

**KAREN FOLEY:** Welcome back to Student Hub Live. Well, I'm super excited because I'm doing one of the two things I have always wanted to do at Student Hub Live. One of them is doing cookery demonstrations, but the other is dancing. And we're going to be doing some work on movement.

When we say dancing, we're really talking about movement here. And I'm joined by Rosia, who's an associate lecturer. She does lots and lots of teaching elsewhere, but she's also a dance and movement artist. And she does loads of work with community groups and professional dancers. So she's here today to give us a little bit of a taster and talk about the importance of movement.

And also, Nichola is a member of our sport and fitness team in School of Education Childhood, Youth, and Sport. And she is a sports psychologist, so she's got lots of accreditations in that area. But she's also really interested in promoting well-being through physical activity. So welcome, both of you.

We're also joined by some wonderful dancers who are regulars at Rosaria's classes that she's been running for us at the University. And we thought, well, what a good idea to be able to do one today. Welcome. So Rosaria, could you first tell us a little bit about why movement's so important and why we're doing this session here today.

**ROSARIA**  
**GRACIA:** Well, I think that movement is just we know-- we know that the impact of the movement is really important. And we have a body. And that body-- I always say whether you have a body as a Renault or a body as a Porsche, you have to move it. Otherwise, it just doesn't work. And I think we are going into the science behind it. There are lots of benefits in terms of really supporting the bone, supporting the muscle, support the lymph system.

And there is something that is really specific, because I really liked it when I was presenting this, and it's an activation of the happy hormones, which is a thing that we tend to forget. But the happy hormones are dopamine, oxytocin, serotonin, and endorphins. And with that, we are looking at the feeling good, kind of feeling loved, trust, happiness, well-being, even relief of pain and the release of stress.

And we know if we have sedentary work, it's really, really important that we really mobilise our body, not just because we may end up with shoulder issues, or lower back, or neck, but it's also just that release of stress because of being in that position for such a long time, and the emotional charge. That study, or writing, is very much linked to our work. So I think it's really important to keep moving and find something that is good for you.

**KAREN FOLEY:** Yeah, people have been talking about how some people have been doing yoga during lockdown. And people's, sort of, ideas have shifted. And I know you've been doing lots of, sort of, Zoom classes with people. And some of these are new ways that we'd like to keep going with. But also we've been talking about the importance of mental health and well-being. Might this be something that could support that in addition to the brain activity that you've spoken about?

**ROSARIA**  
**GRACIA:** Well, I think that even if you're doing it on your own, when you are feeling good about yourself, and when you're feeling confident, you're not feeling stuck. That is really going to affect your mental status, really. And I think that if you are doing group sessions as well, you really get that sense of belonging and being part of the group, whether you are doing it face to face or whether you are doing it on a screen.

So we know that there is a relationship between the physical and the mental state, and the two go very well, very hand in hand, together. So the more we actually learn to integrate that-- even meditation. You don't really need to do something really active, and some people cannot do something very active, but even if you are kind of slowing down, breathing, being aware of your body, it really can support you, whether you have a diagnosed or undiagnosed mental health condition.

**KAREN FOLEY:** Absolutely. No, it's important, and something we can do together. Kitty does Wiggle Tots and [INAUDIBLE] with the kids. But on her own, she loves swimming. I love swimming too, Kitty. I think it's amazing. And it's nice that we can do things together, or on our own as well-- important to think about how we use that time and space.

Nichola, from a sort of sports psychology and, I guess, the more academic side of things, many of our students have spoken about, sort of, challenges with studying. We've spoken about the motivation to continue, but also, we've been commenting on some of the aspects where our work-life divide can be challenging. Our study, home life, et cetera, can be hard. What is some of the advice that you know about that may help students in terms of their studies? Have we got Nichola?

**NICHOLA** I think in terms of physical activity-- [INAUDIBLE].

**KENTZER:**

**KAREN FOLEY:** I'm not sure if I'm getting an--

**NICHOLA** Hi, am I back?

**KENTZER:**

**KAREN FOLEY:** Oh, I think you're back. I think you are back. Let's see if we can hear you. I couldn't hear what you said before, so you can repeat, Nichola.

**NICHOLA** Can you hear me?

**KENTZER:**

**KAREN FOLEY:** Oh, well, you've got a bit of a funny sound.

**NICHOLA** Apologies for dropping out there.

**KENTZER:**

**KAREN FOLEY:** I think we're having some trouble with Nichola. We're just going to try and get her back. Jessica says that she usually loves to jog, but she's had a mystery injury early this year, so she hasn't been able to do much of it, but staying positive, and hopefully be able to get back out soon. Again, this may be something interesting to you in terms of what we're going to do today, Jessica.

Maudrey used to like Zumba, but now is enjoying walking a lot more. Martin can't swim to save his life, but is pretty quick on a bicycle. Well, that's cool Martin. As long as you are enjoying one thing, then that's the main thing. But it also can be nice to, sort of, try and learn new things also. Now let's see if we've got Nichola back. I think some people are having some Wi-Fi issues today, so I'm not sure how your signal strength is, Nichola. Maybe you'd like to let us know if you can come in on camera.

I think Nichola's sound is a little bit distant. But what a lovely OU t-shirt she has got there. I know that some of the things that Nichola wanted to talk about were around, sort of, ideas about focusing and concentration, and to keep motivated. What I think we might do is come back towards some of those things towards the end of the session.

But Rosaria, I'm really, really keen to kick off with what you've got planned for us today. And we're joined by Nashy, and Alison, and Suzanne, who are going to be dancing with us in the studio. Thank you, guys, for coming along, and everyone at home. Well, we're at your beck and call, Rosaria. So do you want to fill us in on what we're going to do?

**ROSARIA** Yes, well, the first thing that I wanted to do is just really-- shall we just go and do it while I'm explaining it? Shall we do it?

**KAREN FOLEY:** Yes.

**ROSARIA** Yes? OK. So the first thing that we are going to do that I really like doing at the beginning of every session is just really get familiar with our bodies because we just don't. So we can just brush our arms. It's a little bit like a dry wash. And a nice pat on the back is always good. And really, really important-- just up the back. It's just really nice. It's something that we do even without thinking, that it's nice and relaxed. I'm going to go back so you can see.

So what we are doing is nothing is specific about any system. I use a system called gyrokinesis. And I can give information to people about that if they are interested. But what we are going to be doing now is brushing our legs. So one leg is bent, and the other one is straight. And we are just going to just brush the leg, just brushing. I'm brushing to the sides, and the inner leg, and at the back. That's it, lovely.

And the other thing that we are going to do, that I love doing, is just really going with the feet on the floor. Just really get a little bit of activation. It's just really feet on the floor. I always say this is like what the seagulls do.

And the hip, just moving the hip. It's like, I say, happy dogs-- for whoever have dogs. I can see that Karen has a dog. [LAUGHS]

**KAREN FOLEY:** Yes, I have my dogs. My dogs are confused.

[LAUGHTER]

**ROSARIA** And now we are just having the hands by the hips. And we are just going to wriggle up, wriggle up, wriggle up, making ourselves very, very, very long. And relaxing the jaw, and release. Relax the neck. Nothing grippy. Then going up again.

Going up, up, up up, up. Make yourself very long. Ah, last one. Up, up, up, up, up, up, up, up, up, up. Lovely.

And the arch uncurl. I love this one. So you put your hands by your knees. And what you're doing is you're brushing along your leg, elbows back. And that is propping your chest up. And now it's like if you want to iron your trousers or stretch them, so you're really lifting from the base of the spine. It's like a long bow. Again, we go up.

Don't forget to breathe-- always important. And relax your neck. And up. [EXHALES]

And relax your neck. So a bit of a hands and shaking the legs. And we are going to do a little bit of dancing now. What I always say-- do what you can and enjoy the music. If you want to follow the movements that I do, great. If you want to do your own thing, great, too. You could do it sitting down. You could do it standing up. You could do sitting down and standing up, depending on the song.

So I'm hoping that we can do two songs, two styles a bit different, and then a little bit to cool down. OK? So let's do it.

Let's start with a bit of a swing. So here we go.

[MUSIC - CISSIE REDGWICK, "GIMME THAT SWING!"]

**CISSIE** (SINGING) Gimme, gimme, gimme, gimme, gimme that swing. Gimme that swing. Gimme that swing. Gimme,  
**REDGWICK:** gimme, gimme, gimme, gimme that swing. Gimme that swing. Gimme that swing.

**ROSARIA** Arms.  
**GRACIA:**

**CISSIE** (SINGING) Gimme, gimme, gimme, gimme, gimme that swing. Gimme that swing. Gimme that swing.  
**REDGWICK:**

**ROSARIA** Down.  
**GRACIA:**

**CISSIE** (SINGING) Gimme, gimme, gimme, gimme, gimme that swing. Gimme that swing. Gimme that swing.  
**REDGWICK:**

**ROSARIA** At the hip.  
**GRACIA:**

**CISSIE** (SINGING) My heart is giving you love.  
**REDGWICK:**

**ROSARIA** Hand. [INAUDIBLE]  
**GRACIA:**

**CISSIE** (SINGING) Try not to need you so much.  
**REDGWICK:**

**ROSARIA** [INAUDIBLE] Soft knees.  
**GRACIA:**

**CISSIE** (SINGING) You were the one right from the start. Your eyes were saying the same. But now it seems I was easy to  
**REDGWICK:** shake. I'm gonna shoot you down.

**ROSARIA** Together.  
**GRACIA:**

**CISSIE** (SINGING) Oh, you've given your heart away. I loved you from the start.

**REDGWICK:**

**ROSARIA** Heels.

**GRACIA:**

**CISSIE** (SINGING) Oh, you've given your heart away.

**REDGWICK:**

**ROSARIA** Change.

**GRACIA:**

**CISSIE** (SINGING) I loved you from the start.

**REDGWICK:**

**ROSARIA** Faster.

**GRACIA:**

**CISSIE** (SINGING) Say what you say or do what you do. Why don't you be my lover?

**REDGWICK:**

**ROSARIA** Change.

**GRACIA:**

**CISSIE** (SINGING) I mean what I say, and I'll make you pay. But you'd better run for cover. Say what you say or do what you do. Why don't you be my lover? I mean what I say, and I'll make you pay. But you'd better run for cover.

**REDGWICK:**

**ROSARIA** [INAUDIBLE]

**GRACIA:**

Back.

Forward.

And up.

**CISSIE** (SINGING) You gave me diamonds and gold.

**REDGWICK:**

**ROSARIA** And down.

**GRACIA:**

**CISSIE** (SINGING) A heart that was easily sold.

**REDGWICK:**

**NICHOLA** Arms.

**KENTZER:**

**CISSIE** (SINGING) Fell for your lies, dangerous charms, set myself up for a fall.

**REDGWICK:**

**ROSARIA** Good. Change.

**GRACIA:**

**CISSIE** (SINGING) But now it seems I was easy to shake. I'm gonna shoot you down.

**REDGWICK:**

**ROSARIA** You know Charleston style.

**GRACIA:**

**CISSIE** (SINGING) I was only a stepping stone. I loved you all the same.

**REDGWICK:**

**ROSARIA** Change pitch. Hands.

**GRACIA:**

**CISSIE** (SINGING) Now you've given your heart away, and I will make you pay.

**REDGWICK:**

**ROSARIA** OK. Hands together, soft knees.

**GRACIA:**

**CISSIE** (SINGING) Say what you say or do what you do. Why don't you be my lover? I mean what I say, and I'll make you pay. But you'd better run for cover.

**REDGWICK:**

**ROSARIA** Legs together.

**GRACIA:**

**CISSIE** (SINGING) Say what you say or do what you do. Why don't you be my lover? I mean what I say, and I'll make you pay. But you'd better run for cover.

**REDGWICK:**

**ROSARIA** Left knee.

**GRACIA:**

**CISSIE** (SINGING) Gimme, gimme, gimme, gimme, gimme that swing. Gimme that swing. Gimme that swing. Gimme, gimme, gimme, gimme, gimme that swing. Gimme that swing. Gimme that swing.

**REDGWICK:**

**ROSARIA** With your shoulders.

**GRACIA:**

**CISSIE** (SINGING) Gimme, gimme, gimme, gimme, gimme that swing. Gimme that swing. Gimme that swing. Gimme, gimme, gimme, gimme, gimme that swing. Gimme that swing. Gimme that swing.

**REDGWICK:**

**ROSARIA** Gentle Charleston.

**GRACIA:**

**CISSIE** (SINGING) Now I have seen through your lies. I have no reason to hide.

**REDGWICK:**

**ROSARIA** Change the foot.

**GRACIA:**

**CISSIE** (SINGING) Now that I'm fine, you'd better believe I won't wait around for your call. Honey, I see you were easy to  
**REDGWICK:** shake. I'm gonna shoot you down.

**ROSARIA** Arms.

**GRACIA:**

**CISSIE** (SINGING) Oh, you've given your heart away.

**REDGWICK:**

**ROSARIA** Nice breathing.

**GRACIA:**

**CISSIE** (SINGING) I loved you from the start.

**REDGWICK:**

**ROSARIA** [INAUDIBLE]. Circles.

**GRACIA:**

**CISSIE** (SINGING) Oh, you've given your heart away.

**REDGWICK:**

**ROSARIA** And change.

**GRACIA:**

**CISSIE** (SINGING) I loved you from the start.

**REDGWICK:**

**ROSARIA** Soft knees, hands.

**GRACIA:**

**CISSIE** (SINGING) Say what you say or do what you do. Why don't you be my lover? I mean what I say, and I'll make you  
**REDGWICK:** pay. But you'd better run for cover.

**ROSARIA** Really nice. Together.

**GRACIA:**

**CISSIE** (SINGING) Say what you say or do what you do. Why don't you be my lover? I mean what I say, and I'll make you  
**REDGWICK:** pay. But you'd better run for cover.

**ROSARIA** Whoa. Fantastic. Excellent.

**GRACIA:**

[APPLAUSE]

**KAREN FOLEY:** Excellent. That was brilliant.

**ROSARIA** Really, really, really good. Now, do we have time for a cheeky reggaeton before the cool-down, Karen?

**GRACIA:**

**KAREN FOLEY:** I think so, yes. Kitty says she can't dance at all. Martin says, me neither. But I hope you're having a go, and I hope you're all joining in. Because nobody's typing right now, including Eric, because we're all having so much fun. So let's go for it, Rosaria.

**ROSARIA** Let's do "Mi Barrio" reggaeton, getting a little bit of a Latin flair now.

**GRACIA:**

[MUSIC - ANDREA ROCHA, "MI BARRIO"]

So soft knees. Always [INAUDIBLE] the slope of the hips, of the shoulders.

**ANDREA** [SPANISH-LANGUAGE SINGING]

**ROCHA:**

**ROSARIA** Now.

**GRACIA:**

**ANDREA** [SPANISH-LANGUAGE SINGING]

**ROCHA:**

**ROSARIA** Move the hip. [INAUDIBLE]

**GRACIA:**

**ANDREA** [SPANISH-LANGUAGE SINGING]

**ROCHA:**

**ROSARIA** Hands.

**GRACIA:**

**ANDREA** [SPANISH-LANGUAGE SINGING]

**ROCHA:**

**ROSARIA** Sway.

**GRACIA:**

**ANDREA** [SPANISH-LANGUAGE SINGING]

**ROCHA:**

**ROSARIA** In the shoulders, hands.

**GRACIA:**

**ANDREA** [SPANISH-LANGUAGE SINGING]

**ROCHA:**

**ROSARIA** OK. [INAUDIBLE]

**GRACIA:**

**ANDREA** [SPANISH-LANGUAGE SINGING]

**ROCHA:**

**ROSARIA** [INAUDIBLE]

**GRACIA:**

**ANDREA** [SPANISH-LANGUAGE SINGING]

**ROCHA:**

**ROSARIA** And around with the hip. [VOCALISES]

**GRACIA:**

Hey! Hey! The other side. Good effort from those people sitting down. Respect. And shoulder.

**ANDREA** [SPANISH-LANGUAGE SINGING]

**ROCHA:**

**ROSARIA** Good. Reaching out.

**GRACIA:**

**ANDREA** [SPANISH-LANGUAGE SINGING]

**ROCHA:**

**ROSARIA** And.

**GRACIA:**

**ANDREA** [SPANISH-LANGUAGE SINGING]

**ROCHA:**

**ROSARIA** And slow elbows to the side. Here we go. And 2, 3, 4. Other side.

**GRACIA:**

And faster. 2, 3, 4, hands. Hands. Hands. Good. Other side. Hands.

**ANDREA** [SPANISH-LANGUAGE SINGING]

**ROCHA:**

**ROSARIA** Leg back.

**GRACIA:**

**ANDREA** [SPANISH-LANGUAGE SINGING]

**ROCHA:**

**ROSARIA** And around, with a hip.

**GRACIA:**

Hey, hey. Nice. The other way.

**ANDREA** [SPANISH-LANGUAGE SINGING]

**ROCHA:**

**ROSARIA** Under.

**GRACIA:**

**ANDREA** [SPANISH-LANGUAGE SINGING]

**ROCHA:**

**ROSARIA** Oy.

**GRACIA:**

**ANDREA** [SPANISH-LANGUAGE SINGING]

**ROCHA:**

**ROSARIA** Nice. Back. Hands.

**GRACIA:**

**ANDREA** [SPANISH-LANGUAGE SINGING]

**ROCHA:**

**ROSARIA** Hold. Hold.

**GRACIA:**

Really nice. Excellent.

**KAREN FOLEY:** Brilliant.

**ROSARIA** Well done.

**GRACIA:**

**KAREN FOLEY:** Oh, that was amazing.

**ROSARIA** Lovely. Excellent.

**GRACIA:**

**KAREN FOLEY:** Thank you so much. This is awesome. The studio manager says this is the best Student Hub Live session ever.

**ROSARIA** Yay.

**GRACIA:**

**KAREN FOLEY:** Sarah says we're absolutely fabulous. Do you think we'll all be head-hunted for *Strictly*? And Sangeeta says wow, that is so nice. So thank you so much.

Nichola, have we got your sound back?

**NICHOLA** I hope so.

**KENTZER:**

**KAREN FOLEY:** Yes, we do. We do. Good, good, good. Excellent. Well, thank you so much, Rosaria.

Nichola, I wonder-- and I know you had some really, really key points, because you've been researching a lot in this area. And I wonder if we could just sort of end by thinking about some of the stuff students can take away that's going to help them in their studies.

**NICHOLA** Yeah, absolutely. I think what Rosaria said at the beginning about the sort of physical and mental health benefits  
**KENTZER:** of being physically active and moving in this way is really important. But it's often the timing of when people do it as well. So if at break times you get up and you move, it allows time for reflection, allows you to mull over what it is you've just been reading about.

And you talked earlier about a work-life balance. And I think that if, at the end of the workday, ie when you've finished studying, if you go and are physically active, then it helps you switch off to then go and enjoy your leisure time. And if you're more likely to relax in that leisure time, then you are going to be more beneficial in terms of the feel-good that Rosaria was talking about. But also, the next time you come to study, you're going to be refreshed.

So I think it's the timing. You might want to do it in the morning. I heard you talking about Martin not being very good at swimming or whatever. But sometimes lots of people like to swim in the mornings. Some people like to go for a walk before they start their day. And so you need to find out what works best for you and for your own study.

**KAREN FOLEY:** Because, Nichola, I mean, I do lots and lots of exercise. But right now I'm just finding I'm getting so stiff, like sitting at the laptop, being in meetings, and then I get up and I'm like, [GROANS]. My body just sort of can't deal with all the sitting. I don't quite know what's different now with the pandemic. Maybe it's more meetings or something. But sort of positioned with the laptop, is there something about how we constrain our bodies in that space that can sort of have an impact on our minds as well as how we're feeling?

**NICHOLA** Yeah, absolutely. Tension is something that I've heard so many people talking about, particularly over the last 15  
**KENTZER:** months. And if you think about how we sit at our computers, we often call it the classic question-mark position. So if I sort of turn, and you're sort of typing away, and your shoulders roll, and you can feel tension in the back of your neck-- and so stretching and moving can really help undo the nastiness that you've done to your body during the day when you've been sitting in those positions.

So that's why sort of [INAUDIBLE] end of [INAUDIBLE] sitting in front of your computer all day, just very simple things like rolling your shoulders back and sort of lifting your shoulders and just allowing an awareness of how the day, or how sitting in front of a computer or your laptop has affected your body, and then doing something about it. And just be mindful of where you're sitting to do your study. I think sometimes it can be quite tempting to sit on the sofa and lean over your books and your laptop. Well, that's great, but just be careful to undo that sort of bad posture by going for a walk afterwards. And change where you are studying, and think about the impact that will have on your body.

**KAREN FOLEY:** Brilliant. Eric, I feel so much better about that dancing. I don't know about you, but the chat's picked up again now that we've been able to sit down and take a breather. What do people think about the session?

**ERIC ADDAE-** Yeah. I mean, I enjoyed it as much as you did, Karen. It was fab exercise, but also it was fun. And I think always  
**KYEREMEH:** adding fun to exercise and adding fun to your life makes sense.

Yeah, the chat is also picking up. Colleagues and people are very excited about the class. And I think people will continue doing it. I mean, there are students who are dancing around the kitchen, those who are dancing whilst cooking. And this sort of exercise, I think, is something that a lot of people will talk about-- so Martin talking about dancing around the kitchen table. We've got people moving around their desks. And yeah, and I think Nichola's points have also been taken up, in terms of taking regular breaks during our work and working time. Yeah.

**KAREN FOLEY:** Absolutely. Brilliant. Now, we've got a wordle ready to show you as well. We've been asking you about some of the activity that you would like to participate in. Lots of you are doing lots of different things, including drinking and walking up the stairs, but also other things like the classics dog-walking, swimming, yoga, et cetera. Stretching in your sleep. Running to the fridge-- yes, I think we're all a bit guilty of that. Forklifting and cross-trainers. But lots and lots of activities there.

So people have really, really enjoyed that session, Rosaria. Thank you so much. I think we should do this more often. And we have a whole range of Student Hub Live sessions. And we're trying to include more fun and interactive aspects in that. So we certainly will be doing this again. I've really, really enjoyed that session.

And it just shows, I think, how much happier and freer we can feel when we've had some movement, and just sort of shifts your thinking a little bit and makes us really happy. And even though we had to have like rights free songs, et cetera, and work around all of those sort of various copyright legislations that we have to do, Rosaria did an amazing job at being able to guide us through. We had no rehearsal for that.

And Alison and Nashy and Suzanne, thank you so much for being super sports and dancing with us. I think that was really lovely. I know you really enjoy Rosaria's classes. So thank you for coming along and being part of this today.

Brilliant. OK. So 61% of students at home say that they do take 15 minutes of exercise a day. Nichola, this is one of the sort of guidelines, isn't it. Just sort of doing something quite small can really help.

**NICHOLA** Yeah. And there has been research that says that you can break up the required sort of 30 minutes a day of  
**KENTZER:** physical activity into 5-minute bite sizes. So just turn the radio on or have a podcast or a playlist of sort of songs that make you energised, and stick one song on. Every half an hour, get up and dance. And then you can go back to your desk again. I think just those short breaks can make all the difference.

**KAREN FOLEY:** Absolutely. Absolutely. Well, thank you both so much. That's been absolutely wonderful. I don't want this session to end, but it has to. But we will be back, and we will be doing more things here. Rosaria and Nichola, thank you so much for bringing that to us today, and also Nashy, Alison, and Suzanne.

So we're going to have a quick video break. We're going to be showing you around the campus again. This time we're going to be looking at the Berrill, and also the Cellar Bar. Then we're going to be back and talking about the Children's Research Centre.

So stay tuned. I hope you're feeling happy and vibrant, and grab a drink. I think we all deserve a glass of water after that one. So we'll see you in just a second after these quick video breaks. See you then.

[MUSIC PLAYING]