



ELFT Virtual Fitness & Recovery Timetable WINTER 2020



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	V1 16.11.20
9.30AM					INTERMEDIATE PILATES-CORE/BACK STRENGTH With Antontte	OFFERING A CHOICE OF FREE INTERACTIVE WEEKLY INCLUSIVE CLASSES
11AM	COMING SOON - LD LED SESSION http://www.activityalliance.org.uk/news/5921-wheelpower-extends-online-exercise-programme	FLOOR AEROBICS (WOMEN) VIA Zoom	PEER LED MUTUAL SUPPORT GROUP - HEALTH IMPROVEMENT	INTERMEDIATE AEROBICS (WOMEN) VIA Zoom	TAI-CHI – MIND & BODY EXERCISE With Dana	
12PM						
2PM	BODY CONDITIONING With Christine Coker (running until start of walking group)					
3PM	COMING SOON: DEC 2020 PEER LED WALKING GROUP OLYMPIC PARK E15	PILATES- CORE/BACK STRENGTH With Antonette	GENTLE YOGA & MINDFULNESS With Luisa	BODY CONDITIONING With Christine Coker		

PRE FILMED VIDEOS	ELFT EXERCISE VIDEOS UEL SPORTS DOCK WHU FOUNDATION	VIEW ANY TIME	ELFT YOUTUBE UEL YOUTUBE WHUF YOUTUBE	https://www.youtube.com/playlist?list=PLeEBLpk4vtNXMGotiUGuPiFA4CziPe3L https://www.youtube.com/watch?v=Pazg9PS-i8s&list=PLrKA9XXjQ66YlioDaVGnM-BIwcBkGNNrg https://www.youtube.com/channel/UCST2blwiQ2HfnbbXtBuS-9g/videos
ZOOM INTERACTIVE GROUPS	YOGA & MINDFULNESS With Luisa	WEDNESDAY 2PM	ZOOM	Join Zoom Meeting: CONTACT MARICA.WAINNER@NHS.NET FOR ALL CLASS LINKS
(PLEASE ENTER WAITING ROOM 5 MINS BEFORE CLASS)	BODY CONDITIONING With Christine	-MONDAY 2PM -THURSDAY 3PM	ZOOM	
	PILATES BACK STRENGTH With Antonette ELFT	-TUESDAY 3PM -FRIDAY 9.30AM	ZOOM	
	THAI-CHI With Dana	FRIDAY 11AM	ZOOM	
CLOSED GROUPS	MUTUAL SUPPORT GROUP	WEDNESDAY 11AM	ZOOM - CLOSED GROUP	Expressions of interest to marica.wainner@nhs.net
	WALKING GROUP	MONDAY 2PM START DATE TBC	QEOP - CLOSED GROUP	Expressions of interest to marica.wainner@nhs.net



TO JOIN CONTACT:



- EMAIL - MARICA.WAINNER@NHS.NET
- Health Development Co-ordinator
- People Participation Team
- Trust HQ – 5th Floor E1 8DE
- MB 07557 593131
- WWW.ELFT.NHS.UK

USEFUL LINKS:

- <https://www.gov.uk/coronavirus>
- <https://www.elft.nhs.uk/News/Coronavirus>
- https://www.towerhamlets.gov.uk/ignl/education_and_learning/The_Healthy_Lives_Team/The_Healthy_Lives_Team.aspx
- <https://www.nhs.uk/better-health/get-active/>
- <https://weareundefeatable.co.uk/ways-to-move>
- <https://www.nhs.uk/live-well/exercise/>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/improvemental-wellbeing/>
- <https://www.nhs.uk/live-well/eat-well/>
- <https://www.sportengland.org/jointhemovement?gclid=CIH19Yak8uoCFQwTGwod9u8D>
- <https://www.gov.uk/government/publications/health-matters-getting-every-adult-active-every-day/health-matters-getting-every-adult-active-every-day>
- <http://www.activityalliance.org.uk/news/5921-wheelpower-extends-online-exercise-programme>
- <https://www.mind.org.uk/>



How much physical activity should you do?

All adults should undertake muscle strengthening activity, such as

Adults (19 to 64) should aim for at least **150 minutes** of moderate intensity activity, in bouts of 10 minutes or more, each week

at least 2 days a week

Minimise the amount of time spent sedentary (sitting) for extended periods

This can also be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous.