

WEEKLY EXERCISE TRACKER

	MORNING	AFTERNOON	EVENING	OUR SUGGESTIONS
MONDAY				5:30pm Online Fitness Class @SHUActive on Instagram
TUESDAY				Try a quick HIIT workout from our website or YouTube channel
WEDNESDAY				5:30pm Online Fitness Class @SHUActive on Instagram
THURSDAY				Complete one of our stretching workouts or join our Online Yoga (for students and staff only)
FRIDAY				5:30pm Online Fitness Class @SHUActive on Instagram
SATURDAY				Head out into the Peak District for a walk or run. See our Outdoor Activities page for inspiration
SUNDAY				Rest and recovery is just as important as exercise. Try to have at least one resting day each week