BRING A FRIEND FOR FREE!

Active Imperial members can bring a friend along to up to three sessions for free.

- Keep yourself motivated by exercising with a buddy
- Encourage a friend to take a break from exam revision and coursework
- Improve physical and mental wellbeing by exercising with friends
- Introduce a friend to something new

5 Ways to Wellbeing

The 5 Ways have been devised as a simple evidence-based model to help improve wellbeing. See how you can incorporate these into your everyday life.

- **CONNECT**
  - with friends, family and people around you

- **KEEP LEARNING**
  - maintain interest and mental agility

- **TAKE NOTICE**
  - be curious, savour the moment

- **GIVE/Share**
  - with those around you, from a smile to time

- **BE ACTIVE**
  - maintain and improve physical fitness

BECOME AN ACTIVATOR

Take your fitness journey to the next level and become a Sports Activator for the Active Imperial programme. You can gain valuable leadership experience and be an ambassador for sport and physical activity at Imperial College London.

Contact us via the online ASK system for more information.

move more, feel better

join today for £15 per term

www.imperial.ac.uk/sport/be-active
**NEW SPORTS AND CLASSES FOR SPRING 2019**

**TAGGED RUGBY**
- A minimal contact version of 6-a-side mixed tag rugby league focusing on the social aspect of sport and physical activity!

**BARRE**
- An elegant approach to exercise, with a focus on improving flexibility, strength and posture.

**SPRINT8**
- The short HIIT workout allows you to enter your age, weight and desired level of intensity, and the equipment will automatically change speed, elevation or resistance during the workout.

**GET ACTIVE YOUR WAY!**
Adults should undertake at least 150 minutes a week of moderate intensity physical activity (Chief Medical Office guidelines) and doing this is easier than you think, especially if you make it part of your daily routine!

**BENEFITS**
- Higher grade expectations
- Lower levels of anxiety
- Greater confidence with finding a job 6 months after University

**HOW?**
- Get off a bus or tube stop before your destination
- Take the stairs and not the lift
- Go for a lunchtime walk, jog, cycle or run around Hyde Park

**ACTIVE Imperial**

**ACTIVE Imperial - Spring Classes**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>12.00-13.00</td>
<td>Ethos 5th Court</td>
</tr>
<tr>
<td>Yoga</td>
<td>10.30-11.30</td>
<td>Ethos Studio</td>
</tr>
<tr>
<td>Badminton</td>
<td>12.00-13.00</td>
<td>Ethos Sports Hall</td>
</tr>
<tr>
<td>Squash</td>
<td>19.30-20.30</td>
<td>Ethos</td>
</tr>
<tr>
<td>Hiking</td>
<td>10.00-10.45</td>
<td>Ethos Studio</td>
</tr>
<tr>
<td>Archery</td>
<td>18.00-19.00</td>
<td>Ethos Studio</td>
</tr>
<tr>
<td>Tai Chi – *EB</td>
<td>17.00-18.00</td>
<td>Ethos Sports Hall</td>
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<tr>
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<td>Ethos</td>
</tr>
<tr>
<td>Zumba</td>
<td>19.30-20.30</td>
<td>Ethos Studio</td>
</tr>
</tbody>
</table>

**Active Boxes**
- Hall of Residence: 12.00-20.00
- Every day

**Open Access**
- Table Tennis at Queen's Tower and Dalby Court
- Pick up a paddle and play!

**Additional Costs**
- Activities are subject to additional costs
- Please note: These group classes have limited places
- Please note: Events are subject to weather permitting.
- Tennis will not be running on the 8, 15 and 22 February
- Climbing card required. All climbing sessions have limited places

**www.imperial.ac.uk/sport/be-active**