

FITNESS

Online fitness videos

Want to increase your fitness choose from 24 instructor lead online fitness videos – this includes aerobic exercise, building strength, Pilates, Yoga, belly dancing for beginners and wake up workout. Visit <https://www.nhs.uk/Conditions/nhs-fitness-studio/> for further information.



Virtual Exercise Group

All staff are welcome to join the SFH virtual exercise group on Facebook to share what physical activities your doing and personal goals your achieving to motivate one another. Search for Sherwood Forest Hospitals virtual exercise group on Facebook.

An infographic with a green background. At the top, it says 'Be active'. Below this, it shows two options: 'at least 150 minutes moderate intensity per week' (with a swimmer icon) and 'at least 75 minutes vigorous intensity per week' (with a runner icon). A central red circle contains the text 'Build strength to keep muscles, bones and joints strong'. Below the infographic, it says 'Sherwood Forest Hospitals virtual exercise group >' and 'PRIVATE GROUP · 216 MEMBERS'.

Be active

at least **150** minutes moderate intensity per week
increased breathing
able to talk

OR
or a combination of both

at least **75** minutes vigorous intensity per week
breathing fast
difficulty talking

Build strength
to keep muscles, bones and joints strong

Sherwood Forest Hospitals
virtual exercise group >

PRIVATE GROUP · 216 MEMBERS