

ELFT Virtual Fitness & Recovery Timetable WINTER 2021

V1.0	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30AM	<p>NEW TIME</p> <p>PILATES- CORE/BACK STRENGTH</p> <p>With Antonette</p>		<p>61% (27.8 million)</p> <p>The percentage of adults in England who are meeting recommended weekly activity levels*</p>		<p>INTERMEDIATE PILATES- CORE/BACK STRENGTH</p> <p>With Antonette</p>
11AM		<p>FLOOR / CHAIR AEROBICS (WOMEN)</p> <p>With Asma</p>	<p>PEER LED CYCLING</p> <p>11AM – 1PM</p> <p>THE HUBB</p> <p>VICTORIA PARK</p>	<p>INTERMEDIATE AEROBICS (WOMEN)</p> <p>With Asma</p>	<p>TAI-CHI – MIND & BODY EXERCISE (IP)</p> <p>With Dana</p>
12PM	<p>PEER LED WALKING GROUP - OLYMPIC PARK</p> <p>12.30PM – 2.00PM</p> <p>EXPRESSIONS OF INTEREST TO:</p> <p>MARICA.WAINNER@NHS.NET</p>	<p>*PEER LED WALK GROUP WELCOMES TONTE LAWSON TO THE HEALTH DEVELOPMENT TEAM *</p>	<p>EXPRESSIONS OF INTEREST TO:</p> <p>MARICA.WAINNER@NHS.NET</p>	<p>The percentage of adults aged 16 – 34 years old in England who are meeting recommended weekly activity levels:</p> <p>May 2020 – May 2021</p> <p>66% (9.0 million)</p> <p>May 2019 – May 2020</p> <p>69% (9.4 million)</p>	<p>SPORT ENGLAND</p> <p>Only 53%</p> <p>of Black adults in England are meeting recommended weekly activity levels*</p>
2PM					
3PM			<p>GENTLE YOGA & MINDFULNESS (IP)</p> <p>With Luisa</p>	<p>BODY CONDITIONING</p> <p>With Christine Coker</p>	
EVENING:	<p>**NEW EVE SESSIONS**</p>	<p>EXPRESSIONS OF INTEREST – INTRODUCTION TO MINDFULNESS</p> <p>5-6PM - JAN 2022</p>	<p>EXPRESSIONS OF INTEREST - X3 Cohorts BAME Female Cycling Programme</p> <p>FEB – AUGUST 2022</p>	<p>*NEW* SOCIAL BADMINTON (WOMEN) PEER LED</p> <p>6.30-7.30PM</p> <p>POPLAR BATHS LEISURE CENTRE</p>	

- Virtual Programme**
 - 2021 - STILL RUNNING ALL ABILITY INCUSIVE ONLINE CLASSES Y2 - (STAFF/SERVICE USERS/IP)
 - 364 ONLINE CLASSES RUN
 - 2600 PARTICIPATED IN SESSIONS (STAFF / SERVICE USERS)
- Peer Led Sessions**
 - 1 YEAR ANNIVERSARY - PEER LED WALKING GROUP QEOP (MONDAY 12-2PM)
 - PEER LED CYCLING - VICTORIA PARK ALL ABILITY (WEDNESDAY 11AM-1PM)
 - PEER LED BADMINGTON - POPLAR BATHS GLL (THURSDAY 6.30-7.30PM)
- Community Programmes**
 - 3 COHORTS - BAME FEMALE CYCLING PROGRAMME - FEB/SEPT X80 FEMALES
 - SECONDARY CARE CYCLING PROGRAMMES - TH ADULT MH JULY-AUG / COBORN JAN X20 NEW BIKES
 - CYCLING FOR WELLEING ELFT PLACES JULY-NOVEMBER X8 COMPLETED

- Training L1 Healthy Influencer**
 - LEVEL 1 HEALTHY INFLUENCER TRAINING X2 COHORTS APRIL-SEPT (STAFF/SERVICE USERS)
 - X40 TRAINED IN NEW SKILLS WITH ACCESS TO FURTHER TRAINING AND EMPLOYABILITY
- Mindfulness 1-1 Healthy Lifestyle**
 - 1-1 HEALTHY LIFESTYLE SESSIONS - 4 WEEK PERIOD LIFESTYLE PLANNING / 1-1 FITNESS SESSIONS X2 PW / CONFIDENCE & MOTIVATION TO BUILD HEALTHY HABITS TO BE ACTIVE & IMPROVE QUALITY OF LIFE
 - COHORT 1 - INTRODUCTION FOR MINDFULLNESS X6 COMPLETED / COHORT 2 JAN TBC
- FOOTBALL TH TIGERS EURO 2021**
 - TOWER HAMLETS TIGERS FILMED BY MAYOR OF LONDON FOR EURO 2020(1) JUNE 21
 - JHC WHITE WATER RAFTING AT LEE VALLEY WHITE WATER CENTRE X10 PARTICIPANTS SEPT



WHAT WE HAVE BEEN UP TO IN 2021

CLICK ON ME TO ENTER

THAI-CHI
<https://zoom.us/j/95935540425?pwd=Uk8ycjhLMjhVeFpUdk1XOW9NSnlQUt09>
 Meeting ID: 959 3554 0425 Passcode: 972163

BODY CONDITIONING
<https://us02web.zoom.us/j/84435994825?pwd=UOVMR3BrYUhwQlZONVBjDZ2w4eWZldz09>
 Meeting ID: 844 3599 4825 Passcode: 571166

PILATES
<https://zoom.us/j/8638689169?pwd=TEVxR3EwUzVYVFJRUFdnYXJjbTdvUT09>
 Meeting ID: 863 868 9169 Password: 8qYi5K

WOMENS AEROBICS –
 Join Zoom Meeting
<https://us02web.zoom.us/j/84879165335>
 Meeting ID: 848 7916 5335

YOGA
<https://us02web.zoom.us/j/89607024338>

USEFUL LINKS

- ELFT YOUTUBE** <https://www.youtube.com/playlist?list=PLLeEBLpkk4vtNXMGotiUGuPjFA4CziPe3L>
- COVID** <https://www.gov.uk/government/publications/covid-19-response-autumn-and-winter-plan-2021/covid-19-response-autumn-and-winter-plan-2021>
- <https://weareundefeatable.co.uk/ways-to-move>
- <https://www.nhs.uk/live-well/exercise/>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>
- <https://www.gov.uk/government/publications/health-matters-getting-every-adult-active-every-day/health-matters-getting-every-adult-active-every-day>
- https://www.sportengland.org/jointhemovement?section=get_active_at_home

JOIN US!!
CONTACT:
MARICA.WAINNER@NHS.NET
TONTE.LAWSON1@NHS.NET
 Health Development
 People Participation Team