

# Health Champion's Newsletter

If you would like to contact the Health Champions for support or information, with an idea or concern for a colleague, please contact us on:

[hc@wadebridge.cornwall.sch.uk](mailto:hc@wadebridge.cornwall.sch.uk)

## BE ACTIVE



As the days draw in and temperatures drop, you may be tempted to hang up your exercise gear and hibernate. Don't! Stay active throughout autumn and winter to beat those seasonal blues and feel on top of the world.

Regular exercise will make you feel more energetic, which should make it a little easier to get out of your warm bed on cold, dark mornings.

If you're starting a new exercise regime, don't overdo it. Slowly build the amount of exercise you do. If you can't manage 30 minutes in one go, break it up into 10-minute chunks.

Choose an activity that you enjoy. Now might be the time to try something new that you can do indoors, such as tai chi, yoga, rock climbing or swimming.

Being active is great for your physical health and fitness, and evidence shows it can also improve your mental wellbeing.

Hustyns offer: half price membership.

Instead of £48 a month staff can get membership for £24 a month. For further details staff need to contact Hustyns direct.

**Don't forget your buddie!!!**



Fitsteps is a fitness class based on the dance steps from Ballroom and Latin dances 'think Strictly'. No partner required!!

Monday 6-7pm and Thursday 6.30-7.30pm – School Stage / Hall

### Zumba Classes

Tuesdays 4.30pm

Thursdays 5.15pm

Zumba Gold Fridays  
11.45pm

John Betjeman

Centre



Friday Football is 3-4.30 all welcome in the sports centre

