

GET MOVING!

KICK OFF SPRING STRIDE COMPETITION WITH ONEYOU HARINGEY!!

TRY OUR MOVE MORE TASTER SESSIONS!

SIT & STRENGTHEN

-IMPROVE MUSCLE STRENGTH & ENDURANCE, MAINTAIN POSTURE, BODY SHAPING OF THE LEGS, TUMMY, ARMS CHEST, BACK, SHOULDERS, INCORPORATING LIGHT WEIGHT STRENGTH EXERCISES WITH OR WITHOUT WEIGHTS.

11AM FOR 45MINS ON:
FRI 13TH MAY
WEDS 18TH MAY
FRI 27TH MAY

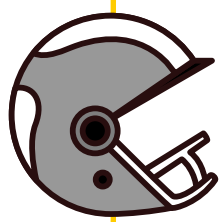
STRENGTH & CONDITION

IMPROVE MUSCLE STRENGTH & ENDURANCE, MAINTAIN POSTURE, SHAPE LEGS, TUMMY, ARMS CHEST, BACK, SHOULDERS USING LIGHT WEIGHTED EXERCISES, OR WITHOUT WEIGHTS ALL WHILE MOVING THE BODY IN RHYTHMIC MOVEMENTS!

BODY FLOW

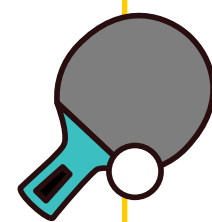
-STRETCH, LENGTHEN AND RELAX THE BODY TO REDUCE STIFFNESS, INCREASE FLEXIBILITY AND BLOOD FLOW TO FEEL ENERGISED..

VISIT US AT:
[HTTPS://WWW.ONEYOUHARINGEY.ORG/SPRING -STRIDE/](https://www.oneyoutharingey.org/spring-stride/)
OR CALL 02088859095
TO SIGN UP NOW!



PHYSICAL BENEFITS OF SPORTS ACTIVITIES

- WEIGHT MANAGEMENT
- DIABETES CONTROL
- A HEALTHIER HEART



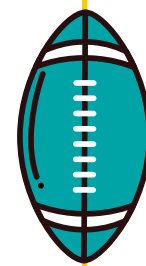
SOCIAL BENEFITS OF PHYSICAL ACTIVITY

- IT BUILDS SELF-CONFIDENCE.
- IT DEVELOPS BONDS WITH OTHER PEOPLE.



MENTAL BENEFITS OF SPORTS & PHYSICAL ACTIVITY

- IMPROVES MOOD
- IMPROVES CONCENTRATION
- REDUCES STRESS



START ENGAGING IN SPORTS & PHYSICAL ACTIVITY

- SET FITNESS GOALS
- CREATE EXERCISE PLANS
- FOLLOW A HEALTHY MEAL PLAN
- CREATE INCENTIVES

ONEYOU HARINGEY