

## Students take advantage of OUSA health promotion

By ELLIE CONSTANTINE

UNIVERSITY of Otago students took advantage of free apples, soy milk and muesli bars at the Otago University Students Association information stall set up for Healthy Lifestyles Week yesterday.

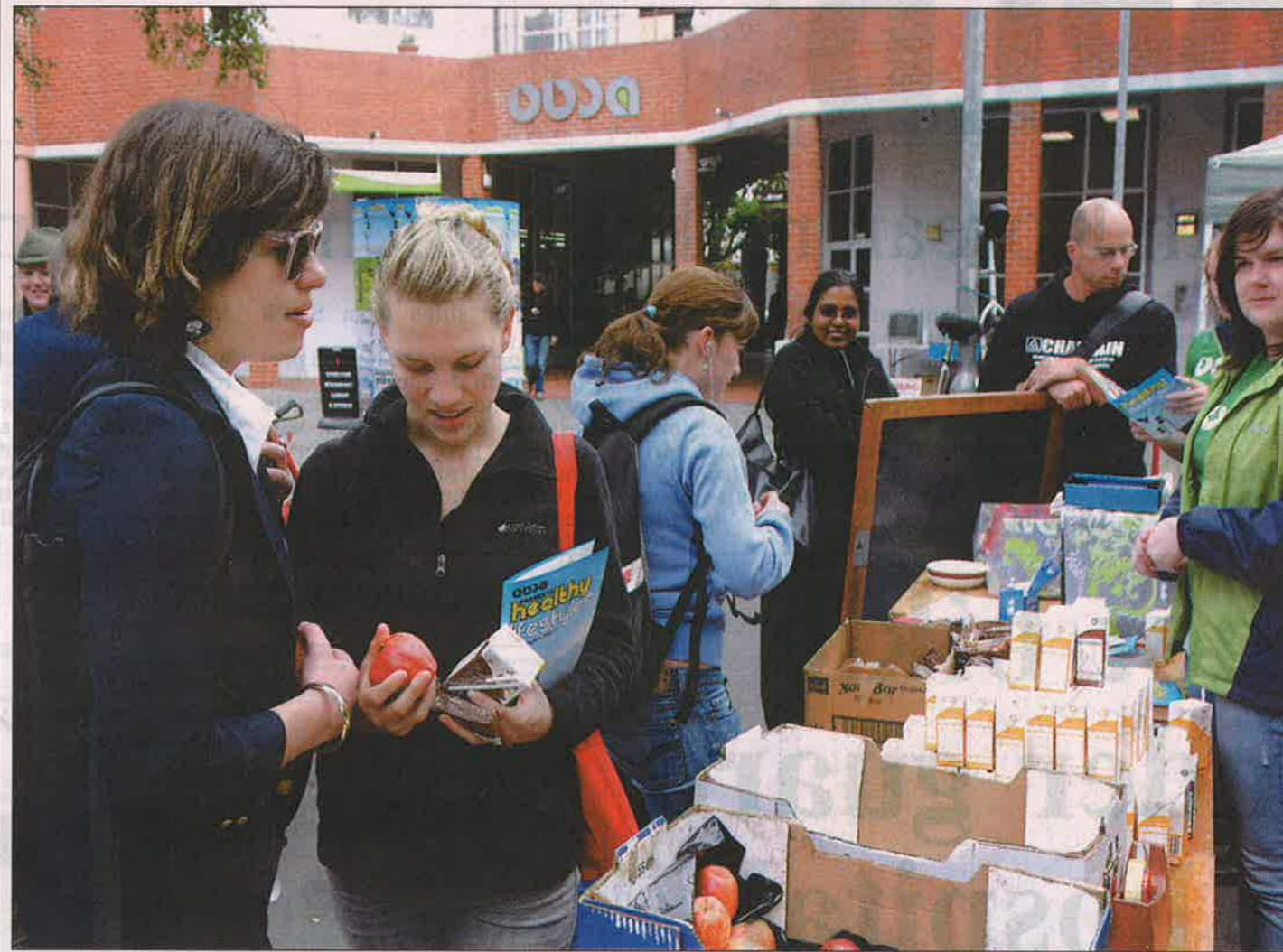
Information packs, which also included tea bags, a dietary fibre supplement, condoms and brochures about handling stress, budgeting, alcohol consumption and recipes, were handed out.

Student Anna Rindos was enjoying the activities, which included free mini golf on the union lawn and free bike tune-ups from Cycle Surgery. She went for a ride with a friend on one of the "crazy bikes" on display.

"I've got free soy milk and a granola bar. I'm happy," she said.

Free yoga and tai chi classes were held in Clubs and Societies last night and a cooking demonstration and vegetable sculpting competition will be held today.

The event runs until April 3, with most activities in the union-courtyard, at the Unipol gymnasium and the Clubs and Societies building. For more information visit [www.ou-sa.org.nz](http://www.ou-sa.org.nz).



Healthy supplies . . . Checking out the information stall and giveaways at the Otago University Students Association Healthy Lifestyles Week yesterday are (from left) Anna Rindos (20), Mara Gabrielsen (21), Jenny Reid (19), university chaplains Rosie Victor-Hoogland and Mike Wright and OUSA assistant events manager Sarah Comer.

PHOTO: LINDA ROBERTSON