



February Newsletter

**SPORT
LIVERPOOL**

Health, well-being & lifestyle

A quote by Robyn Conley Downs is overlaid on a background image. The background shows two people walking away on a dirt path in a rural setting with trees and a fence. The quote is written in white text on a dark, semi-transparent rectangular background.

“

*It's not enough to hope
for a happy and healthy
life; it's a combination
of mindset, routines and
habits working together
that will get you there*

ROBYN CONLEY DOWNS

WELLBEATS



WELLBEATS - TRY TODAY!

We have an partnered with Wellbeats, an on demand virtual fitness provider to bring you a wide range of offers that can be accessed anytime, anywhere! 🤝

Wellbeats offers fitness classes, challenges, fitness assessments, healthy eating tips, recipe ideas, mindfulness & meditation classes.

We are currently offering an introductory rate of ONLY £2.99 for 1 month! 👤 👤

WELLBEATS IN 60
SECONDS

Take a look at the video below for a taste of what you can expect & head over to our website for information on [HOW TO SIGN UP](#)

GREAT BUCS RUN



SIGN UP

GREAT BUCS RUN - FOR STUDENTS

Take part in The British Universities & College Sport (BUCS) challenge to relive the magic of BUCS Wednesdays & be in with the chance of winning two £50 NIKE vouchers.

Every Wednesday, we are encouraging all students to wear their stash & run a 5k, uploading their time to the Challenge on BUCS play. 🏃

If running is not your thing, why not try 'RIDE February' & aim to cycle 250km during February, with a few milestones along the way! 🚲

Every competitor who completes this distance will receive a £50 Le Col voucher! 🙌

#bucschallenges #greatbucsrn

LES MILLS ON DEMAND



TRY LES MILLS ON DEMAND

LES MILLS ON DEMAND

We are currently running live instructor led Les Mills classes on our timetable below but if you are looking for unlimited access to over 1000 workouts at your convenience then we are offering a free 60 day trial to Les Mills on Demand!

HERE IS WHAT YOU CAN EXPECT!

Simply click below to get started. When you sign up you will be asked to enter your payment details, but you won't be charged for the trial. If you want to continue beyond that, you'll automatically become a paying subscriber at the special rate of £7.94 per month.

Please note this trial is valid to new subscribers only.

You can work out with classic programs such as BODYPUMP™ & BODYCOMBAT™, do mindfulness exercises & even get the kids active with BORN TO MOVE™. The workouts range from 15 to 55 minutes & there are options for all fitness levels!


WALKING FOR HEALTH



LOG YOUR STEPS

WALKING FOR HEALTH

Join us this February to stay active & get walking each day for 30 minutes!

Walking is one of the easiest ways to become healthier, lose weight and increase activity levels. There are many benefits including increasing your heart health, reducing stress and anxiety and building stamina. 

From Monday 15th February, we are challenging you to walk 30 minutes a day, 5 times a week and record your steps with us to be in with the chance of winning a prize!

You can log your steps with us each day using the link below! Happy walking





CAMPUS WORKOUTS





TRY A WORKOUT

CAMPUS WORKOUTS

The physical health benefits of exercise are well-established, but it's increasingly recognised as a key to supporting mental health as well 

If you have used lockdown as an opportunity to start exploring your local area & stay active at the same time then chances are your new found habits are helping to lift your mood, improve your sleep & also improve cardiovascular health! 

If you are in need of some help to get started, we have created some routes you can scan & complete by either walking, jogging or running anywhere you choose! 

We will update the routes regularly so you can try out different distances, challenge yourself with a new route or simply improve your previous time 

For more information visit our [WEBSITE ONLINE RESOURCE SECTION](#) & we hope you enjoy!

FEEDBACK



LEAVE
FEEDBACK

FEEDBACK

Please let us know if you would like to leave any feedback about our online resources.

Due to COVID-19 we have had to make changes to our service, & we would really like to get your views on our service during these unprecedented times.

HOW TO CONNECT WITH US



@SPORTLIVERPOOL



@SPORTLIVERPOOL



@LIVUNIGYM



@UNIVERSITYOFLIVERPOOLSPO

STAY CONNECTED

Stay up to date with all the latest news and updates by following us on the social media accounts above .

If you require any further information, please contact us at sfc@liv.ac.uk

Do not reply directly to this e-mail

Unsubscribe

The University of Liverpool
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For further information on GDPR please visit our website –

www.liverpool.ac.uk/legal/data_protection

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