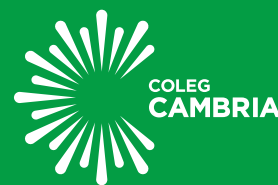


Stay Active this lockdown

with Active Cambria



HEINI ACTIVE
CAMBRIA

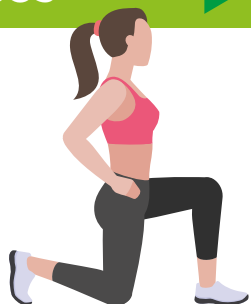


We want to help you stay healthy and active this lockdown. Please get in touch if you need any further help: donna.welsh@cambria.ac.uk

Daily Fitness Classes

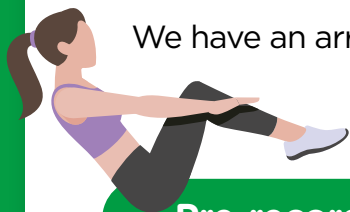
The classes are now designed for all students and staff across Cambria to take part virtually, in their own homes.

Please email donna.welsh@cambria.ac.uk for an invite to the classes.



Pre-recorded Classes

We have an array of pre-recorded classes and workouts to take part in:



[Pre-recorded Workouts](#)

Couch to 5km

Complete the first two weeks of the couch to 5km programme or continue where you are up to:



[Beginner Walk to Run 5km](#)

Lockdown Challenge

Set yourself a lockdown challenge. Everyday do something active or healthy. For example:

- Turn off your mobile phones at 7pm
- Do an act of kindness
- 30 press ups
- Walk for 30 minutes
- Stop smoking



Day	Before college	Lunchtime 12.15 - 12.45pm	After college 4.30pm
Monday	Yoga - 7.30am	Zumba	
Tuesday		Pilates	
Wednesday		Resistance band toning	Cardio
Thursday	Pilates - 8am	HIIT	
Friday		Yoga	

Meditation

Have a try at meditation. Take your pick out of these apps to help you:

[12 best Meditation apps](#)

My Poppy Run 2020

THE ROYAL BRITISH
LEGION

Run, jog or walk a distance of your choosing and raise money for the Royal British Legion Poppy Appeal.



Why not email over a picture of your achievement: donna.welsh@cambria.ac.uk

[My Poppy Run 2020](#)

Strava Groups

STRAVA

Join our ever growing Strava groups and record your activities to see if you can top the leaderboards.

[Running](#)

[Walking](#)

[Cycling](#)



@ActiveCambria