



WELLBEING WEEK

10th - 14th May 2021

FIND OUT
MORE

LIVE CLASSES

CAMPUS 5K

CHALLENGES

DAILY CITY WALKS

HEALTH MOT'S

ONLINE CLASSES

We have an exciting week of events planned for Wellbeing week starting on 10th May!

ONLINE CLASSES



ONLINE CLASSES

In need of a little desk break? Then we have some amazing classes planned this week that will get you up from your chair & moving!

From desk stretches to mini meditation, we have you covered & will make sure you have a relaxing start & end to your week.

Take a look at the classes available following the link below & we hope you enjoy them all 🧘

[Book Now](#)

HEALTH MOT'S



HEALTH MOT'S

Sport Liverpool's Gym Team will be offering staff & students a health MOT throughout the week.

The health MOT takes approximately 10 mins & will be carried out by one of our fitness consultants in a private consultation room.

We will measure your height, weight, blood pressure and heart rate. You will also be given information on the following:

Body fat %, Total body water %, Visceral fat, Muscle mass, Bone mass & Basal metabolic rate

To book a session please email fcon@liverpool.ac.uk

CITY WALKS



DAILY CITY WALKS

Walking is one of the easiest ways to become healthier, lose weight, increase activity levels & get your daily dose of Vitamin D!

There are many mental health benefits too including improving your mood, reducing stress, managing anxiety, helping to get a better sleep, helping to cope with difficult times & reducing the risk of depression!

Lead by Sport Liverpool's Gym Team, join us each day for a city walk.

[Book Now](#)

LIVE CLASSES



LIVE CLASSES

We have an exciting wellbeing class timetable for you & have a class running at 1pm everyday across some wonderful landmarks around Liverpool!

You can join us in person if you would like to take part in any of the classes by signing up on Eventbrite following the link below.

You can also join us online by following our Instagram account @LivUniGym where we will be streaming the class live!

[Book Now](#)

DAILY CHALLENGES



DAILY CHALLENGES

Our fitness team will be setting daily challenges, don't worry there will be demos!

You can then give it a try & upload your results to be in with a chance of winning some great prizes including a **£50 My Protein voucher** for each daily challenge we set ❤️

Not only will you be improving your fitness, you could also be rewarded for your efforts too so get practising that plank!

Follow us

CAMPUS 5K



CAMPUS 5K

Whether you are working or studying at home or on campus, we would love everyone to take part in our annual Campus 5K.

If you are on campus we will be posting the 5K route on our social channels for you to run or walk at your own time throughout the day. If you are at home or off campus, we would like you to run or walk your own 5K route wherever you are.

We would like everyone to share their Campus 5K story so post your 5K selfie on Instagram or Twitter & tag @sportliverpool #Campus5K & you will be entered into a prize draw to win either a 3 month membership to the sports centre, a Fitbit, amazon vouchers or a famous Sport Liverpool water bottle 🥤



£500 WORTH OF PRIZE GIVEAWAYS!

“As we adapt and rebuild from the huge disruption caused by the coronavirus pandemic, we need to collectively reimagine how we keep movement, sport, activity and fitness central to the lives of everyone. Because if we harness its power, we’ll be able to improve people’s lives in so many ways.”

@SportEngland

[PROGRAMME OF EVENTS](#)

Please do not reply directly to this e-mail

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The University of Liverpool
Sports & Fitness Centre
Bedford St North
L69 7ZN

For further information on GDPR please visit our website - www.liverpool.ac.uk/legal/data_protection