



So that life isn't just courses and academics, remember to stay active and relax in good company. UniSport is the sport centre for Aalto students!

UniSport offers opportunities to stay active for all kinds of people in the city centre, Kumpula, Meilahti, Otaniemi, Töölö and Viikki. With UniSport you have access to a wide variety of activities from ball sports to gym training, yoga, Bodypump and so much more!

With our Training card you have access to all of our centres' gym facilities and group training classes (which there are over 40 different to choose from). With Livestream classes and Online Training videos you can exercise whenever and wherever you want. Our membership is affordable especially for students and you can also pay per visit. At UniSport, we focus on being a place where everyone can have a good time. First visit is free, welcome!

BOOK YOURSELF A BREAK AND BRAINSTORM!

- 1 Find the Carefree Shoulders videos on UniSport's website and schedule in a short active moment to take a pause from studying. Did you know that even a short burst of activity (2 mins) before a cognitive test improves test performance?
- 2 How would you encourage less active new students to get moving? Check out our selection of virtual classes and think of five reasons or ways to increase activity during the days studying at home. Remember our Carefree Shoulders class and the importance of taking breaks while studying.
- 3 What does UniSport represent for you? Share your best motivational training quotes or slogans to inspire students to take care of their well-being!

Materials

Materials for ideas and working out can be found on UniSport's website. If needed, more information can be found on our social media, here are the links:

Instagram www.instagram.com/unisportfi/

Facebook www.facebook.com/unisportfi

www.unisport.fi



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