



Physical Fitness

Physical activity or exercise can improve your health and reduce the risk of developing several diseases (ex. type 2 diabetes, cancer and cardiovascular disease). Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your overall quality of life. Physical fitness can increase your life expectancy, reduce your risk of injury, and improve your overall health (mental and physical wellbeing).

Lancer Recreation

Lancer Recreation at the University of Windsor aims to support student well-being through engagement in recreation and leadership opportunities to foster a lifetime commitment to personal development by creating various programs for students to participate in that will enrich their student experience and help to improve their physical fitness.



For more information about specific programs, you can visit www.GoLancers.ca or visit the building yourself! The St. Denis Centre is approximately a 5-10 minute walk from the main campus, which makes for the perfect warm up for your workout.

St. Denis Centre Building - Dennis Fairall Fieldhouse - Alumni Field
2555 College Avenue

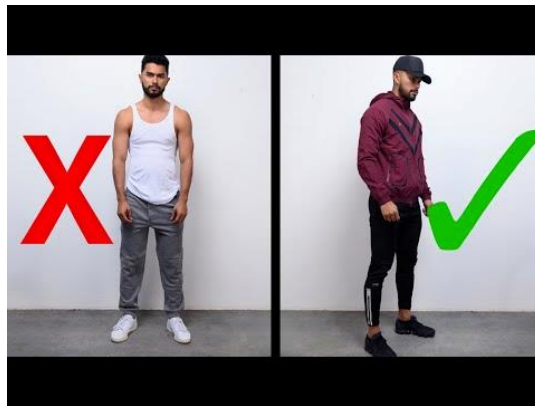
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What to Wear and Take With You

In order to have a positive experience, you will need to come prepared.



Here's a list of gym bag essentials:

- Gym-appropriate clothing to change into (avoid denim or thick clothing).
- Gym shoes (light and comfortable)
- Post-workout snack
- Water bottle

Hygiene at the Gym



- Make sure to wash your hands or sanitize every time you finish using a machine or other equipment to limit the spread of germs and bacteria.

- Wipe Down Equipment: Germs love to lurk on sweaty gym equipment. Always use the spray or wipes provided to wipe down equipment before and after you use it.
- It may be difficult, especially when you want to wipe away sweat, but avoid touching your face at the gym. Bacteria breeds on sweaty equipment and if you touch your face just once, you're transferring germs directly to your skin, potentially leading to breakouts and skin infections.
- Many gyms including the St. Denis Centre has showers as well. Washing yourself is very important after a workout where you are sharing equipment and sweating. If you are planning to shower at the gym, remember to bring a towel and soap.
- Remember to clean out your gym bag as well. This is very easy to forget and will cause the bag to smell.
- Change out of your gym clothes before leaving to prevent the spread of bacteria and foul odours from sweating.