

All Week

£1 WORKOUT

Come and have a workout at the fantastic fitness suite at The Edge for just £1 all this week.

Location: Fitness Suite, The Edge

Booking: Just Turn Up

PERSONAL TRAINING

Buy a personal training package with the expert trainers at The Edge and get a discount during Healthy Week. Can be redeemed at anytime within three months.

Location: Fitness Suite, The Edge

Cost: Three sessions for £55 (members) and Three sessions for £75 (non members)

Booking: The Edge Reception

Monday 15 May

KEISER CYCLE

Still one of the hottest fitness industry trends, come and workout indoors on a static bike.

Time: 07:15 - 08:00

Location: Studio 3, The Edge

Cost: Free

Booking: Email healthyweek@leeds.ac.uk

HEALTHY WEEK FAIR

Come and get inspired for the week ahead and find out how we can help you become a #healthyweekhero!

Time: 10:00 - 15:00

Location: Outside LUU

Cost: Free

Booking: Just Turn Up

PILATES FOR BEGINNERS

Pilates helps improve your strength, joint mobility and flexibility, come and give it a try.

Time: 11.00-11.45

Location: Room 10.06, Staff Centre

Cost: Free

Booking: Email staffcentre@leeds.ac.uk

EDGE BODY ANALYSIS

Find out more about your body composition such as body fat percentage and hydration levels in just 5 minutes using a simple machine at The Edge.

Time: 11.00 - 12.00

Location: Fitness Suite, The Edge

Cost: Free

Booking: Just Turn Up

TAKE YOUR LUNCHBREAK - FREE HOT DRINKS

Take a break from your desk, relax and enjoy a free drink with a newspaper in the Staff Centre.

Time: 12.00 - 14.00

Location: Staff Centre Lounge

Cost: Free

Booking: Just Turn Up

ROOF GARDEN VOLUNTEERING

Pop along to the roof garden to chill out, do something different and meet new friends in a beautiful space.

Time: 12.00-14.00

Location: Roof Garden, Level 2, LUU

Cost: Free

Booking: Just Turn Up

I'M NOT BUSY!

Too busy to get involved with Healthy Week? We will help you put the brake on busyness and we'll even give you lunch if you pre-book your space.

Time: 12.30-13.00

Location: Wilson Room, Emmanuel Centre

Cost: Free

Booking: Email m.ward@leeds.ac.uk or Just Turn Up

SELF DEFENCE FOR BEGINNERS

Learn to defend yourself and enjoy a workout at the same time with our expert coach.

Time: 12:30 - 13:30

Location: PT Studio, The Edge

Cost: Free

Booking: Email healthyweek@leeds.ac.uk

CAMPUS DISCOVERY

Get to know the hidden areas of campus in this fun navigation walk, you'll be grouped with colleagues and given a map to guide you.

Time: 13.00-14.00

Location: Meet at LUU Steps

Cost: Free

Booking: www.leeds.ac.uk/getoutgetactive

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EDGE BODY ANALYSIS

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Time: 14.30 - 15.30

Location: Fitness Suite, The Edge

Cost: Free

Booking: Just Turn Up

MINDFULNESS CAFÉ

Stressed out? Come and relax with us and colour, paint, and get crafty. With free tea and coffee.

Time: 14.30-16.00

Location: Room 2, Level 2, LUU

Cost: Free

Booking: Just Turn Up

STANDING UP TO STRESS

Find out what's going on in your body and mind when you're stressed and how you can respond to these stress reactions.

Time: 14.30-16.00

Location: Room 1:06, Baines Wing

Cost: Free

Booking: Email Y.A.Bell@leeds.ac.uk

BODY PUMP

The original barbell class that strengthens your entire body with great music and awesome instructors.

Time: 17.00-18.00

Location: Cromer Terrace Studios

Cost: Free

Booking: Email healthyweek@leeds.ac.uk

Tuesday 16 May

BONE DENSITY TESTING

Have your bone density tested using soundwaves in these 20-minute appointments and get advice on Osteoporosis.

Time: 09.00-15.00

Location: Room 10.12, Staff Centre

Cost: £30

Booking: Email occupationalhealth@leeds.ac.uk

BODY PUMP

The original barbell class that strengthens your entire body with great music and awesome instructors.

Time: 11.00-12.00

Location: Cromer Terrace Studios

Cost: Free

Booking: Email healthyweek@leeds.ac.uk

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Time: 11.00 -12.00

Location: Fitness Suite, The Edge

Cost: Free

Booking: Just Turn Up

YOGA FOR BEGINNERS

Yoga improves the strength and flexibility of the muscles and spinal column, come and have a go.

Time: 11.00-11.45

Location: Room 10.06, Staff Centre

Cost: Free

Booking: Email staffcentre@leeds.ac.uk

TAKE YOUR LUNCHBREAK - FREE HOT DRINKS

Take a break from your desk, relax and enjoy a free drink with a newspaper in the Staff Centre.

Time: 12.00-14.00

Location: Staff Centre Lounge

Cost: Free

Booking: Just Turn Up

FREEDOM PARKRUN

Utilising the beautiful 5km parkrun route in Woodhouse Moor, join this organic version of the famous Saturday morning run.

Time: 12.05-13.00

Location: Meet At Red Welly Statue Opposite LUBS

Cost: Free

Booking: Just Turn Up

KETTLEBELLS FOR BEGINNERS

Kettlebell training is a fantastic whole body training, and is extremely effective for fat loss and toning, come and give it a go.

Time: 12.05-13.30

Location: PT Studio, The Edge

Cost: Free

Booking: Email healthyweek@leeds.ac.uk

SILENCE IS GOLDEN

Take some time for silent reflection and meditation followed by a bite to eat.

Time: 13.10-13.30

Location: Claire Chapel, Emmanuel Centre

Cost: Free

Booking: Just Turn Up

EDGE BODY ANALYSIS

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Time: 14.30 - 15.30

Location: Fitness Suite, The Edge

Cost: Free

Booking: Just Turn Up

SOPHROLOGY TASTER

Regain calmness, balance and confidence in your life via gentle body movements, breathing exercises and visualisation techniques.

Time: 17.00 - 18.00

Location: Room 10.07, Staff Centre

Cost: Free

Booking: Email staffcentre@leeds.ac.uk

ZUMBA

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a fun, low-impact fitness class, come and give it a try.

Time: 19.00-20.00

Location: Cromer Terrace Studios

Cost: Free

Booking: Email healthyweek@leeds.ac.uk

Wednesday 17 May

BODY ATTACK

This sports-inspired cardio workout builds strength and stamina. The workout includes powerful music and is fully motivated.

Time: 07.00-08.00

Location: Cromer Terrace Studios

Cost: Free

Booking: Email healthyweek@leeds.ac.uk

TEA, TOAST AND TALK

Come along to the staff centre for tea, toast and a chance to talk with other members of staff.

Time: 09.00-11.00

Location: Staff Centre Lounge

Cost: Free

Booking: Just Turn Up

HEADINGLEY CHIROPRACTIC SCREENING

Your chance to gain free advice from a qualified Chiropractor.

Time: 09.00-17.00

Location: Room 10.12, Staff Centre

Cost: Free

Booking: Email staffcentre@leeds.ac.uk

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Location: Fitness Suite, The Edge

Cost: Free

Booking: Just Turn Up

TAKE YOUR LUNCHBREAK - FREE HOT DRINKS

Take a break from your desk, relax and enjoy a free drink with a newspaper in the Staff Centre.

Time: 12.00-14.00

Location: Staff Centre Lounge

Cost: Free

Booking: Just Turn Up

WOMEN'S ONLY BOOTCAMP

Join us for a session combining aerobic activities with body weight conditioning and fun games in Woodhouse Moor Park. Suitable for all abilities.

Time: 12.15-13.00

Location: Meet at Cromer Terrace Studios

Cost: Free

Booking: www.leeds.ac.uk/getoutgetactive

MINDFULNESS FLASH MOB

Show up and join in the mindfulness flash mob.

Time: 12.30-13.00

Location: Grass Opposite LUU

Cost: Free

Booking: Just Turn Up

WORKSTATION POSTURE

Good posture can help prevent musculo-skeletal problems, come and learn how to set up your workstation correctly. This is particularly useful if you spend most of your day at a desk.

Time: 12.30-13.30

Location: 5-9 Willow Terrace Road

Cost: Free

Booking: Email occupationalhealth@leeds.ac.uk

WOMEN'S ONLY LIFTING

Build your confidence in using free weights equipment with our expert instructors.

Time: 12.30-13.00

Location: Cromer Terrace Studios

Cost: Free

Booking: Email healthyweek@leeds.ac.uk

NETWALKING

Take a break to enjoy some fresh air, stretch your legs and get to meet some colleagues from across campus.

Time: 13.00-13.45

Location: Meet at LUU Steps

Cost: Free

Booking: Just Turn Up

ROWFIT

A series of fun activities taking place both on and off rowing machines to get your muscles working and heart pumping.

Time: 13.30-14.00 and 14.00-14.30

Location: Cromer Terrace Studios

Cost: Free

Booking: www.leeds.ac.uk/getoutgetactive

SUSTAINABLE GARDEN VOLUNTEERING

Help plant, sow and harvest food from the garden, make sure you bring a bag to take some produce home with you.

Time: 14:00 -16:00

Location: Sustainable Garden by Roger Stevens

Cost: Free

Booking: Just Turn Up

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Time: 14:30 - 15:30

Location: Fitness Suite, The Edge

Cost: Free

Booking: Just Turn Up

QUIZ NIGHT

Enjoy some after work fun with the Staff Centre's healthy week quiz. Get your colleagues together in teams of four.

Time: 17.30-19.30

Location: Staff Centre Lounge

Cost: £4pp (Buffet Included)

Booking: Email staffcentre@leeds.ac.uk

PILATES

Improve posture and general wellbeing with this great class that focuses on slow, controlled methods to tone the body.

Time: 17.45-18.45

Location: Cromer Terrace Studios

Cost: Free

Booking: Email healthyweek@leeds.ac.uk

Thursday 18 May

KEISER CYCLE

Still one of the hottest fitness industry trends, come and workout indoors on a static bike.

Time: 08.00 - 08.45

Location: Studio 3, The Edge

Cost: Free

Booking: Email healthyweek@leeds.ac.uk

FOOD FOR YOUR