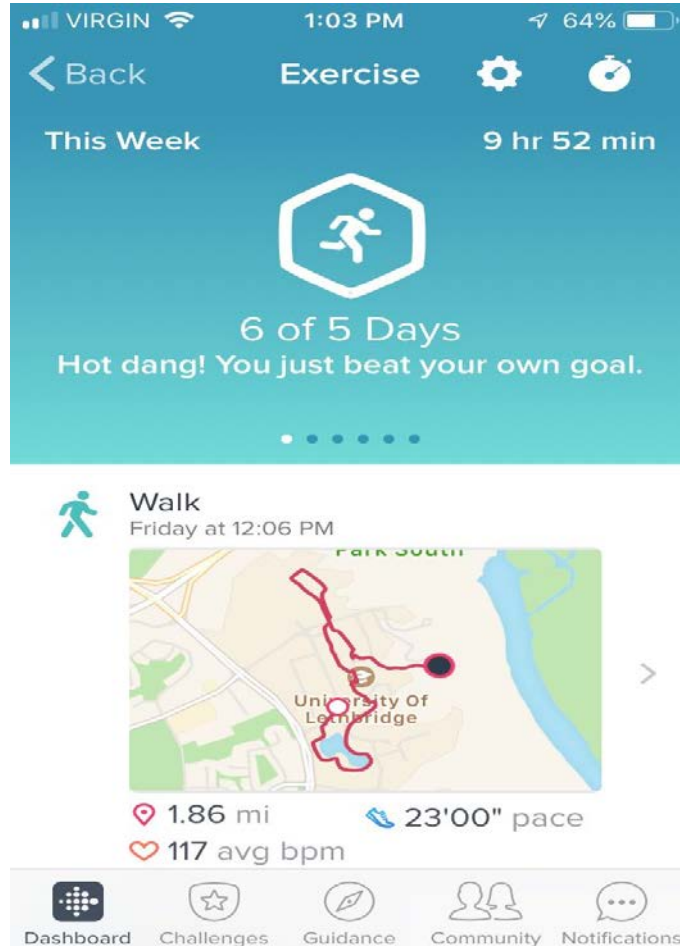


Suzanne McIntosh, Krysta Nagel, Kevin Leusink, Heather Takahashi, Krystal Davis, Justina Gaudette, Nicolle Keim, Anderson Ebhomielen, Ariane Tennant, Nancy Pastoor



Week 3!

# Active Outside Bonus Points



Week 3!

# Active Outside Bonus Points



**Week 3!**

# Coulee Clean Up



Thank you Bibliotrekkers: Sara Eastman, Carolyn Gaebel, Jessica Davies & Bryson Duda AND to everyone else who came out!

Week 4!

# Hittin' the gym bonus points



Week 4!

# Hittin' the gym badge



Week 5!

# Games Week



# Team Bird Walk + Healthy Habits!

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# Team sport day at the Calgary Campus



# Food Bank Items Donated



# Thank you for ParticipACTing!



Pam S., Lacie Terpstra, Romany Craig, Shauna Haag, Tammy Paskuski, Heather MacDermid, Lisa MacTavish, Dan Koenler, Priscilla Patel, Brandie Lea, Trish Jackson, Jean Harrowing, Susan Roulston, Catherine Drenth, Terri Thomas, Meagan Koshman, Carolyn Gaebel, Samantha Steel, Rachel Clarke, Betsy Greenlees, Cindy Matheson, Tracy Horne, Nicole Eva, Aaron Stout, Justina Gaudette