Advice & tips during lockdown

SPORT LIVERPOOL

SPORT LIVERPOOL ARE HERE WITH YOU AND WILL CONTINUE TO PROVIDE ADVICE AND SUPPORT TO OUR COMMUNITY DURING THESE DIFFICULT TIMES.

WE UNDERSTAND NOW MORE THAN EVER THE IMPORTANCE OF A HEALTHY MIND & BODY AND HOPE THESE TIPS HELP YOU, YOUR FAMILY AND FRIENDS TO STAY HEALTHY AND SAFE.

#StayInWorkOut

We hope all of our members are staying safe and well during these unprecedented times. We will continue to send information and tips on how to stay healthy during this period. If you require any further information, please contact us at sfc@liv.ac.uk
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 60 days. Simply click below to get started.

SIGN UP NOW

When you sign up you’ll be asked to enter your payment details, but you won’t be charged for the 60-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 800 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.

We hope you enjoy working out at home and we’re looking forward to seeing you back in the centre when things have returned to normal.

Fears of a Covid-19 coronavirus pandemic are a timely reminder that regular exercise as part of a healthy lifestyle is still one of our best defences.

Staying healthy and active boosts immunity and mental health as well as many other benefits!

This article highlights some important reasons to keep active and provides some effective at-home tips at tricks.

We may be working or studying from home but that’s not going to stop us doing our annual Campus 5k next week!

We are encouraging as many people as possible to take part in our annual campus 5k from home. You can complete your 5k by walking, jogging or running at any time on Wednesday 29th April. You then need to post your finished time and selfie on social media with the hashtag #Campus5KatHome and tag @SportLiverpool. You can do this on any of the accounts below.

It is never been a better time to get active.
We would like to say how much we are missing all of our members during this time and are looking forward to the day we can re-open our centre to you all!

We hope you have been finding some fun alternatives to your workouts and have been following us @livunigym for ideas and tips during lockdown.

Some of our class instructors have been recording workouts for you to try from home. We will be posting all the workouts on our social media pages but to get you started here is a HITT class from Jen - Enjoy!

There are so many different ways for you to stay connected with us over the coming weeks, all of our social media accounts are above, we will be updating them regularly and welcome any suggestions you would like to see on them for help or advice from us at the Sport & Fitness Centre.