

KEEPING WELL CAMPAIGN



1 MILLION STEPS TEAM CHALLENGE

We are looking for staff and students to join up and make up a virtual team of colleagues, family and friends (max 10 per team) to complete the "**1 million Steps Challenge**".

We have set up a Go Fund me page to raise funds for the Friends of Kerry University Hospital for anyone who like to make a voluntary donation. www.gofundme.com and search for "ITT Step Challenge". The challenge starts on Thursday 23rd April and will run for 14 days until May 6th. To take part:

1. Nominate a team captain
2. The team captain will send an e-mail to kerrysportsacademy@ittralee.ie
3. We will send a link to a free app called Stridekick to the team captain with instructions. You will be able to track your team's progress on this app.

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FREE ONLINE EXERCISE CLASSES

We are now offering free online exercise classes providing a variety of short workouts you can do from home including circuits, bodyweight, boxercise, abs express, mobility and flexibility, chair exercise workouts and much more. The classes will be on our Mindbody software and you can watch them whenever you want and exercise at a time that suits you. We will be adding classes/activities on a daily basis to our library.

Interested?

Simply contact us by private message on Facebook or via e-mail and we will send you a link to classes OR follow the steps below:

1. Click the link below to set up a free account on mindbody by clicking on this link:

<https://clients.mindbodyonline.com/classic/ws?studioid=540718&styp=-94>

2. Once you have set up an account they must log out of mindbody

3. Then click the link below to access videos

<https://video.mindbody.io/studios/540718/videos>



TURKEY AMAZEBALLS BY THE BODY COACH JOE WICKS

Ingredients

1 tbsp spoon coconut oil
300g turkey mince
2 tomatoes roughly chopped
3 spring onions roughly chopped
1 clove of garlic
handful of baby spinach
2 roast peppers from a jar
(drained and roughly chopped)
20g blanched almonds
salt and pepper
2tbsp grated cheddar
Chopped parsley to serve-optional

Recipe- serves 1 (Reduced carb meal)

Using the mince make small balls and set aside. Melt the coconut oil in a frying pan over a medium to high heat. Place the meat balls into the pan turning regularly for 2 minutes. Place the rest of the ingredients, apart from the cheese and parsley into the food processor along with a splash of water and a pinch of salt and pepper. Blitz until smooth (ish) and pour in with the meatballs. Bring the whole lot to a simmer and cook for a further 6-7 minutes until you are sure the meatballs are cooked through and there are no raw bits left. Remove from pan and top with cheddar and parsley. Serve with your favourite greens such as broccoli, mange tout, green beans or kale.

SELF CARE TIPS

The pressure to be productive is causing anxiety for all of us... many of us are experiencing a self imposed productivity guilt.

Know that there is no right way to cope

Some people thrive under this stress. Others don't. Doing your best in this time is different from doing your best during non-pandemic times. Recognize that it can look different for each person, and don't compare and despair over how others are managing hobbies and activities during this crisis.

Be kind to yourself

Try not to carry the guilt from one day to the next. Start with a clean slate and congratulate yourself whenever you accomplish something no matter how small. Be realistic and merciful towards yourself when you're struggling.



*Go easy on yourself
Whatever you do today,
Let it be enough*

MOTIVATION

Exercise may not be at the top of our minds as we struggle with how to protect ourselves, our families and our communities during the coronavirus pandemic.

Set goals and track progress

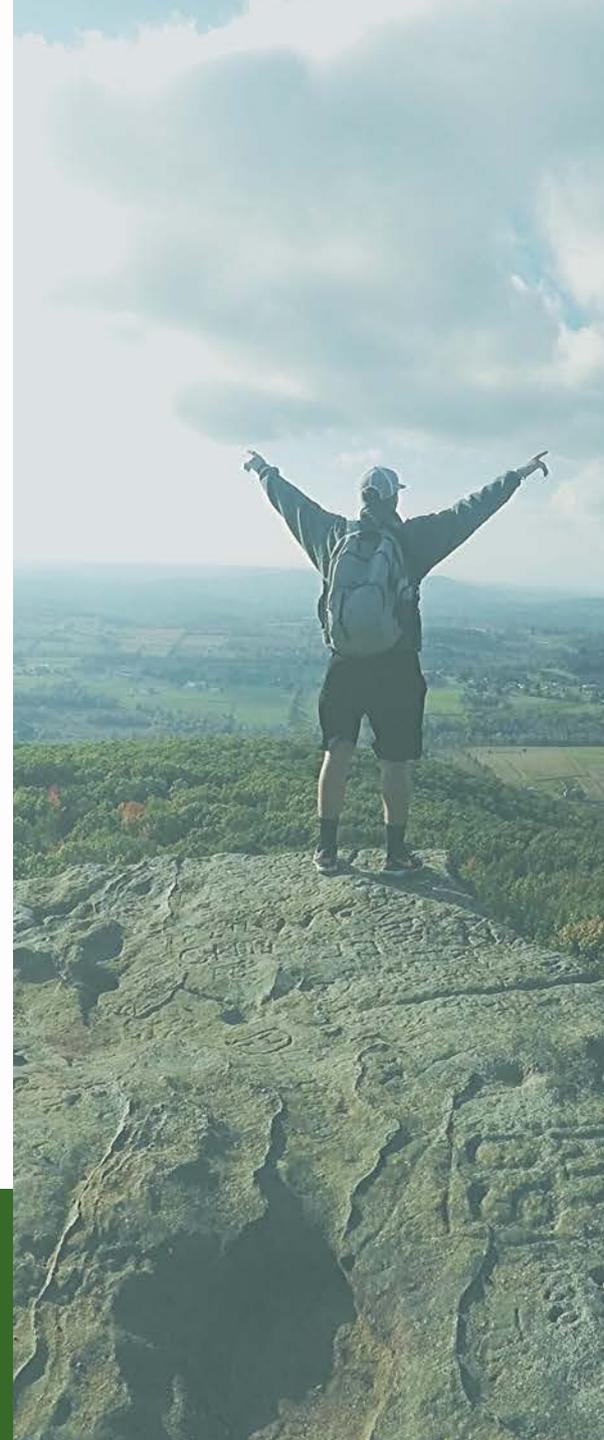
Making a specific goal and setting time aside in your new routine to be active helps ensure you get your daily physical activity. An example of a specific goal is 30 minutes walking per day x 5 days, to achieve 10,000 steps rather than a goal of "I'm going to exercise more this week". Track your progress and reward achievements

Make your exercise more interesting:

Listen to an audio book or podcast, bring a camera and take some photos

Evaluate your priorities:

Be honest with yourself, is health one of your top priorities? Where does health and a physically active lifestyle fit into your values? Until you place a high value on health and the benefits of a physically active lifestyle, your efforts will probably fall short. People make time for things that are important to them



Activities for children

Name of game: The Fish in the sea

Equipment needed : Tea Towel ,small towel,or piece of fabric

How to play: Words are sung to the tune of Wheels on the Bus

“The fish in the sea go swish, swish, swish, swish swish, swish swish(move scarf side to side)

The fish in the sea go swish swish, swish, swish all day long

The dolphin the sea go round and round, round and round (move scarf in a circular shape)

The sand in the sea drifts down down, down, down, down, down (Throw scarf up and catch at a lower height)

The waves on the sea go up and down, up and down, up and down (open scarf up fully and raise and lower scarf)” all day long

Name of game: Frog in the Pond

Equipment needed: None

How to play:

Adult will teach children the different movement actions below and ask children to take part

- Start off with children kneeling down in a circle
- Frog in the pond = lean down and place hand on the ground
- Frog in the tree= place hands on your head
- Frog on the bank =hands on shoulders
- Frog in space= Call out frooooooggg in space and shake hands

Teach your child to skip
in a few simple
steps with our video on Mindbody

All children's
activities
are available
on video