START RIGHT
Information about Morning Exercise Options

The purpose of the activity session each morning (from 7.20 to 8.00am) is to offer everyone the chance for enjoyable exercise to suit their personal pace and preferences. The aim is not to encourage competitiveness or favour 'sporty' types, but to focus on part of the programme's emphasis that sees us as whole people: mind, body and spirit. We encourage everyone on Arrow to try something they feel comfortable with and, perhaps, to stretch yourself gently.

We also need to be aware of the time constraints of the morning. So **everyone is encouraged to exercise for at least 30 minutes of the time allowed**. This should give sufficient space showers/ablutions at the end. Please note that breakfast is available from 7.45am to 8.45am.

ACTIVITY SUGGESTIONS

MONDAY	TUESDAY	THURSDAY	FRIDAY
Walk	Exercise with Lexi	Exercise with Lexi	Walk
Run	Run	Walk	Run
Football	Walk	Run	Spike Ball

WALK OR RUN
There are various routes from Bestwood Lodge. Maps can be found in the Ball Room or there are detailed walking and running routes which can be downloaded to your smartphone using the MapMyRun website or app.

EXERCISE WITH LEXI
Lexi will lead an outside exercise class suitable for all levels of fitness on Tuesday and Wednesday mornings at 7.20am.