

BUILDING A LIFE

Beyond CS

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Bone health is problem amongst women

Osteoporosis: low bone density with a high risk of fracture. Women are more susceptible due to varying factors: menopause, natural build, and societal pressure toward thinness.

21.2%

of women over 50 have
osteoporosis, vs. 6.3% of men

80%

of diagnosed osteoporosis
cases are women

12.1%

of women fracture their hip over
their lifetime, vs. 4.6% of men

22%

of women die within a year of a
hip fracture

Sources: ncbi.nlm.nih.gov/books/NBK559156, osteoporosis.ca/facts-and-stats, health.harvard.edu/staying-healthy/strength-training-builds-more-than-muscles, pmc.ncbi.nlm.nih.gov/articles/PMC5101063

Building Muscle = Strong Bones = Building Independence

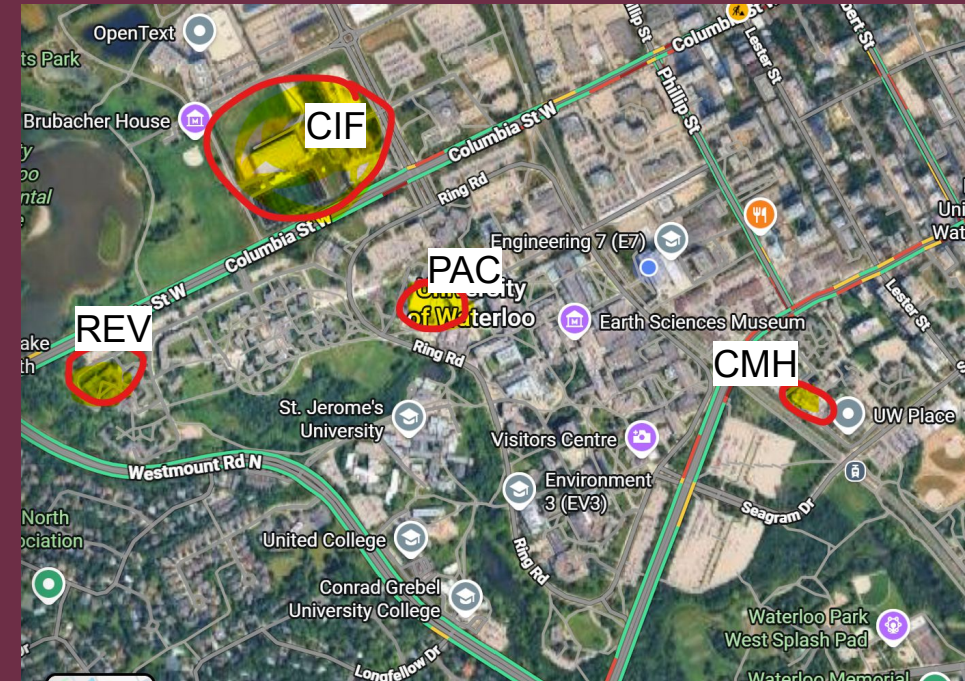
UWaterloo Gyms

Getting started now!

- Start with machines & dumbbells to build foundational strength and proper form before moving to the barbell
- Go with a friend, watch tutorials for proper form, or ask a PAC/CIF trainer
- If a machine is occupied, ask to go after/work in!
- UW Strength Club: potential free try-it-sessions to learn basic form

Four campus gyms (from busiest to quietest)

PAC, CIF, CMH, REV



Women-only hours at CIF: Mon/Wed/Fri, 1–3 PM

Trans, NB & 2SLGBTQIA+ hours at CIF: Tue/Thu, 1–3 PM

Gym schedules: Warrior Recreation app

Facilities, sports clubs, and intramurals

Facilities (free except climbing gym)

- Squash Courts (bookable), Disc Golf Course, Beach Volleyball court
- Check drop-in hours: Pool, Skating Rink, Climbing Gym
- Open Recreation: Volleyball, Basketball, Badminton, Yoga Studio Rooms, etc.
- Borrow/Rent equipment from PAC/CIF front desks

Schedules: Warrior Recreation app

Fitness Classes & Clubs & Intramurals

11v11 Soccer (Outdoor)
6v6 Soccer (Indoor)
7v7 Soccer (Outdoor)
Badminton **(*NEW)**
Basketball
Beach Volleyball
Dodgeball
Flag Football (Outdoor)
Ice Hockey
Innertube Water Polo
Multi-Sport
Pickleball **(*NEW)**
Slo Pitch
Spikeball (Indoor & Outdoor)
Squash
Ultimate Frisbee (Indoor & Outdoor)
Volleyball

Intramurals offered in Fall/Spring

- Free try-it-sessions for clubs and fitness classes!
- Fitness classes for free until Wed, Sept 16th ([Link to Details & Schedule](#)) including Pilates, Yoga, HIIT, Spin, Belly Dance Fusion, etc.
- Free sports club try-it sessions: Serve (volleyball), Badminton, Muay Thai, Quadball, etc.
- Intramurals: register solo, or as a team via Fusion Play ([Link to Details](#))
- [Outdoors Club](#) : Equipment Rentals, Hikes, Kayak, +
- Instructional Classes: skating, figure skating, boxing

Sign up: warrior.uwaterloo.ca

Facility & Program details: <https://athletics.uwaterloo.ca/>

Take advantage of UWaterloo's wellness services

UWaterloo Insurance Coverage basics ([Full details](#))

- WUSA (Alumo) usually cover 70–80% of cost — more if in-network (See Coverage Details)
- e.g. Prescriptions: 100% covered at Rexall up to \$40 but 80% elsewhere
- Eye care and dental both included
- Injury? A prescription can unlock massage therapy or physio

How to claim

- Claim via the [Securian student health portal](#)
- Two logins: one for dental, one for health (non-dental)

UW Health Services & Counselling Services

- Easy to book appointments for ANY and ALL concerns
- Call 519-888-4096, press 1 for Health Services and 2 for Counselling Services
- Referrals: Ask early and check in on availability - wait times are long, and persistence gets you seen sooner

UW's AccessAbility Services

- If you are experiencing any disability, whether long-term or temporary, reach out to AccessAbility Services to get necessary accommodations!

Making friends!

Women in tech

- Little WiCS & WiE (if you're in SE)
- Little WiCS free events and office hours (ask for advice or chat)
- Past events: Rock Climbing, Tote bag painting, Lifting Session, Pottery Painting, Professional/Academic Development events, etc.

Outside tech

- Make friends on your dorm floor
- Go to Club fair and explore music, arts, sports, and beyond
- Surround yourself with diverse people to learn about different people's values and perspectives on life.

Explore locally or further out!

Local & free

- Bus and ION train (free in Waterloo)
- St. Jacob's Farmers' Market
- Visit Cambridge

Trails nearby

- Health Valley Trail
- Huron Natural Area

Farther out

- Plan early for better prices
- Check StudentBeans for student discounts (e.g. FlixBus discount)
- [GO Bus - Students Save 40%](#)

If you are able to, plan/book a trip between every term!

TRY THESE!

Five goals you can aim to complete

- 1 Book and attend one free try-it session
- 2 Go to a gym and try three new exercises you learned online
- 3 Attend a non-CS club meeting
- 4 If something hurts or feels off, book UW health/counselling service appointment ASAP!!!
- 5 Explore a new location around Kitchener-Waterloo this week

Go build a life beyond CS

and break the “tech bro” stereotypes