



Healthy Leaving Apps



- Some of you will like to undertake further fitness to keep you active and healthy, so here are some apps you can download to bring a little creativity to your exercise. Remember, just 20 minutes of physical activity a day can benefit your health and your mental wellbeing, get outside and active in 2021!
- Strava = An app for tracking your running or cycling, can you beat Mr Ashdown's times?!
- C25K = Providing a clear training programme to get you from your couch to running a full 5K
- Home Workout - No Equipment = An app to gain different workouts at home requiring no additional gym equipment
- 30 Day - Ab challenge = It does exactly what it says on the tin!
- HomeCourt:Basketball Training = This app isn't just about Basketball, it allows you to train in speed, agility and endurance.

Staying active is important through this difficult period of isolation.