



**SPORT  
LIVERPOOL**

*LOCKDOWN 2.0*

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LIVERPOOL**

# FITNESS ON DEMAND



IGTV

## FITNESS ON DEMAND - AVAILABLE NOW!

We know lots of you, like us are missing the usual trips to the gym to workout, meet up with friends & to unwind so we are bringing the workouts to you.

Unfortunately we cant provide the friends right now 😞 but we have lots of great ways to keep you active!

Head over to our IGTV channel to join in live classes or take part in any past classes at a time to suit you 📺

Follow us [@livunigym](https://www.instagram.com/livunigym) for our latest workouts, updates & information!

# MINDFULNESS



5 MINUTE MEDITATION

## KEEP YOUR MIND AS HEALTHY AS YOUR BODY

One thing some of us may have the luxury of right now is a little bit of extra time. Time to reset, reflect & focus on our well-being.

We are constantly told the importance of physical health, yet lots of us neglect our mental health which is something we have to work on just as hard!

Whatever your definition of well-being, we encourage you to do whatever it takes to improve it ❤️

Visit [Headspace](#) for a free trial to start some basic mindfulness & try taking 5 minutes a day to yourself from today!

# CAMPUS WALKS



[CAMPUS ROUTES](#)

## EXPLORE THE LOCAL AREA WITH OUR CAMPUS ROUTES!

We know lots of you have been taking advantage of this second lock down by exploring the great outdoors & enjoying a walk, jog or run around your local area.

In normal times, we would have campus walks & running club taking place from the centre which are always popular sessions! So for now, 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!

# MOVEMBER



DONATE NOW

## MOVEMBER UPDATE - HOW OUR CLUBS HAVE BEEN RAISING AWARENESS & LOTS OF MONEY THIS YEAR!

Sport Liverpool are proud to support the campaign for another year 🙌

Last year a staff member braved the shave & our AU clubs raised over £8,500!! We were so proud of everyone who took part & it looks like we are going to be in for an incredible total this year. So far, we have raised an unbelievable £26,638 🙌

So, why do we want you to get involved & donate?

- Globally on average 1 man dies by suicide every minute of every day
- 1 in 8 men will be diagnosed with prostate cancer in their lifetime
- Testicular cancer strikes young. Its the most common cancer in young men

These statistics are shocking & we want to help Movember change the future of men's health! #MoveforMovember

## LES MILLS ON DEMAND



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We know that staying fit and active is our best way to build a strong immune system and stay healthy. Not only that, regular physical activity is proven to combat stress and provide mental health benefits.

To help you stay active when it's not possible to visit the club, we've teamed up with Les Mills to give you online workouts as part of your membership.

You can now enjoy access to LES MILLS™ On Demand for 30 days. Simply click below to get started. When you sign up you'll be asked to enter your payment details, but you won't be charged for the 30-day trial. If you want to continue beyond that, you'll automatically become a paying subscriber at this special rate we've negotiated with Les Mills.

Please note this trial is valid for new subscribers only. LES MILLS On Demand offers over 1000 of your favourite workouts across 13 categories.

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

## WELLBEATS



## WELLBEATS - COMING SOON!!

Wellbeats Virtual Fitness is an on-demand fitness provider that delivers fitness classes, challenges, and fitness assessments to you anytime, anywhere, whether you are in the gym, working remotely, at home or on the go!

We are looking at bringing Wellbeats to you as an online resource soon so more information coming soon!

## 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](mailto:sfc@liv.ac.uk)



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