

Wellness Week

WELCOME TO DAY 1

Getting Active

Even in the rainy weather there are opportunities to stay active. Being active is not just important for your physical health but for your mental health too. Being active helps to reduce stress and anxiety.

Bug Yoga

Recommended by Bubble Class 2:

It's all about the BUGS in this compilation of awesome yoga videos for kids! Very simple, with lovely graphics and gentle yoga poses. Great for adults and children. There are ants 🐜, stick bugs, spiders 🕷️ & bees 🐝 all ready to help us enjoy stretching & moving our bodies and looking after our minds as well!

<https://www.youtube.com/watch?v=qIT-9Nnlvn0>

“The hard part isn't getting your body in shape...

The hard part is getting your mind in shape.”



NHS COUCH TO 5K

The NHS have put together a Couch to 5K plan app which gives you a choice of coaches and helps you track your progress.

As well as Laura, who features on the NHS Couch to 5K podcasts, you can also be coached by celebrities Jo Whiley, Sarah Millican, Sanjeev Kohli or Michael Johnson.

Get the entire programme as a smartphone app:

- [download from iTunes](#)
- [download from Google Play](#)

Always do the 5-minute warm-up walks as instructed in the podcasts before each run, and check that your running shoes are offering good support. For more information on preventing and treating injuries, read our page on sports injuries.

You will have good runs and bad runs – accept it, and don't spend too much time analysing the how and why. Even a bad run is good for you.

Zumba Dance: Live



ZUMBA DANCE – LIVE

Just 35 minutes of dancing a day can lower the risk of depression by 17 per cent according to a Harvard University Study last year. When our bodies move to music, signals are sent to the brain to release endorphins. 'Dance provides a full brain and body massage' Says Dr. Peter Lovett, a psychologist and dance professor. Zumba is a great place to start as it's suitable for all ages, fitness levels and dance abilities.

We have agreed with Seyla Cervera, Zumba Practitioner for there to be an opportunity for Bradfields and F2E students, staff and parents to engage in her 'Zumba Moving the World Zoom sessions'. These run every Monday, Wednesday and Friday at 9:30am and Tuesday and Thursday at 4:30pm. See below for meeting ID and password.

Please read the following guidance **before** joining a session:

- Check your surroundings are clear and please keep any distractions such as pets away during sessions.
- Seyla's coaching is a means of general guidance and motivation. It is your responsibility to be aware of your own capabilities and you should only do what you are comfortable with.
- Medical advice should be sought if there is ANY doubt.
- Remain hydrated.
- If you are suffering with any of the following:
 - High/low blood pressure
 - Shortness of breath when exercising lightly
 - Any injuries that would prevent you from working out
 - Pregnant or had a baby in the last three months
 - Epilepsy

Please get in touch with Seyla at prior to joining a session. 07535 702423 or seylacamp@hotmail.com

<http://seylacervera.zumba.com>

REMEMBER you follow these live workouts at your own risk. Participation in any live work out will act as an acknowledgement of you having read and understood the above and that you have read and understood the risks associated with exercise. By joining a session you are consenting to take part in the sessions.



'Every Day is

Another chance

To get **STRONGER**

To eat **BETTER**

To live **HEALTHIER**

And to be the best

Version of **You!**



This is a Chatham based company who provide weekly exercise classes with the aim to help everyone get fit and active. During lockdown they have produced a range of videos on You Tube to enable access at home. These can be accessed via their YouTube Channel on:

https://www.youtube.com/channel/UCYXgm-BwQNX34q6FkCqgMGg/videos?disable_polymer=1

Workouts include Full body blast, Ab attach, HILT and cross fit. These sessions are quite challenging so make sure you are only doing what you feel you can and get in touch with the Health Hub for more information first.

Please be aware details of these companies have been shared with good faith based on recommendations. Fortis Trust cannot be held responsible for any injuries you might sustain should you partake in physical activities. We recommend you follow each company's guidelines for taking part and only do what you feel comfortable in doing.

