

# AOC SPORT COLLEGE GUIDE TO KEEPING ACTIVE

We've pulled together a selection of online exercise and wellbeing resources which provide free on demand content to keep you moving and allow you to take care of your mental health whilst at home. Just click the headings to take you to more information.



So whether it's first thing in the morning, a break from college work at lunch, or a way to kick off your Friday night – this content is here for you.

## STAY IN WORK OUT

[#StayInWorkOut](#)



# GENERAL FITNESS SESSIONS

## THIS GIRL CAN

This Girl Can has put together a useful list of exercises to try at home, from table top press ups to living room wall sits - and they're great for women and men alike.

## NIKE+ RUN CLUB

The free app acts like your own personal running coach. It includes GPS tracking of your runs, audio guided running workouts, weekly and monthly distance challenges to keep you motivated.

## NIKE TRAINING CLUB

With Nike Training Club, you get free access to over 190 free workouts across strength, endurance, yoga and mobility. Sessions range from **15-45 minutes** and are designed to help you see and feel results.

## POPSUGAR FITNESS

This gives access to over 500 workouts from celebrity trainers and fitness experts. POPSUGAR Fitness offers fresh fitness tutorials, workouts, and exercise classes that cover the most buzzed-about workout classes and trends, including the Victoria's Secret workout, Tabata, and more.

## LES MILLS

Les Mills has 100+ workouts available for free. There is something for everyone from high intensity interval training, dance fitness workouts and bodycombat through to mindfulness practices designed to slow us down and reduce stress.

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# YOGA & PILATES



## DOWN DOG

Down Dog have offered all their apps - Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout - completely free for colleges until 1 July. Sign up via the app.

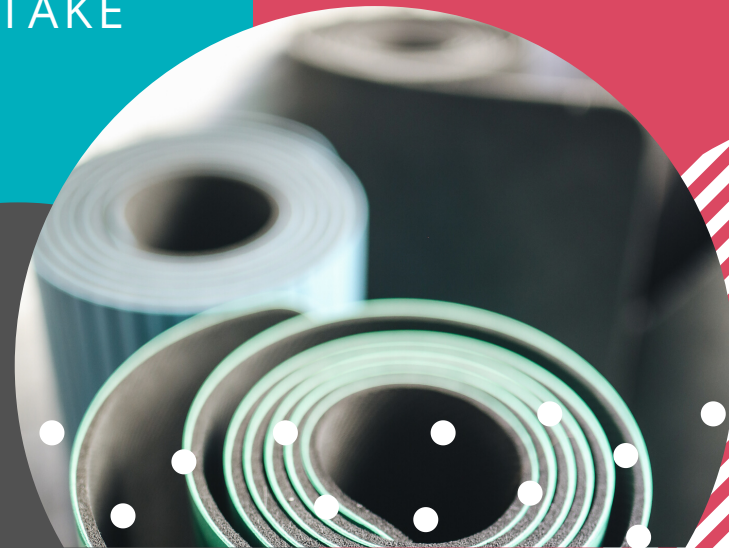
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## YOGA WITH ADRIENE

All levels, all bodies, all genders and all souls are welcome. Browse the library of free yoga videos to find a practice that suits your mood or start a journey toward healing.

## BLOGILATES

Full length POP Pilates, PIIT28 and fun Bootcamp Sculpting workouts with award-winning fitness instructor Cassey Ho, aka Blogilates. She focuses on making fitness fun and the results are evident.





# INCLUSIVE

There are many ways to continue enjoying an active lifestyle. This includes adapting activities so everyone in the household, disabled and non-disabled, can take part together.

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## PARASPORT

Parasport are producing home workout routines especially designed for disabled people. There's no equipment necessary, all you'll need is a little bit of space to follow Kris' instructions.

## ACTIVITY ALLIANCE

Activity Alliance works to make active lives possible. They are regularly posting tips on ways to stay active and their #StayInWorkOut blogs explore the different ways disabled people are moving and staying active, while at home.

## IMPAIRMENT SPECIFIC

You can find impairment specific activities from the National Disability Sport Organisations (NDSO). They provide advice, support and opportunities for people of all ages with specific impairments.

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# WELLBEING

Coronavirus concerns can have an impact on your mental health. Students and staff alike may find they are feeling stressed and anxious at this time. These feelings are normal and should be acknowledged. A number of organisations have published guidance:

## HEADSPACE

Download the free app and check out the Weather The Storm section for a selection of meditation, sleep and other experiences designed to support your wellbeing.

## YOUNG MINDS


Discover information, advice and support for young people struggling with self-isolation, coronavirus and the impact it has on your mental health. Empowering Young People.

## MIND

Mind have developed a 'coronavirus and your wellbeing' toolkit. It includes tips for staying at home, how to take care of your mental health and wellbeing along with a useful checklist.

## EAT WELL GUIDE

The Eat Well Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.



# OTHER FUN STUFF

HERE YOU CAN TRY OUT  
OUR NEW DANCE  
CHALLENGE OR GET  
CREATIVE WITH DISNEY  
DANCE ALONGS

## BLINDING LIGHTS TIKTOK CHALLENGE

Here's your chance to get involved in our fun new dance challenge.

We are challenging staff and students to perform the **Weeknd - Blinding Lights** - just like two of our FA Women's Football Apprentices [HERE](#).

All you have to do is post your effort on Instagram or TikTok and tag your college and **@aoc\_sport** using **#blindinglightschallenge**. All entries will be submitted into a random prize draw.



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## DISNEY DANCE ALONGS

Partnering with Disney, This Girl Can has captured some of the ways people get moving to the songs they love. Learn their moves or put your own spin on their routines.

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