

# STAY ACTIVE **FOR LESS IN** 2024



#### The South Leicestershire School Sports Partnership are passionate about physical activity.

We believe all children and families should have opportunities to be active during the cost of living crisis. We have produced this newsletter to promote free/low-cost physical activity opportunities for children, young people and families in South Leicestershire.

January is a great time to set new goals and try new ways to be active.

MAKE 2024 YOUR YEAR!

## FIND JOY IN EVERY STEP

Walking has many benefits for both your physical and mental health. Walking regularly can reduce stress and anxiety, boost your energy and lift your mood. A brisk walk can help build stamina, burn calories and keep your heart healthy.

Discover local walking routes here and enjoy the beautiful green spaces South Leicestershire has to offer.



#### DID YOU KNOW?

You use 200 muscles every time you take a step!



Junior Parkruns are FREE, weekly, community events all around the world, open to everyone!

Find your nearest Junior Parkrun here!

FREE INDOOR ACTIVITIES FOR RAINY DAYS!

GoNó2dle

GoNoodle has HUNDREDS of fun and active

videos the whole family will enjoy. From dance routines in every genre, workouts, stretch and

mindfulness videos, GoNoodle has you covered.



#### **GEOCACHING**

Join the word's biggest treasure hunt, find out more here!

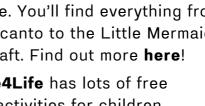
change



Cosmic kids has a huge range of yoga, mindfulness and relaxation videos to enjoy at home. You'll find everything from Minions and Encanto to the Little Mermaid and

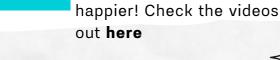
Minecraft. Find out more here!

Change4Life has lots of free Indoor activities for children to stay active, including Captain America's Shield skills & Cinderella's pumpkin race! Try them out here



Joe Wicks the **Body** Coach posts weekly home workouts to help you get, stronger, healthier and

Explore them here!





# WHAT'S HAPPENING IN YOUR AREA?

You can find a host of free/low-cost opportunities to be active locally. Click on the logos to find out more!







### DID YOU KNOW?

Swimming uses all the muscles in the body! 30 minutes in a pool is worth 45 minutes of the same activity on land, plus it's a full body



## HAF CAMPS

The Holiday Activity & Food Programme (HAF) is a free and exciting holiday programme

for school-aged children and young people receiving benefits-related free school meals. HAF sessions offer a variety of fun activities alongside a nutritious meal. Find our more **HERE** 



Find out more about the government physical activity guidelines for young people here

CLICK HERE TO FIND LOCAL SUPPORT FOR FAMILIES INCLUDING WELL-BEING SERVICES, SUPPORT HUBS, GP SURGERY CONTACT DETAILS AND FOOD & HYGIENE BANKS.



**JUST** is a physical activity programme that provides the opportunity for women of all ages and abilities to get involved in a range of physical activity sessions across South Leicestershire.

For 2024, JUST will run for 9 weeks between 15th January - 17th March. During this time, you will have the opportunity to attend a large selection of local classes, with everything from Zumba to Tennis on offer! Find out more about how you can get involved HERE!

Active Mums Club is about empowering WOMEN to be active. To engage and empower pre and post natal women to take ownership of their own movement levels, receive accurate physical activity advice around their pregnancy

journey and have the opportunity to participate in physical activity within their local communities and homes.

Find out more **HERE** 





Free Buggy Walks



