

August 2021.

Life's better with



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>12.30 – 1pm Join</p> <p>Mindful Mondays</p> <p>Resistance – What does it mean if we are feeling resistance?</p>	<p>3</p> <p>12.30 – 1pm Join</p> <p>Hip Mobility & Strength</p> <p>We focus on moving the hip joint in a wide range of motion to improve strength, flexibility, power and function to help you perform every day tasks better.</p>	<p>4</p> <p>12 – 12.30pm Join</p> <p>Coaches Corner</p> <p>Pure Sport CBD</p> <p>Former professional rugby player and Co-Founder Grayson Hart discusses how his journey with CBD led to building a community centred business.</p>	<p>5</p> <p>1.30-2.00pm Join</p> <p>Yoga with Milly</p> <p>A slow and steady flow perfect for all levels. We will activate stabiliser muscles and re-align our posture.</p>	<p>6</p> <p>12.30 - 1pm Join</p> <p>Beginners Low Intensity Workout</p> <p>A more gentle approach to improving cardio fitness.</p>
<p>9</p> <p>12.30 – 1pm Join</p> <p>Mindful Mondays</p> <p>Pressure – Where it is coming from and how to deal with it.</p>	<p>10</p> <p>12.30 – 1pm Join</p> <p>Yoga with Virgin Active</p> <p>Lead Activist Char will be breathing new life into our sessions helping you to stretch, improve flexibility and become more mindful of your body.</p>	<p>11</p> <p>12 – 12.30pm Join</p> <p>Coaches Corner</p> <p>Individualised Nutrition</p> <p>Our expert nutritionists discuss creating an eating structure tailored to your needs and how to distinguish between calorie quantity and quality.</p>	<p>12</p> <p>1.30-2.00pm Join</p> <p>Yoga with Milly</p> <p>This session is all about opening the chest, hips and side of the body while switching on core muscles.</p>	<p>13</p> <p>12.30 - 1pm Join</p> <p>Knee Friendly Workout</p> <p>Build strength and power whilst remaining grounded.</p>
<p>16</p> <p>12.30 – 1pm Join</p> <p>Mindful Mondays</p> <p>Expectations – Are you a perfectionist or setting yourself up to fail?</p>	<p>17</p> <p>12.30 - 1pm Join</p> <p>Lower Back Strengthening</p> <p>Designed to help desk-based workers to build on strengthening muscles that support the lower back to help improve movement and alleviate pain.</p>	<p>18</p> <p>2 – 3pm Join</p> <p>Sleep Detective</p> <p>We explore the science behind sleep, creating the perfect conditions and how sleep affects performance</p> <p>Register</p>	<p>19</p> <p>1.30-2.00pm Join</p> <p>Yoga with Milly</p> <p>We will be focussing on moving with fluidity and breath the strengthen the whole body.</p>	<p>20</p> <p>12.30 - 1pm Join</p> <p>Low Intensity Body Movement</p> <p>Develop whole body strength at a manageable pace. 2 - 3pm</p> <p>Health & Wellbeing @ Home</p> <p>Making Nutrition Easy: Theory vs Practice</p> <p>Struggling to eat what we know we should...?</p> <p>Register</p>
<p>23</p> <p>12.30 – 1pm Join</p> <p>Mindful Mondays</p> <p>Change – The only thing that is consistent is the inevitability of change.</p>	<p>24</p> <p>12.30 - 1pm Join</p> <p>Boxing with Virgin Active</p> <p>Boxing Champ Activist Amy will be creating a punchy workout to help improve your cardiovascular fitness, strength and technique. No equipment required!</p>	<p>25</p>	<p>26</p> <p>1.30-2.00pm Join</p> <p>Yoga with Milly</p> <p>A session to relieve tightness, release stress and improve your body's efficiency and performance.</p>	<p>27</p> <p>12.30 - 1pm Join</p> <p>Low Impact Mobility</p> <p>Burpee and sprint free workout to get you feeling fit 2 - 3pm</p> <p>Health & Wellbeing @ Home</p> <p>Understanding Elite Sports Nutrition</p> <p>How professional athletes fuel for performance.</p> <p>Register</p>
<p>30</p> <p>Bank Holiday</p>	<p>31</p> <p>12.30 - 1pm Join</p> <p>Build Bulletproof Knees</p> <p>Jonny and Jamie will guide you through a body weight workout designed to strengthen the muscles which specifically support and protect the knees!</p>	<p>1</p>	<p>2</p>	<p>3</p>



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MINDFUL MONDAY – Mindfulness practices can help us increase our ability to regulate emotions, as well as decrease stress, anxiety and depression. It can also help us focus our attention and observe our thoughts and feelings. As we become more present, it can help us to make better decisions, to manage our emotions and to be fully engaged.



HIIT – Join one of our Vitality Coaches and qualified personal trainers for a 30m blast of high intensity exercise interspersed with low intensity recovery periods. This is a perfect way to improve your muscle strength, cardiovascular fitness and muscle toning all with minimal equipment required. Get ready to get a sweat on!



HEALTH & WELLBEING @ HOME – Register and submit your questions regarding mental health/wellbeing, nutrition/diet or physical activity/exercise and our amazing coaches will be delighted to answer them for you. There are so many conflicting ideas around all of these topics, so let our coaches guide you through all the information.



COACHES CORNER – Our Vitality Coaches are experts in their field. During this session, the Coaches will be delving deeper into understanding specific topics relating to our physical and mental wellbeing as well as nutrition. We will be dissecting the facts from fiction and answering your questions live.