

Healthy body, healthy mind

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Reporter

Physical wellness is one of the most underrated aspects of life. With the advent of technology and various gadgets, the world has moved increasingly away from physical activity and hence physical wellness cannot be stressed enough.

First and foremost, exercise can increase your energy levels. According to a study, six weeks of regular exercise led to reduced sensations of fatigue for people who had reported fatigue as a constant element in their daily lives.

Exercise has also shown to be good for your muscles and bones. It has been found in various studies that exercise is linked to the release of hormones that are involved in increasing the ability of your muscles to absorb amino acids. This leads to the growth of muscles and reduces their breakdown. Being physically active helps to build bone density, which is extremely crucial for young people. It also helps prevent osteoporosis later in life.

Therefore, with all these benefits and more, it is incumbent upon us as UW



students to participate in as many physical activities as possible. It is quite well known that due to academic and extra curricular commitments, students at UW are not able to



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all locate sufficient time to exercise. However, even by taking out five minutes daily for exercise and gradually increasing, students can benefit in a multitude of ways. It's all about commitment and once the commitment is there, benefits will flow.

Columbia Icefield (CIF) and Physical Activities Complex (PAC) are two main places on campus where students can maintain their physical health.

In CIF, the fitness centre is equipped with 15 treadmills, five spin bikes, Olympic bars, weight plates, and a plethora of other

gym-related equipment. Furthermore, there are five playing fields located in CIF, including the Warrior Field, which is used by football, field hockey, and soccer players. Additionally, there is a fitness studio, three gyms, and a baseball field. In short, CIF is there to cater to all your physical fitness needs.

As far as PAC is concerned, the facility at this moment offers the Warrior High Performance Zone, which is the main fitness centre of equipment to keep students' bodies in peak physical condition. You also have a pool and basketball courts in PAC to further enhance your physical fitness. There will be more fitness space available in PAC once the SLC/PAC expansion is completed.

Whether you are a person who is passionate about physical fitness or you are just a person looking to enter the realm of physical fitness for the first time, UW has you covered.



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