

4th Edition

# ACTIVE Life



UNIVERSITY OF THE  
WEST of SCOTLAND

UWS





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## Welcome

UWS Sport welcomes you to the 4th edition of our Active Life newsletter.

In this edition, we highlight the amazing Fantastic Fun Fives tournament that took place. Catch up the Winning West Weekend and the fun that was had at the adult nursing, Community and Health Activity Day. As well as our new Workout of the Month for you to try in any of our on-campus gyms or at home.



# Fantastic Friday Fun Fives

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What a day we had for our Friday Fun Fives football tournament on the 14th of March. The sun was shining as 40 students and staff took to the pitches at Seedhill Football Complex to compete to be UWS champions.

The event started with six teams battling it out in a round robin league. They all worked hard to secure their places in the playoffs. Four games were then played followed by a final between Team C (a group of students who met for the first time on the day) and Sports Journalism 4th Year FC. The final game ended 4-0 to a delighted Team C.

You can view the tournament results: [Team UWS 5-a-side Tournament - UWS | Playpass.](#)

Team UWS would love to host more events like this throughout the year so if you have any ideas or are interested in future events then please get in touch by emailing [sportenquiry@uws.ac.uk](mailto:sportenquiry@uws.ac.uk)





## Winning West Weekend as UWS Dominate Badminton Championships

Five UWS Badminton stars made the trip up to Robert Gordon University, Aberdeen, over the weekend to take on the Scottish Student Badminton Championships. With the top players across Scotland in attendance, UWS were eager to retain medals and titles from last year's Championships and were in fine form, off the back of the recent British Universities Badminton Championships.

Over a two-day competition, the courts saw Mustafa Zaib (Men's Singles and Men's Doubles) and Sen Thomas (Men's Singles, Men's Doubles, Mixed Doubles) join UWS Sport Scholars Matthew Waring (Men's Singles, Men's Doubles, Mixed Doubles), Toni Woods (Women's Singles, Women's Doubles, Mixed Doubles) and Brooke Stalker (Women's Doubles, Mixed Doubles) compete in a gruelling flurry of matches.

With 4 of the 5 athletes reaching day 2's main draw, all eyes were on a medal. It was an all UWS affair in the Mixed Quarter Final as Scotland Duo Matthew Waring and Brooke Stalker took on Toni Woods and Sen Thomas. The Scotland internationals prevailed and set their sights on the medals, whilst Toni and Sen turned their eyes to silverware in their Men's and Women's Doubles, with Toni also in Singles action and keen to retain her Scottish Universities singles title.

A semi-final for Men's pair Matthew and Sen saw them take home the bronze medal, whilst Toni took home the Silver in Women's Singles, but it was a trio of Golds coming back to UWS as Matthew Waring claimed Singles Gold, Women's Doubles Gold for Toni and Brooke and Mixed Doubles Gold as Matthew and Brooke added to their medal haul.

In Judo, UWS Scholar Solomon Rice and Szymon Dauba were in action over the weekend in Walsall. Some fierce competition down at the BUCS Judo Championships, featuring some high-level international Judo players tested the UWS duo, but some solid performances across the competition meant some good placings for both athletes.

Warwick once again hosted the BUCS Archery Finals where Freya Rennie looked to add a historic medal to an impressive medal collection during her time at UWS. Qualifying in the Top 25 for all Female Barebow, Rennie was able to shoot her way through head to heads, but narrowly missed out on a medal, finishing 4th overall, but a brilliant display of shooting over the weekend.





# Adult Nursing, Community and Health Activity Day

Adult Nursing, community and health team building day on Wednesday 12th February 2025.

The afternoons events were focussed on wellbeing, staff were invited to take part in interactive wellbeing events with 65 members of lecturing staff in attendance.

Walk around Paisley with historical sights which was organised and supported by Paisley Gym.

Yoga session facilitated by certified yoga teacher and adult nursing lecturer Clare Wilson.

An interactive workshop on Labyrinth Mediation by experienced adult nursing lecturer Dr Nick Fuller.



# Spring Into Strength: Refresh Your Fitness

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As the days get longer and brighter, it's the perfect time to refresh your fitness routine and set new goals. Whether you want to build strength, boost endurance, or simply feel more energised, now is your chance to make it happen. A fresh season brings fresh motivation—so why not start today?

Wherever you're at in your fitness journey, we're here to support you every step of the way. Let's shake off the winter slump and step into spring feeling stronger, fitter, and full of energy!

## UWS AYR CAMPUS GYM



### CARDIO & CORE CRUNCH


30MIN CLASS



30 mins (09:30 every weekday) This class focuses on cardiovascular conditioning and core strength. It typically involves a mix of aerobic exercises to elevate the heart rate, paired with targeted core exercises to tone and strengthen the abs, obliques, and lower back.

#### HOW TO BOOK

Call **01292 886281** or email: [ayrsportservices@uws.ac.uk](mailto:ayrsportservices@uws.ac.uk)

 **MON TO FRI**  
**9.30AM**

Wear comfortable, breathable non-restrictive clothing & don't forget to bring a towel to freshen up and a water bottle to stay hydrated!

Get ready to power through spring with Cardio & Core Crunch—a high-energy session designed to boost endurance and strengthen your core. This 30-minute class blends heart-pumping cardio bursts with targeted core exercises to build stamina, stability, and all-around fitness. Plus, the dynamic movements keep you burning calories and feeling energised long after the workout ends.

#### HOW TO BOOK

Call: 01292886281

Message us on Facebook, Instagram  
or email: [ayrsportsservices@uws.ac.uk](mailto:ayrsportsservices@uws.ac.uk)

Let's make 2025 your fittest year yet!



# My Gym in Focus - Let's Get Started



**LET'S GET STARTED!**

Introduction to the gym: we will give you a tour of the gym, a demonstration of several pieces of gym kit and complete the membership registration process.

 <b>BOOK YOUR SESSION</b> SPORTDUMFRIES@UWS.AC.UK	 <b>TOUR OF GYM</b>	 <b>EQUIPMENT DEMONSTRATION</b>	 <b>MEMBERSHIP REGISTRATION</b>
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**GET IN TOUCH TO BOOK:**  
[SportDumfries@uws.ac.uk](mailto:SportDumfries@uws.ac.uk)

## Dumfries Crichton Campus Gym - The Workout

### Kickstart Your Fitness Journey with Us.

Ready to embark on a healthier lifestyle? Let our team guide you every step of the way.

#### What to Expect:

- **Personalised Assistance:** Our friendly instructors will help you sign up and register for the gym if you haven't already. They'll walk you through the sign-in process and provide you with your very own fob.
- **Comprehensive Tour:** Get a complete tour of our facility. We'll show you around the different areas of the gym and demonstrate how to use a piece of equipment in each section.
- **Expert Guidance:** This session is designed to enhance your understanding and technique on our equipment. No pressure to participate if you're not ready.
- **Q&A Opportunity:** Have questions? We're here to help. Ask anything that will set you up for success on your fitness journey.
- **Join Us:** Drop by the gym during our opening times or send us an email to book your session in advance. We can't wait to welcome you and help you get started!



# Member Journey

## Samatha Phillips Lanarkshire Alumni member.

Benefited from the free student membership.

"The UWS Lanarkshire gym and the classes have helped me to lose weight, build strength and gain some confidence all whilst having fun. I use my time at the gym to de-stress, it's half an hour where I don't think about anything other than what I'm doing.

I started going to the gym for first time when I became a UWS student a couple of years ago and got it free. I have since kept my membership on as an alumni member.

I mainly use the UWS Lanarkshire gym, 30-minute classes that are included in the membership. The classes are great fun, have excellent staff, works everything and I don't need to create or follow a plan."

Before



After



Scan the QR code  
to activate your  
free membership.



# Workout of the Month

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If you need any assistance with the exercises, feel free to ask any member of our gym team.

## Bodyblast Workout

- 1 Dumbbell Half-Burpee
- 2 Spiderman Press Ups
- 3 Squat Jumps
- 4 Jumping Lunges
- 5 Dumbbell RDL
- 6 Dumbbell Hammer Raise
- 7 Dumbbell Bicep Curl
- 8 Dumbbell Tricep Extension
- 9 Dumbbell Rear Delt Fly
- 10 Dumbbell Shrugs
- 11 Powerbag Rows
- 12 Plank Jacks

3 Sets  
30 Seconds Work  
15 Seconds Rest  
(Rest for 40-60 seconds between sets)

Can you complete this month's Bodyblast workout?  
Try it for yourself at your UWS Gym



# Get your active journey started at UWS

UWS Sport is inclusive for everyone, and we welcome you to get involved. We're here to support you on your fitness and wellbeing journey!

Our passion for sport and exercise extends far beyond our free student and staff gym access. We have a range of sport teams across numerous disciplines and our students represent UWS in individual competition as well. Team UWS members represent us at Scottish and British level university competition.

Scan the below QR code to join a UWS Club and activate your free gym membership.



For all general enquiries

✉ [sportenquiry@uws.ac.uk](mailto:sportenquiry@uws.ac.uk)

