

Health & Wellbeing Day

Loughborough University
Saturday 31st March 2012 - 10.00am to 5.00pm

For Everyone Who Wants To Get Fit Or Keep Fit

This means You!

Loughborough University located less than two miles from M1 J23 is the UK's premier university for sport science and has the largest concentration of high quality sports training facilities, equipment and resources in the world.

Many record breaking athletes such as Sebastian Coe, Paula Radcliffe and David Moorcroft studied at the university.

The campus will be a holding camp for Team GB at the 2012 Olympics. This will be your one and only chance to see where our medal hopefuls will be training.

Our event will be led by sport science lecturers and physiotherapists.

Please wear comfortable clothing as the day includes a practical session.

We will have.....

- Exclusive use of the lecture theatre and seminar room,
- A tour of Olympic training facilities,
- Arrival drink and sandwich lunch.

Families and guests are most welcome. Places are limited to 50 participants.

Booking deadline is 15th March 2012.

This event is being organised exclusively for British Mensa by Maruba Events.

Health & Wellbeing Day itinerary...

10.00am-10.30am

Registration and welcome drink of fruit juices.

10.30am-10.50am

Introduction. An overview of the day, background on Loughborough University, their sports on campus, and involvement in the 2012 Olympics.

11.00am-12.00pm

Nutrition. This session will cover:

- guidelines for eating to maintain good health
- uncovering the myths of dieting
- how crash dieting affects metabolism
- ways of reducing sugar and fat in your diet
- how metabolism is related to the glycaemic index

12.00pm-1.00pm

The power of body over mind. A fun feel-good practical session using yoga related techniques which have recently emerged in the NHS as a means of helping with stress and chronic pain management. It will include warm ups, jokes, laughter yoga and breathing meditation. Lots of

laughs promised!

1.00pm-1.30pm

A healthy lunch of sandwiches with various fillings, salad, low fat crisps, fruit, and juice or water.

1.30pm-2.45pm

Performance Centre tour. Visit the main gym, sports medicine and sports science facilities, swimming pool and athletics centre where Team GB will be training.

2.45pm-3.45pm

Psychology of wellbeing. This session will cover:

- motives and barriers to exercise
- aspects of behavioural change related to exercise
- approaches to behavioural change (interactive session in small groups and on a one-to-one basis)

4.00pm-5.00pm

Exercise. This session will cover:

- practical ideas to build physical activity into your day
- principles of strength training for weight loss
- a practical session using resistance bands

5.00pm

Goodbyes



Health & Wellbeing Day Booking Form

Name

Address

Phone

Email

Mem No.

or tick if guest ☐

Others in
party

I would like to book

places @ £39.00

Total £

I wish to pay by

☐ Cheque payable to British Mensa Ltd

☐ Credit/debit card:

☐ Visa

☐ Mastercard

☐ Delta

☐ Maestro

☐ Solo

☐ Switch

☐ Visa Electron

Card number

Name on card

Valid from

Expiry date

Issue no
debit cards only

CSC

the 3 digit code at the end of your signature strip

Signature

Please send to: Health & Wellbeing Day, British Mensa,
St John's House, St John's Square, Wolverhampton, WV2 4AH.

Directions and accommodation options will be sent out with your booking confirmation.