What is it about?

This program aims to help you improve your wellbeing through physical activity whilst developing your understanding of how to incorporate this into your day to day life. You will gain essential knowledge, skills and advice to help you make small changes with significant results!

Delivered through a workbook guide and with support from our amazing fitness team, this program will focus on 3 key elements – the foundation of a healthy, balanced lifestyle:

Exercise – Nutrition - Mental Health

Throughout the 8 weeks, together with your wellbeing buddies you will attend a number of group exercise session, gym sessions, fitness classes and participate in social sport activities.

You will have to attend at least 2 sessions a week:

- The Monday group session at 17:15-18:15 or the Tuesday group session at 13:00-14:00
- A session of your choice (gym workout, studio class) at a time that is convenient for you on the same week

And on the top of this, you and your wellbeing buddies will have an opportunity to socialise and attend a Friday multisport social session: Sports Hall 13:00-14:00 (basketball, badminton, table tennis, football)

We will be motivating you along the way and giving you a helping hand. By the end of the 8 week you should feel more energized and you will be able to make active choices and plans for your exercise routines.

The program will be running from Monday 10th October until Sunday 4th December 2022. The 8 weeks will include the following:

- 1-2-1 gym sessions with our fitness instructors
- Body composition checks
- Group exercise classes
- Nutritional guidance
- Physical and mental health tips
- Multi-sport social sessions

Wellbeing program price:

Student £37
Staff/Alumni/Other Student £47
Public £57
Wellbeing Programme Pre-Screening

Please answer the following questions to judge eligibility for the Wellbeing Programme.

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>I haven’t been a member of CitySport in the last 6 months</td>
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<td>I am unable to implement regular exercise into my weekly routine</td>
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<td>I would like to learn more information about active and healthy lifestyle</td>
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<td>I am unhappy with my current level of health and fitness</td>
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<td>I would like to improve my academic results/day to day work with the help of physical activity</td>
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<td>I am unsure of how to use some of the equipment in the gym or how to plan my own sessions</td>
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<td>I am able to attend CitySport and the wellbeing program sessions at least 2x a week for 8 weeks from 10th October to 4th December 2022</td>
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How to sign up?

1. Please email back your answers to the above questions by 31st September to our Fitness Manager Viktoria Faltusz viktoria.faltusz@city.ac.uk
2. Register for a pay as you go free membership on our website then come to reception to enrol for the program: https://memberships.citysport.org.uk/memberships/introduction.aspx
3. Once you paid for the program, you will be contacted by our fitness team, to schedule your first appointment and initial assessment on the week commencing 10th October.