



Keyboard Warriors

Stretch, flex and energise. Take a short 15 minute break in your day to join our experienced PT who will help you to gently get moving, feel good and boost your physical and mental wellbeing.

Book this into your day for some self-care and activate your wrists, arms, hip flexors and shoulders.
Improve your posture and support the healthy functioning of your internal organs.

Exercise has been shown to boost mental readiness and productivity.
Take part in your work clothes and at your own pace. Starting Monday 9th November 2020.

LIVE every Monday & Thursday at 12.30pm on Zoom

Visit www.bedfordsportlive.crd.co for more details.

