

## Exam Time: Exercise, Body and Mind

Although it seems as though the exams have only just passed sadly they are here again! Exam times can be extremely stressful so why not try taking a break by exercising with our Stress Buster membership. Regular exercise improves concentration and focus therefore could help you out at exam time. Our off peak Stress Buster membership is ONLY £25 so pop over to the Sports Village to see how it could work for you!



## Student £10 Membership!

Hertfordshire Sports Village recently introduced StUHDent Campus Sport. Students can now take part in up to 5 Sports for a one-off payment of just £10! Sports included are Spinning, Netball, Football and many more see [www.uh-au.org.uk](http://www.uh-au.org.uk) for more information. Meet friends, work out and enjoy living a healthy lifestyle!

## Race for Life

Cancer Research UK's Race for Life is the largest women-only fundraising event in the UK. Since 1994, women of all ages and fitness levels across the UK have come together at these inspiring events to walk, jog or run 5k to help beat cancer.

Join in with Race for Life this year! You don't have to be super fit to get involved you can walk, jog or run! Every pound raised in fundraising helps to fund the work of over 4,500 researchers, doctors and nurses dedicated to helping more people beat cancer. You can help to make a difference by getting involved! Enter now at [www.raceforlife.org](http://www.raceforlife.org) Join the Hertfordshire Sports Village team now and start training for the future!

Find us on Facebook... To keep up to date with our latest promotions add us on Facebook. Search for the Sports Village NOW!

## Cup Success for Women's Football Team

The University Women's Football Team beat Liverpool John Moore's University 8-0 in the Quarter Finals of the British Universities & Colleges Sport National Conference Cup on Wednesday 17 February. A hat-trick from Arsenal Ladies' Jadine Madden was backed up with goals from Scottish internationals Kim Little, Natalie Ross, Jen Beattie and Irish International Niamh Fahey. Having already won the National League title for the second consecutive season, the University's Women's team progressed to the semi-finals where they just missed out on a place in the finals after losing to Northumbria University at UCL on Wednesday 3 March. For further information, please visit: [www.uh-au.org](http://www.uh-au.org).



## Varsity at The University of Hertfordshire

The 21st of April saw the very first Herts Vs Beds Annual Varsity Sports Day. Teams from the University of Bedfordshire travelled to UH to battle it out on the fields and courts of de Havilland in a day of competitive sporting fixtures. The programme included seven sports fixtures throughout the day including men's and women's rugby, men's football and mixed sports including hockey, squash and badminton. UH fought hard for victories in men's football, mixed squash and mixed badminton which resulted in UH winning 4-3 overall! We hope this new partnership will develop positively and the event will grow into something that is considered a highlight of the academic year. Next year we will travel to Beds University to try and retain our title!



### OUR PARTNERS

