

# Keep Active during Lockdown

We are all having to spend more time indoors than we normally would which can make it harder to stay active. However, there's no reason staying inside means staying still!

On 1st February we are launching Get Newham Moving, our FREE, fun, low impact sessions to keep you moving at home. Our 12 week programme has something for everyone. We even have a virtual coffee morning where you can speak to activeNewham's Community Activation Team to find out more about other activities you can access from home.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11am-12noon <b>60+ Tai Chi</b>		10-11.30am <b>Wellbeing Coffee Morning</b>		10.30-11.30am <b>60+ Get Fit with Active Newham</b>	9.15-10.15am <b>Pilates</b>  10.30-11.30am <b>Children's Virtual Football (7-11 year olds)</b>	
	3.30-4.30pm <b>Children's Activity with Paul (7-11 year olds)</b>	3.30-4.30pm <b>SEN Adult Activity with Paul</b>	12-1pm <b>Zumba</b>  3.30-4.30pm <b>Street Dance (7-11 year olds)</b>	2-3pm <b>Yoga with Indira</b>		1-2pm <b>Yoga with Indira</b>
6-7pm <b>Move with Bisi Family Yoga</b>		6-7pm <b>Get Active with Active Newham</b>	6.30-7.30pm <b>50+ Move with Bisi</b>			

To sign up, please visit [activenewham.eventbrite.co.uk](https://www.activenewham.eventbrite.co.uk)

All classes are inclusive and delivered by qualified instructors. Can't attend our sessions at the time that they're on? All classes are recorded and will be available on the activeNewham YouTube channel.

To access the recordings, please visit activeNewham YouTube channel - <https://www.youtube.com/channel/UCG8qVnzgyvN3Yr1ikQd0d8Q>

*\*At the end of the 12 week programme you will be able to provide feedback and help create future programmes.*

**People at the Heart of Everything We Do**

# Activity descriptions

## 50+ Move with Bisi

Target 50+

Low impact activity, to strengthen core, raise your pulse and get you moving.

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## 60+ Get Fit Session with Active Newham

Target 60+

Low impact activity, getting older people moving with gentle stretches and exercise.

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## Children's Activity with Paul

Target 7-11 year olds

Activity session for children making the most of resources from around the household.

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## Children's Virtual Football

Target 7-11 year olds

Football sessions with a focus on football related movements with and without a ball.

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## Get Active with Active Newham

HIIT/Aerobics - All Ages

Get your sweat on with this pulse raising activity session.

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## Move with Bisi Family Yoga

Family Yoga - All Ages

Learn how to strengthen your core and develop stamina and breathing control, in the family friendly sessions.

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## Pilates

All Ages

Low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility supporting osteopathic (hips/knees/back), standing mobility.

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## SEN Adult Activity with Paul

Target SEN Adults

Activity session for adults with disabilities, making the most of resources from around the household.

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## Street Dance

Target 7-11 year olds

A great introduction to core street dance techniques and fun high-energy choreography. Freestyle dance with styles such as Hip Hop, Breakdance and House! Sessions designed for beginners.

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## Tai Chi

Target 60+

Cultivate your internal energy, mind and physical body in these unique and challenging sessions. To generate relaxation, Tai Chi practice requires a deep level of concentration and a focused mind, thus allowing the mind to lead and guide the body's energy.

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## Wellbeing Coffee Morning

Come along and speak to activeNewham's Community Activation Team to find out more about other activities you can access from home.

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## Yoga with Indira

All Ages

Learn how to correct your posture, practice yoga postures to strengthen your core muscles, develop stamina and breathing control.

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## Zumba

Families

Dance the hour away with DanceFit Rhythm instructors in this fun filled class and learn some new dance moves.

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