



January Newsletter

SPORT LIVERPOOL

Make 2021 a year of new beginnings.



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*There are far
better things
ahead than any
we leave behind*

C.S. LEWIS

WELLBEATS



PURCHASE
NOW

WELLBEATS NOW AVAILABLE!

We understand how challenging these times are & how motivation levels could use an extra boost to keep us active right now!

So, we have partnered with Wellbeats, an on-demand virtual fitness provider, to give you some exercise inspiration! 🤝

Wellbeats offers fitness classes, challenges, fitness assessments, healthy eating tips, recipe ideas, mindfulness & meditation classes. All of which you can access anytime, anywhere, whether you are in the gym, working remotely, at home or on the go! 🧘

Introductory Offer

1 Month - £2.99

3 Months - £8.00

6 Months - £15.00

BOOK A COVID-19 TEST



BOOK TEST NOW

BOOK A COVID-19 TEST - FOR THOSE WITHOUT SYMPTOMS

The University's main test centre for staff & students without symptoms is located on campus at the University Sports Centre, Bedford Street, & is open from 9am-5pm every weekday, & 10am-5pm at weekends.

The tests will be conducted using self-swabbing supported by staff who will provide information & guidance on site.

Test results are processed on site & you will receive a text message with your result within 1 hour.

A walk-in facility is available each day but to help us to manage demand we ask that, where possible, you book an appointment slot. More information can be found [here](#).

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!

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!

WELL-BEING



WELL-BEING RESOURCES

MENTAL WELL-BEING & MINDFULNESS THROUGH LOCKDOWN

If there was ever a time to take 10 minutes a day for some mindfulness, it's now!

Studies have shown mindfulness can have multiple benefits including reducing anxiety & stress, improved general health & improved ability to concentrate & focus.

If you have never tried mindfulness before then take a look at this talk from TED - [All it takes is 10 mindful minutes](#) 🧡

You can also find a variety of podcasts from Headspace [here](#) that are available each weekday morning to help you take a few moments out to pause & reflect on various topics.

ONLINE RESOURCES




ONLINE RESOURCES

ONLINE RESOURCES

We now have all our online resources in one place so you can access them whenever you want!

We have on-demand options as well as weekly live fitness classes with our wonderful instructors. There's a variety of classes with something for everyone so take a look at our timetable [here](#) to choose your class!

If you are looking to go outdoors and enjoy some fresh air then take advantage of our campus workouts or why not take some time out for yourself with some mindfulness meditation sessions 

FEEDBACK



LEAVE
FEEDBACK

FEEDBACK

Please let us know how your last visit to our facilities went?

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
Sport & Fitness Centre
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For further information on GDPR please visit our website –

www.liverpool.ac.uk/legal/data_protection

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