

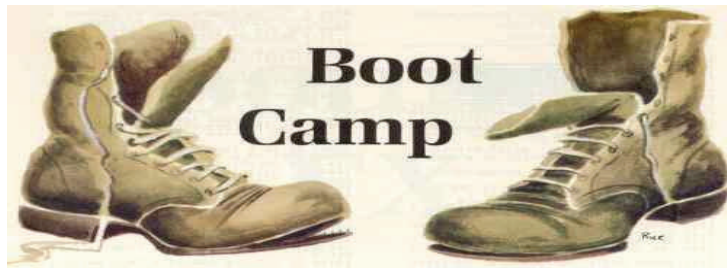


## Sport & Rec

February Question  
 Q: Which country has been hidden in the paragraph below: The local habitat around a railway track can be very interesting. For example, supporting the track is a sleeper, under which you can find the lesser spotted great weevil.  
 Answer Next Month!  
 January Answer  
 A. Short

# Upcoming Events

- **UTAS Staff Walking Challenge**  
Will be held 2nd March 2009.
- **O Week Activities** from 16th February to 20th February.
- **Boot Camp—Starting February 16th.**
- **Social Tennis** starting 3rd February from 12:30pm till 1:00pm



**Starts February 16th @ \$120.00**  
**Enlist now - no excuses!**

**Choice of 3 sessions:**

**Monday 6.00pm-7.00pm**  
**Tuesday 6.30am-7.30am**  
**Wednesday 6.00pm-7.00pm**  
**Thursday 6.30am-7.30am**  
**Saturday 8.30am-9.30am**

**Ask Reception for more details or email [Sport.Rec@utas.edu.au](mailto:Sport.Rec@utas.edu.au)**

UNIVERSITY  
SPORT CENTRE

Grace Street, Sandy Bay  
 Tasmania 7005  
 6226 2084 ph  
 6226 7896 fax  
[www.utas.edu.au/sportrec](http://www.utas.edu.au/sportrec)

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ISSUE  
**70**  
FEB.  
2009

UNIVERSITY  
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## Meet The Members



**Name:** Timothy Gough

**Nickname:** Goughy

**Hobbies:**  
Basketball, watching films,  
listening to music

**Favourite food:** Pizza

**Favourite Drink:**  
A decent coffee

**Most memorable sporting moment:**  
High school basketball  
state championships

**Biggest Fear:**  
Other peoples' driving

**Favourite sporting personality:** Hilfy

**Favourite travel destination:** Sydney



## This issue

Amazing Staff Challenge **P.2**  
 'O' Week Activities **P.2**  
 Suggestion box **P.2**  
 New Aerobic Timetable **P.3**  
 Upcoming Events **P.4**  
 Brain Buster **P.4**

## Gardening is GOOD for you!

Gardening has many health and therapeutic benefits and can be very enjoyable. It's an activity that everyone can enjoy. People with disabilities, seniors and children can find it especially rewarding to spend time in the garden tending plants and growing their own food. With some planning and thought, you can create an interesting, productive and pleasant space that can be used as an edible garden.

An edible garden does not have to be large. Your garden can start small with a few pots and containers or even just a window box with a few suitable cuttings or herbs.

Research shows that gardening is a healthy activity. Working in the garden provides benefits that include:

- **Enjoyment** – from the physical activity
- **Exercise** – physical activity improves your endurance, strength, mobility and flexibility
- **Relaxation** – helps you relax and reduce stress levels
- **Fresh food** – provides you and your family with a healthy source of inexpensive fresh food.
- **Appreciation of food growing** – provides an appreciation of foods and their origin.

If your thinking about planting in February, we recommend; Beetroot, Broccoli, Brussels sprouts, Cabbage, Carrots, Cauliflower, Dill, Endive, Leeks, Lettuce, Mushrooms, Parsley, Parsnip, Radish, Rhubarb, Silver beet, Spinach, Spring onion and Sweet Potatoes  
**Source:** <http://www.betterhealth.vic.gov.au/>

## The Suggestion Box

Would it be possible to have more abdominal work out sessions? The class Helen T takes in the morning on Monday is great with the mix up of Spin and Abs!

Yes! We have included in the new ongoing timetable a lunch time Spin/Abs 1hr class on Wednesday's from 12:30pm.

Do something about the Dumbbells, we can not train properly and are getting VERY frustrated. We understand your frustration and ask you to be patient as we have ordered a new set of dumbbells which we hope will arrive anytime now!



Starting in Hobart, Launceston & Cradle Coast on the 2<sup>nd</sup> March 2009 teams of four people, representing various Schools/Faculties/Departments within the University of Tasmania will participate in a 'walk around the world'. The concept is similar to the 'Amazing Race' and 'Global Corporate Challenge', however, the UTAS Staff Challenge emphasises – it's not how far you can walk but how you can improve your exercise routine in an enjoyable way.

This year's theme is all about getting into the Aussie spirit and celebrating our wonderful country. Challenges based on this theme will be offered along the way;

- Orienteering
- Handball Competition
- Group walks (a 'walkathon')
- Dance
- Egg and Spoon race
- Fitness Classes
- Throw the gumboot
- Continuous cricket

Spot prizes will be provided as incentives along the way.

The winning team at the end of the 'Challenge' will receive a prize and perpetual trophy to be proudly displayed in their office until the next Amazing Race of the Faculty's!

We need Sponsors for this wonderful and fun event! Please email Nadia; Nadia.Roulias@utas.edu.au for more information.

## 8 Week Activities 09

As part of Orientation week for UTAS students, Sport and Recreation are running the following activities Outside Lazenbys.

### Monday 16th February

- 12:30pm -20min Boot Camp session.
- 1:00 -Strongperson Competition (Who can lift the most sports drinks).
- 1:30 -20min Boot Camp session.

### Tuesday 17th February

- 12:30pm -20 min Pilates session.
- 1:00pm –Strongperson Competition (who can hold a pair of dumbbells out in front of them for the longest.)

1:30pm –20min Pilates session.

### Wednesday 18th February

- 12:30pm –20 min Aerobox demonstration.
- 1:00pm -Tug of War.
- 1:30pm –20 min Aerobox demonstration.

### Thursday 19th February

- 12:30pm –20 min Dance demonstration.
- 1:00pm –Fitness Testing
- 1:30pm –20 min Dance demonstration.

### Friday 20th February

- 12:30pm – Ten Pin Bowling and Mini Tennis games.

## UNIGYM 2009 GROUP EXERCISE TIMETABLE (from 2nd Feb)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>		6.30am Boot camp 1hr		6.30am Boot camp 1hr		<b>A 45 MINUTE INTERMEDIATE AEROBIC CLASS WILL BEGIN WEDNESDAY 4TH OF MARCH AT 5:30PM.</b> 	
	7.00am Spin Fit/Abs 45min/15min	7.00am Pilates 1hr	7.00am Power Bar 1hr		7.00am Spin Fit 1hr		
				7.30am Yoga 1.5hrs			
		8.00am Lo Impact 1hr	8.00am LLLS 1hr		8.00am LLLS 1hr	8.30am Boot camp 1hr	
				9.00am Intermediate 1hr		10.00am Lo Impact 1hr	
	11.30am LLLS 1hr						10.45am Spin Fit 40 min (starting 21st Feb)
<b>PM</b>	12.30pm Power Bar 1hr	12.15pm Step 45min	12.30pm Spin Fit/Abs 45min/15min	12.30pm Hybrid 1hr	12.30pm Tone, Stretch & Relax 1hr		
		1.00pm Spin Fit 30min				3.00pm Power Bar 1hr	
			4.55pm Pilates 1hr			4.00pm Pilates 1hr	4.30pm Intermediate 1hr
	5.15pm Power Bar 1hr	5.15pm Fit ball 1hr		5.15pm Dance 1hr	5.15pm Aero box 1hr	<b>Classes WILL BE Red flagged and removed if they fail to reach a minimum of 6 participants by March 14th. This gives you 8 weeks to show us you can not live without the class and are committed to attending!</b>	
	6.00pm Boot camp 1hr		6.00pm Boot camp 1hr				
	6.15pm Step 1hr	6.15pm Spin Fit 1hr	6.15pm Aero-Box 1hr	6.15pm Spin Fit 1hr	6.15pm Power Bar 1hr		
<b>BOOKINGS ARE ESSENTIAL FOR ALL SPIN FIT AND HYBRID CLASSES REGISTER FOR BOOTCAMP AT RECEPTION</b>							