



*Advice & tips from*

**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*

## MENTAL HEALTH AWARENESS WEEK



## MENTAL HEALTH AWARENESS WEEK 18th- 24th May

You may have been making a real effort to be more physically active recently so have you also been taking the time to look after your mental health too?

What can you do to improve your mental health?  
- Here are some great tips and blogs which you may find useful from [The Mental Health Foundation](#)

[BOOK HERE FOR KIM'S WEBINAR](#)

[BOOK HERE FOR SCOTT'S WEBINAR](#)

Thanks to our friends at [Professional Liverpool](#) who are running a mental health awareness campaign, you have access to helpful webinars featuring Kim Rutherford who will give advice on coping strategies post Covid--19 and Scott McClellan will deliver a session on self awareness.

## LES MILLS ON DEMAND



### LES MILLS ON DEMAND - 60-DAY TRIAL

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.

[LES MILLS ON DEMAND](#)

## COUCH TO 5K



Stay active at home

## 'C25K'

If you have been enjoying daily walks and a good dose of vitamin D then now may be a good time to take your training to the next level with our couch to 5k programme.

Before we had to close our doors, we were in the 6th week of our first 'C25K' program - we had made amazing progress and it was wonderful to see each persons improvements!

So now we invite you to try the 9 week programme for yourself - It is designed for absolute beginners to running or anyone who may be getting back into training after injury. We suggest you download ['C25K'](#) free from the app store to help you stay on track.

Good luck!

## THE LYFE CLUB



Webinars

We are very grateful to two of our former students, Tobi Fox and Ed Lynch, who as well as being student doctors have also created a mental health app which aims to help integrate healthy living into busy schedules.

You can sign up to the **LYFE app** [here](#) and receive one month free!

As part of mental health awareness week, Tobi and Ed have given access to two webinars free of charge, sign up is below and spaces are limited so book on today!

**WORKOUT WITH US**



# STAY ACTIVE WITH US AT HOME

We know lots of you are finding new ways to train during these uncertain times and we hope we will be seeing you all soon - albeit 2 metres apart!

We have had some exciting challenges across our social media accounts and there's lots more to come so follow us [@livunigym](#) for exercise tips and advice and [@sportliverpool](#) for fun weekly challenges to try with all the family.

Stay Active with Sport  
Liverpool

## HOW TO CONNECT WITH US



@SPORTLIVERPOOL



@SPORTLIVERPOOL



@LIVUNIGYM



@UNIVERSITYOFLIVERPOOLSPO

# STAY HOME, STAY CONNECTED

There are so many different ways for you to stay connected with us over the coming weeks, all of our social media accounts are listed, 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 Liverpool.



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

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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](http://www.liverpool.ac.uk/legal/data_protection)

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