

South Leicestershire School Sports Partnership

Staff well-being



STRIDE AND RIDE INTO 2021

Record activity, **map** your favourite bike trail or run & **analyse** your training with all the stats – for free! Download the Strava app via the apple store or google play. More than just a GPS, Strava shares your walks, rides and runs automatically, so it's really low maintenance. See your rank on your favourite segment, join distance challenges, and follow your friends, pros and even foes!

WORKOUT ON YOUR TERMS

Log in to our South Leicestershire Staff strava club at <https://www.strava.com/clubs/786826> and lets

#StrideandRide into 2021!

Prizes up for grabs!

STRAVA



Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people