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SPORTS CENTRE



ON THE COVER
LET'S CONNECT ON CLOUD IN THE APRIL
WHEN WE CANNOT GO BACK TO CAMPUS

The most brain-burning sport

The most brain-burning sport in the Winter Olympics is curling, which competes with skill and wisdom. Curling is called "chess on ice" which shows the beauty of static and dynamic and the wisdom of choice. In the curling competition, four players from each side are on the stage, and they will take turns throwing the pots in turn. At the end of each round, the team with the pot closer to the center of the camp scores.



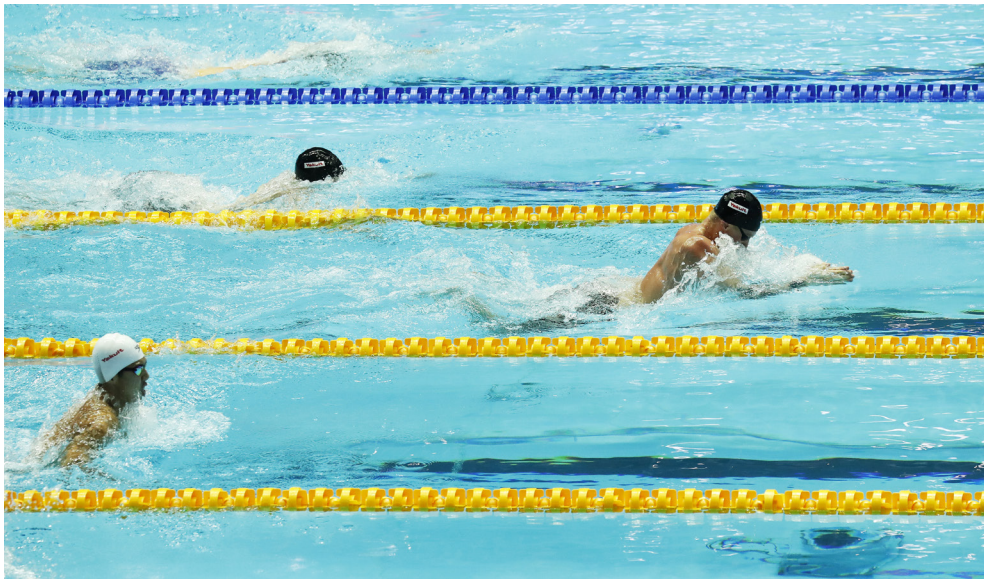
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Let's Connect on Cloud in The April When We Cannot Go Back to Campus

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Fukuoka, Japan |
**World Swimming
Championships**
May 13th–29th



Sheffield, UK |
World Snooker Championships
April 16th to May 2nd



Paris, France |
French Open
May 22nd–June 5th



CHENGDU 2021 FISU WORLD UNIVERSITY GAMES

成都第31届 世界大学生夏季运动会

成都成就梦想

Chengdu Makes Dreams Come True



Chengdu, China |

31st Summer Universiade

June 26th – July 7th

London, UK |
**Wimbledon
Championships**
June 27th – July 10th



April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				- Indoorsy is enjoyable EP.1 - Dynamic Sports Challenge EP.1 1	
Indoorsy is enjoyable EP.2 4					
Indoorsy is enjoyable EP.3 11	Dynamic Sports Challenge EP.2 12			Yoga Club: Nice to meet yoga 15	KGF E-Sports XJTLU&U E-Sports 1
		Jueyi Chess Association: Jueyi Chess Association online gathering 20			
18	19	20	21	22	23
25	26	27	28	29	30



CALLENDER

On the Cover



Let's Connect on Cloud in The April When We Still Cannot Go Back to Campus

April has passed, and May Day holiday is approaching. It seems that we haven't seen each other for almost three months. As a spring freeze drenches Suzhou, it also blows across the country, hoping you have a cozy life at home.

Since February, I have been receiving greetings and inquiries almost every week from students: when can we go back to campus? There are even some students' parents who know my families well came to ask my family members for an answer. As always, I have to give an apologetic reply: I don't know neither, I also receive the notice by UC e-mails.

Inquiries continued from February to March, and gradually faded away in April. The pandemic in Shanghai is witnessed by all, and students seem to accept the reality that they cannot return to campus in the short-term. In the WeChat moments, I found that several Architecture students post some photos of the models bought online in their moments and joked that they were turning their homes into a Guangzhou branch studio which was quite funny but sad. I asked them whether they had been accustomed to studying at home, and they replied that they didn't. They still want to go back to campus. Of course, how would anyone not expect to live the wonderful college life on campus?



Apart from off-line learning, campus life must be one of the most anticipated and indelible chapters in university. It's the serious class or the breakfast that is secretly nibbled under the table; It's the friendship that takes root in group discussion or the solitary but fulfilling self-experience; It's the noisy but warmhearted dorm or the club where people gather together for the same interests. Undoubtedly, college life is an important construction for students both physically and mentally. Moreover, for 2+2 students, the "disappearing semester" seems to make them miss XJTLU more. They haven't enjoyed enough spring in Suzhou and campus life, wishing to see it more.

It is also the same with teachers. Although the noise and shouts in the gym may sometimes startle the teachers, but undeniably, this just shows the students' youth and energy. In the empty gymnasium, the afternoon sunlight streams through the glass window; as far as the eye can see is the football field exactly next to the south campus. In the past, different groups of students and clubs were active here at different times: PE lessons for daytime, Football Club, Ruby Club or others for evening, the experience class of Ultimate Frisbee for "Sports Wednesday" or just casual walking and jogging after dinner. While now, the field is so empty that it seems that only the passing white clouds and the chirping of birds can prove the passage of time.



For students, another huge change is the online teaching mode. From around 2017, online live lessons started booming in China. At that time, the mainstream media brought live classes to rural education, and everyone was still seeking: whether online live classes would lead to a fundamental change in the pursuit of equity in Chinese education. Social networks were flooded with analyses and exploration regarding live teaching mode, and we all watched as spectators. Only three years later, perhaps none of us would have predicted that online live classes no longer be a means to achieve educational equity, nor an alternative to K12 education, but would become the daily routine for millions of students at different stages.

During the three months when we could not return to campus, both teachers and students were struggling to adapt. Misfortune might be a blessing in disguise, and being trapped is not always a hardship without a benefit. With more time under our control, we can organize our life better: to play, to learn, to work without any burden; some also share their thoughts that learning at home provides an opportunity to think, immerse and feel after a long time, deeply involved in a book, or immersing in a piece of music. "Recently, I suddenly realize that how important it is to cultivate a good state of mind. People should seize the day. So, we need to live our life wherever we are, and don't let the pandemic stop us," said GuaGua.

Time flies while staying at home, some people reading and others exercising following Will Liu. Sports Centre also holds various activities online. Whether it's the 'Dynamic Sports Challenge' that encourages you to get moving, or the 'Indoors is enjoyable' that invites you to share on cloud, or the special edition of 'Enjoy the Fitness' that updates non-stop, we hope to bring you some relief in this 'special period' and become a unique memory in your life on cloud.



Let's go and see the guidance of the life on cloud in the April issue of XJTLU sports magazine.



Indoorsy Is Enjoyable

 Weiyl Li

Due to the epidemic, all of us have forced to take online classes. Coupled with the recent recurrence around the country, it seems that our life has been more severely restricted. Perhaps, you've practised cooking and become the chef in your family; or relying on takeaways and half-made foods without your parents' help? Do you work out in your pajamas for convenience or in tracksuits for a sense of ritual? Do you exercise with Keep or following the sports influencers on Bilibili? Can you insist on exercising even own your own or have to accompanied by your friends?

A spring breeze is now blowing around the country, staying at home cannot prevent us pursuing fitness, the sense of ritual and the attitude of living in the moment. Sports Centre invites you to share your "Spring" at home in the "Indoorsy is Enjoyable" column. Let's come and see how others spend their time at home, and inspire each other during this special period.

My fashion/casual OOTD when exercising at home

Indoor vs outdoor, fashionable vs casual, show your face vs not show your face, plain vs colourful.....

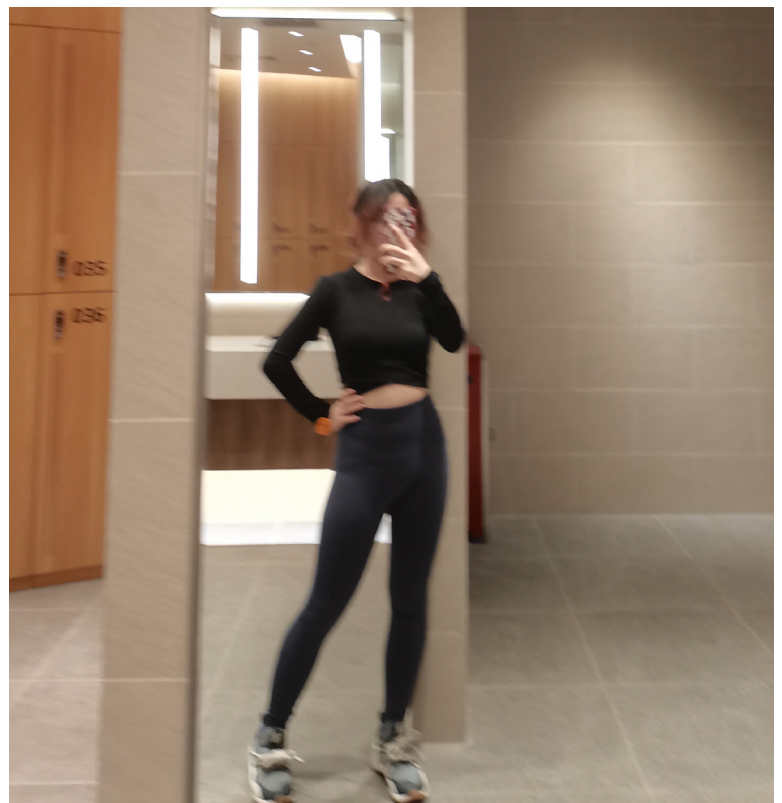


- 八宝酱瓜 First year of graduate

This is a casual snapshot of my OOTD~

- RR Year 3

My sense of ritual when working on back muscles: wearing sports bras



- 小潘 Year 2

It is a hard time at home, but I've forced myself to shell out for a gym membership. So, I can work out in sweat in the gym!

- 南瓜 Year 1

An extreme casual outfit without any fashion and style



My common/niche sports

When trapped at home, what kind of sport would you choose? Would you compete with the elderly on a horizontal bar, participate in rhythmic square dance with middle-age women, or compete cycling with delivery men?

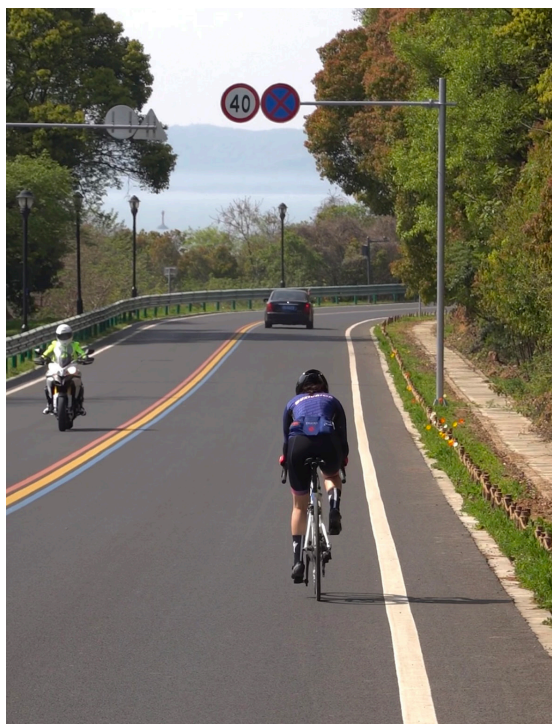
Indoor vs outdoor, fashionable vs casual, Bilibili vs Keep, independent vs accompanied by friends.

- 舒欣 Year 1

I strongly recommend cycling, which can make you lose fat quickly, travel around the world for different kinds of sights and foods, and meet people with interesting souls.



- 八宝酱瓜 First year of graduate
What do I do when exercising at home? Bilibili-solo-Zoey-Yoga!



- 羊羊 Year 3
During the holiday, I went cycling with my friends nearby! Riding produces a lot of dopamine, which means it's not only relaxing but also very enjoyable!



• 杨雨翰 Year 3

Cross-country event is my belief



• Xingyu Year 2

I hope that all of you are healthy, and can make progress in your studies! Miss you!



I am the chef of God

In the past few months, did you develop good cooking skills and lay a solid foundation for studying abroad in Liverpool? Or relying on takeaways and half-made foods without your parents' help? Or learning cooking with air fryer following influencers on Tik Tok and Xiaohongshu, becoming a chef of God in the new generation?

Whether it's burnt sweet sour spare ribs or appetizing braised beef brisket; whether you eat vegetables for fitness or eat late at night indulgently; whether you combine the Chinese and western style together or dive in Chinese style only, we can see that all of you are so good that you must have secretly taken some classes.

- **小鳄鱼 Year 1**

Pepper and cream mushroom pasta (definitely not because it's approaching to the shelf life)



- **Magic Mua Year 1**

Come on! It is too hard to lose weight for a person who is good at cooking!



- **颜小控 Year 1**

Staying at home due to the epidemic, I am forced to cook by myself which is a quite different experience for me.





• 鱼 Year 1

Tasty food can heal everything



• 昕昕 Year 1

The yogurt cake made by air fryer following Tik Tok + the egg and tomato stir-fry with rice which I am good at.



• Cunwan Meng Year 1

Hope to start school soon!

• 罗西 Year 1

The fire and timing are so important! You will gain some experience after you try several times.



- 廖雅欣 Year 1

Learning different types of cuisines at home by myself online



- 谢祉盈 Year 1

Food is the basic of people, security is the basic of food.



- 南瓜 Year 1

I gained the skill of cooking when I was in grade 11, and of course I need to pick it up now!



- 扛着镰刀的羊 Year 4

The limitation of file is limiting my potential hahah





• 宁子涵 Year 1

I'll be sad if anyone hasn't tasted my Luosifen and pasta, ok?

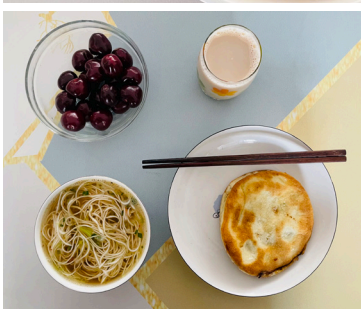


• Uu Year 2

I am devoted to feed all my roommates after going to Liverpool, while secretly losing weight by myself!

• 陆泓澎（陆同学）Year 3

When staying at home due to the epidemic, I have to think about what to eat every day. One of the benefits is that I can choose the dishes I like, so that I will not be fussy about food. Since there are few vegetables at home, what I eat every day is not green enough. But they're still tasty! Finally, I hope the situation can turn better and we can go back to campus next semester!





• 雍睿琪 Year 1

Taste some food in the lanes. Take a close look at it, it's the smoke; take a distant view, it's people's life.



• 费逸翔 Year 1

Look at it, it's so delicious



• 圈圈圈圈/staying
mysterious

The fastest way to consume
apples in the world



• 佩佩 Year 1

Remember to eat
breakfast!



Enjoy The Fitness: After I Am Defeated by an Old Man and Turning to Join the Square Dance

 Weiyl Li Bin Chen

It seems to be the norm for young people nowadays to continue pursuing the figure and self-exile. "Slimming" is an unavoidable topic in our daily life. But in most cases, expressing the wish to be slim is just to show their pursuit of good figures.

Beauty is pluralistic but also individual. Sports Centre set up an "Enjoy the Fitness" online special column to spread the concept of beauty and encourage everyone to pursue ideal figures, as well as to help you remove misunderstandings and move forward steadily. In the new semester, the Sports Centre will also introduce some offline workshops based on online columns to guide everyone to explore the beautiful body.

During the epidemic, SC is offering a special series. Let's feel the "brief desperation" of Ice Coke and FDF Beauty.

Ice Coke - the man who joined the Horizontal Bar team

At the moment of the epidemic, Ice Coke 's exercise options are limited to the only few bars in the neighborhood. However, the original owners of these bars were the reluctant grandparents in the neighborhoods, and the battle was a bit more stirring.

He went to the bar and swung around a few times. There were no other stronger guys, and he was the most powerful one.

When he jumped up and grabbed the bar, the old uncle wandered over and spoke in an unquestionable tone: "Listen to baibai, your muscle would not be flexible if you train like that, young man. Come on, baibai will show you the 'wind and fire wheel'."

When Brother Coke heard this, he was shocked: Don't you man!

However, watching the old man tumbling in the air, Brother Coke muttered: the clown was me, too wounded for what I was proud of.

The bar is a training activity with long history, it can be found in every army physical training subject, and you can see it from fitness tests for secondary school students to public fitness projects in parks and communities. So, what exactly can this training be practised for?

Coke's talk:

The most common form of training for the bar is the pull-up, which is commonly used in street fitness and student fitness tests. The pull-up mainly trains the back muscles and assists in training our arm biceps and core muscles.

Some more difficult forms of bar training include single-arm pull-ups and double power-arms, which can add explosiveness to the pull-ups and are largely difficult, suitable for novices who have upgraded to challenge.



FDF Beauty- the woman who joined the square dance

Dancing is her daily hobby. Wherever she is given music, twerking is where she belongs.

Years ago, FDF Beauty was a social talent who defied others' eyes, often wiggling to dabble in the square dancing. There were many kinds of dances, from traditional Chinese dance to Latin and to "Moonlight in the Lotus Pond". Later, FDF Beauty became a new age "social terror" and started dancing on her own in the dance studio. The epidemic did not affect FDF Beauty's area, but not being able to go back to campus hit her dancing career hard! Thus, she chose to return to the square dance team.

Square dancing is popular in China. In parks, neighborhoods and in every city, you can see the vigorous and athletic men and women dancing to the music, shaking their red fans and long sleeves. Rarely can we see such solidarity among the elderly. So, can square dancing work for fitness?

FDF Beauty's talk:

Finally, I can get to speak too!

The intensity of square dancing is not comparable to dancing by yourself. However, square dancing wins out with the duration. The rhythm is at the right intensity for urbanites who don't exercise regularly. In addition, the mandatory 1-1.5 hours of exercise is enough. I often get lazy with my own dancing and run away when I'm tired, but the fixed duration of square dancing makes it impossible to run away when you're tired!

The main thing is that it's more fun to dance with a group of people to the music than to *Just Dance* alone at home, isn't it? However! Watch out for the epidemic! Watch out for intervals! Wear a mask! Safety first!

Mr. W - the man who forced to PK with the courier boys

Mr. W loves cycling. During the epidemic, it was so lucky that his community wasn't influenced. So, Mr. W rides his beloved bike every day with high speed. However, every time he turned around, he was followed by couriers from Meituan, Hungry, Shunfeng, Yuantong or Jingdong... As a result, Mr.W started to play *Fast & Furious* with the courier boys and the takeaway boys.

Cycling is a relatively low-barrier sport. It's a good idea to start cycling if you have the appropriate safety and protective equipment. So, what are the benefits of cycling?

Mr. W's talk

Cycling is a great way to take in the fresh air and see the beautiful surroundings. It is also a great way to reduce stress (better wear a good mask during the epidemic). In the complex outdoor conditions, cyclists must keep an eye on the situation, which effectively improves the brain's responsiveness and will make it more flexible and healthier.

According to Mr. W's estimation, 40 revolutions is normal for a 100-metre ride. For longer distances, the number of revolutions will be higher, and you can better strengthen the leg muscles.

Cycling every day also enhances one's cardiorespiratory function. It is also a good tool to prevent cardiac problems.

The only problem is that the deliverymen are so passionate that they force Mr. W to accelerate, which is too tiring!



During the epidemic, everyone is exercising in various ways, some challenging themselves, some being disgusted, and some revisiting the past. Anyway, the first thing you need to know is to keep healthy and don't forget to have fun when you're stuck at home. So, what kind of exercise do you do at home?

Enjoy The Fitness : Special Column for Food, You Cannot Lose Weight Here

 Weiyl Li Bin Chen

To avoid advertising, we have temporarily changed the name of the recommended restaurants to abbreviations. Anyway, since no one can come back, then let's quench your thirst by look at some photos! When you go back to school, come to GM102 and we will share the full text without hidden edition with you!

Miss Yuan

Restaurant recommendation: MYXG

Must Eat Dish: Salmon Sashimi

Describe it: As a ceiling-level Japanese buffet in Suzhou, the salmon is really haunting. The taste of oil combined with the cold touch and soft texture in the mouth is definitely worth a try! Every time I go, I hate that I have only one stomach, super recommended!

Calorie estimate: depends on how much you eat.

How to fight against this part of the fat: salmon is relatively low in calories compared to other meats with 139 calories per hundred grams of salmon, so salmon is a good food during the fat loss period. Of course, excessive intake can also cause calorie overload. Under the premise of normal intake, maintaining the normal frequency and intensity of exercise will be fine. For example, playing basketball, going for a 3000-metre cardio jogging, taking half an hour of *just dance* and so on. If you are still not sure what to do, go to Miss Rui's yoga class at the beginning of the school year!



I also want to recommend: YRFCJ

Must-eat dishes: Bullfrog with spicy pepper, spicy pigs' brain

Describe it: The chicken is definitely the top1 of Sichuan cuisine in Suzhou in my heart. This restaurant is particularly famous in its pig intestine chicken (as its name), which has been praised so much. The processing is very clean (the chef said he got up at 3:00 in the middle of the night to deal with the pigs' intestines) and add a taro to make it soft and tasty.

I must say that the bullfrog is my first crush, the two flavours of sharp pepper and ginger can really let you dream back to Sichuan in one bite. The spicy pigs' brain is definitely a rice killer, and the smoothing pigs' brain and tofu in it makes the dish even more delectable.

Calories estimate: 1000 calories

How to fight against this part of the fat: a meal of such heavy oil and spicy food is definitely calorie overloaded, in this situation, how to fight it? Please move to the ICE COCA.





Miss. Rui

Restaurant recommendation: LW

Must-eat dishes: All kinds of burgers

Describe it: The bread is soft and crispy, you can taste the right combination of wheat flour, yeast and temperature. Beef patties should be medium, the juiciest choice. The cheeses and mushroom sauce (exposed) enable me to taste its richer layers. The anonymous side dishes are even more refreshing, so you can't stop.

Calorie estimate: Explosion

How to fight against this part of the fat: another calorie explosion, so wait for the ice-coke's solution.

Miss Ran

Restaurant recommendation: PSLGCC

Must-eat dishes: white meat with garlic, frog with saltbond and ginger, spicy chicken in Glorious Mountain.

Describe it: Sichuan food but not very spicy. Overall, it tastes just right, a stable 95 points player.

Calorie estimate: 327 kcal/100g, 338 kcal/100g, 315 kcal/100g

How to fight against this part of the fat: another recommendation for Sichuan cuisine. If it's just these three dishes, you can choose moderate intensity aerobic exercise with more than 40 minutes: such as outdoor jogging, keeping your pace at 7 (it takes 7 minutes per kilometer), or 25 round trips in the swimming pool at an even pace, or a run-and-gun Frisbee game, so you can basically get even with the calories.





Ice Coca

Restaurant recommendation: YLHGZJ

Must-eat dishes: signature garlic chicken (in fact, all of them are highly recommended by Brother Coke. YL fast sponsorship!!!)

Describe it: chicken is very tender and juicy, selected parts are mainly the wings and legs. The sauce is very tasty, the kind of fried chicken which can eat all afternoon non-stop. For take-out, generally I will choose a double, plus a rice cake; For dine-in, a ramen is strongly recommended, suitable for young couples dating or friends gathering [Doge] [Doge] [Doge] (single dogs will eat by themselves to enjoy it)

Calorie estimate: eat fried chicken to be prepared for calorie explosion ~ calories we will estimate a 1600 calorie bar.

So, the question is, how to burn a bunch of calories?

You can join the oldest fitness team with Brother Coke to 100 pull-ups, follow the Miss Beauty to lead the square dance group solo with ten songs, or call on Big D to ride ten kilometres like crazy. Anyway, first of all, to be able to move, this meal is not a loss [Doge] [Doge] [Doge], and then you need to maintain a relatively high exercise heart rate. In this way, you can consume as much calorie as possible in a relatively limited time (about the calculation of heart rate, please move to the previous issues of "Enjoy the Fitness").



Miss Beauty

Rrestaurant recommendation: GLCCT

Must-eat dish: Shuffle

Describe it: I am a person who does not love desserts, but when I take the first bite, I melted. The ender texture and the layers of entry were just like a cloud in my heart.

How to fight against this part of the fat: I'm too lazy to talk about it, see the solution above.

Bin Chen: My journey of fitness

 Yuan Zhou Chenxi Li

The four years in university are a golden period and an important turning point in the life stages. During this period, individuals are often asked to face life independently and form a mature worldview that will accompany them throughout their lives. While for young students, the need to make independent decisions and choices often leads to inner conflicts, especially when facing problems regarding themselves, life attitudes and interpersonal relationships. Mental health is of great importance for students to understand themselves objectively, improve their healthy personalities and promote personal growth. Therefore, it is particularly crucial to maintain mental health during the university years.

Numerous studies have found that sports can have a positive impact on mental health. Participating in regular and moderate-intensity workouts can reduce the risks of mental diseases, decrease symptoms of depression and anxiety, and improve the quality of life (Li *et al.*, 2015). Physical activities can be viewed as a language between body and cognition, which can not only promote the body's physical functions, but also work as a direct means of mental health intervention (Zhang *et al.*, 2015).

Fitness and body-building activity started at the end of the 19th century, and have been consistently accepted and favoured by people for 100 years. Fitness not only represents a sport that is widely accepted and a good lifestyle recognized by the society, but also leads the fashion and cultural trend in the modern society. Fitness programs usually train people with or without equipment

and use specialized movements and methods to promote posture and health. Various studies have proved that fitness can promote physical functions as well as mental health.

I wonder if you've ever met a muscular guy in the gym who works out on time every day. Or have you ever coincidentally taken Mr. Chen's gym class and followed him throughout the semester? Or did you often see Bin, known as the "head of gym assistants", when you worked as a gym assistant? Whether you know Mr. Chen well or not, I'm sure you've never heard of his youthful past. Today, let's explore Mr. Chen's "healing" journey of fitness in the context of mental health.

When explaining the mechanisms by which fitness promotes mental health, it is possible to draw on a behavioural perspective, starting with both psychological and behavioural hypotheses (Qi *et al.*, 2020). The psychological hypothesis believes exercise is effective in improving social interaction, sense of control for movements, physical self and autonomy, which can facilitate psychological development; the behavioural hypothesis suggests that exercise can improve mental health by improving sleep quality, self-regulation and operating skills (Ester, 2010). In this article, we will focus on the behavioural perspective and explore the glittering points of Mr. Chen's youth story.

In the summer holiday after graduating from high school, Chen could finally take a rest from his busy studies and have his own time. He looked out of the window at



the lush grass and trees, listened to the sound of the cicadas in the trees and gradually stared at the familiar, youthful but rounded face reflected in the window in a daze. Yes, you read that right, the fitness teacher now used to be a shy little chubby guy too. He looked down at his slightly chubby body and thought of the gym flyer he had happened to get a few days earlier, an idea to change himself began to emerge.

Chen soon joined the gym. Starting with the most accessible cardio machines, he began to try strength training. Every day at the gym, Chen could feel the joy and satisfaction of sweat. Gradually, he was able to control his body well, so he felt more comfortable with different exercises; his confidence was also boosted by the muscle lines he saw in the mirror. He thought that workout would be too difficult to insist on, but the control of his strength and his tighter body motivated him to stick to it every day. At the same time, he also fell in love with the sense of self-discipline that workout gave him, and unconsciously took workout as a habit.

The summer holiday quickly passed and a fruitful and wonderful university life was unfolding in front of Chen. I believe Architecture students in XJTLU have a profound experience of how stressful it is in Architecture department. The XJTLU studio, with the couplet on the door that reads "draw more or less, draw some if you can; learn it earlier or later, you will learn it sooner or later" and the banner that reads "Plotting Freely", has become a famous "attraction" for XJTLUers. Once a student enters the Architecture department, he or she would often stay up late at night, modelling and plotting non-stop. Therefore, the gym had become the most favourite place for Chen to relax after his busy studies. Every time he concentrated on his workout, his brain would empty out, which was a good way to regulate the pressure brought by studies and allowed him to get new inspiration after "recharging" through workout. For Chen, fitness was more than improving physical performance and health, but a language to communicate with his body, an outlet to release stress, and a friend that kept encouraging and accompanying him.

Getting the end of university, Chen, like many other students, suffered from a breakup. The breakup was a big blow to Chen at that time and it was hard to adjust his emotions for a while. He went to the gym as usual, trying to work out to relieve his inner depression. At the gym, Chen saw a poster for the "1st National Fitness and Bodybuilding Competition for University Student" which impressed him a lot. "Maybe it's a good idea to participate in this competition to free me from the gloom of a broken relationship," he thought. Chen started right away. He started to make a preparation plan for himself and implemented it rigorously. By following the plan, Chen no longer lost sleep because of the heartbroken relationship, and his gradually improving fitness skills also helped him to stop questioning himself and regain his confidence.

After his breakup, Chen took the initiative to apply psychological protection mechanisms to shift his focus and put all his enthusiasm into preparing for this bodybuilding competition, thus reducing the impacts of the breakup on himself. After a few months of dedicated preparation, Chen achieved a fairly good result. Although preparing for the bodybuilding competition required a strict diet and training regime, living a life of asceticism, Chen was finally able to improve his fitness and reshape his mental health, healing himself entirely by exercising and moving towards a higher goal. The whole process has become an unforgettable and fond memory for him.

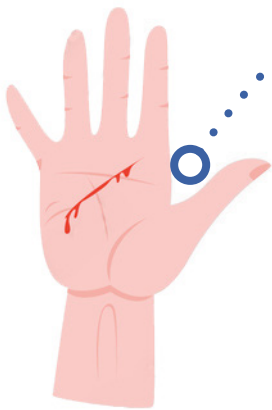
If falling in love is the most beautiful thing that can happen on a university campus, then breakup is the most frequent sad occurrence. When relationships break down due to realities, interference from others, disagreements or other factors, the frustration of losing a relationship can have a serious impact on a university student's mentality, life and academic performance. The sudden loss of a close relationship can be difficult for most people to accept in a short period of time. They tend to escape from reality, narrow their social networks, and suffer from a mental life that emotionally torments themselves and others. In some cases, some even take reprisals physically or psychologically against their exes. Therefore, it is essential for every university student to use positive ways to cope with a breakup. It is suggested to talk to others about your inner troubles, pour out your pent-up emotions, or even try a sport you enjoy to heal yourself through exercise.

In a word, fitness can not only improve your physical performance, but also brings positive emotions. Next time when you are feeling down and worried, think about Chen's story and reinvent yourself with fitness!

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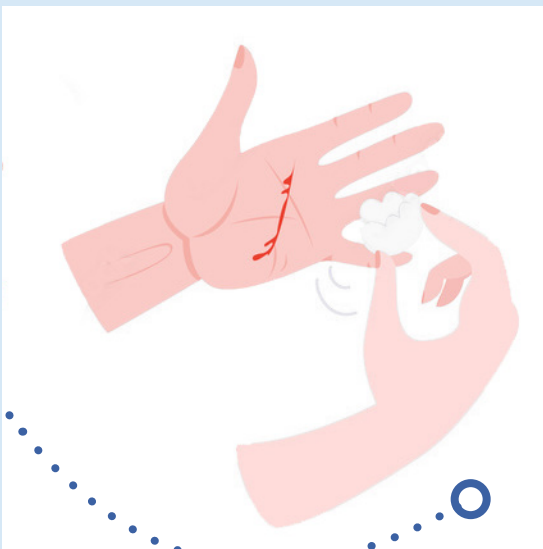
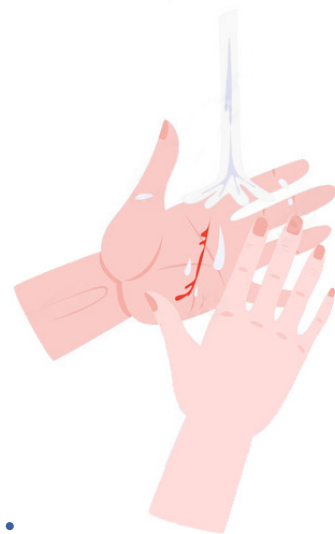
Treatment of Scratch



You can't apply band aids directly to skin abrasions!

Correct treatment:

(1) **Flushing:** First flush the wound with normal saline / clear water. If there are sand and stone and other sundries in the wound, clean it with disinfection tools.



(2) **Disinfection:** For small wounds, use 75% alcohol cotton balls to clean and disinfect the skin around the wound. Pay attention to ensure sterility during disinfection, and apply alcohol from the wound to the periphery to treat the wound. If the wound is serious, seek medical attention as soon as possible.



1. Opening Time

The Gym will be opened from Monday to Saturday at 10:00-12:00 and 12:50-21:15. Closing Notice will be issued in advance.

2. Venue Booking

The Gym's reservation can be made from both website and WeChat. For the WeChat Program (Chinese), please search “西浦体育中心” on WeChat M

3. About Coupons

To encourage everyone to take an active part in sports, the Month

4. Gym Dressing Room

The Gym Dressing Room is located on the ground floor. The changing room is open to XJTLU students and staff members only to use. Please check in and out with a valid ID card at the reception desk if you would like to use lockers and shower facilities.

The opening time for the changing room is 9:00-12:15, 12:50-21:15, and will stop taking reservations 15 minutes before the closing time. The changing room will be unavailable during the gym's closing time.

To promote reasonable allocation and economical use of resources, lockers and shower booths are of paid use, and the fee will be charged after usage. After usage, please return to the reception desk to check the remaining quota and pay the difference between the initial amount and the remaining amount.

5. Important Notice

- 1). Please enter the Sports Centre during the opening hours, and use (Except for PE classes) the venue after making reservation.
- 2). Please use the venue after ticket checking and scan the code before leaving. Anyone fails to check ticket twice within the opening hours will be charged. Please do not use the venues.
- 3). Please bring your own relevant sports equipment.
- 4). Please do not wear black-soled shoes, high-heeled shoes, spiked shoes, or other footwear that may cause damage to the venue.
- 5). Food and beverages are prohibited in the venue.
- 6). All commercial practices such as paid private coaching are prohibited.

For more information, please read the "XJTLU Sports Centre User Agreement" carefully before making reservation and follow the instructions (including the attachments) while using it.

6. Contact us

If you have any problem, please feel free to contact us at: Sports.Centre@xjtlu.edu.cn

, 13:00-21:00. The Gym will be temporarily closed if there are large-scale examinations, nucleic acid detection etc., and the

that Mini program. For Website (Chinese and English), please log in <http://sportscentre.xjtluculture.com>. For WeChat Mini Program. Please notice that the registered account and password are your AD account, such as San. Zhang21.

ly Coupon of 100 RMB for booking sports venues will be offered to all students every month.

only. It is decked out with lockers, vanities, benches, and shower stalls. The changing area with vanities and benches is free es.

e gym's closing. It is possible to queue up during peak periods, please arrange your time properly. The changing rooms are

ees cannot be paid with coupons. A shower card will be valid for 1 hour after check-in and has an initial quota of 20 RMB. amount and balance.

tions.

7 days will be blacklisted from booking and

e ground in the venue.

ollow the "Venue Notices" (please check the





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