



South Leicestershire School Sports Partnership
Health | Well-being | School Sport | PE | Physical Activity

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.



junior parkrun

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

Find your nearest Junior Parkrun **here!**



DID YOU KNOW?

You use **200** muscles every time you take a step!



GEOCACHING

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



FREE INDOOR ACTIVITIES FOR RAINY DAYS!

GoNoodle

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. Explore them **here!**



Joe Wicks the **Body Coach** posts weekly home workouts to help you get, stronger, healthier and happier! Check the videos out **here**

Cosmic Kids!

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**



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 workout!



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
Meet at Everards Meadow at 10am
Thursday's
18th of January
15th of February
14th of March

Just turn up, more info at activemumsclub.org



Free Buggy Walks
Meet at Brooks Hill Cafe at 10am
Monday's
8th of January
5th of February
4th of March

Just turn up, more info at activemumsclub.org



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