

Women in Sport – Current Best Practice



This Girl Can

- This Girl Can is a national initiative funded by The National Lottery,
- The campaign believes that there's no "right" way to get active. If it gets your heart rate up, it counts.
- The campaign celebrates active women who are doing their thing no matter how they look, how well they do it or how sweaty they get. They want to challenge the conventional idea of what exercise looks like and reach out to women of all backgrounds and ethnicities who feel left behind by traditional exercise, and allow them to find what's right for them.
- 2.8 million women were inspired to exercise due to the campaign. 1.6 million started exercising and 1.2 million increased their participation.
- Over 700,000 women now follow TGC on social media as part of a community who encourage and support each other to stay active.
- Over 13,000 partners have signed up to use the TGC toolkit.

kick balls. Deal with it.

THIS GIRL CAN



Full-time Mum.
Part-time Mermaid.

THIS GIRL CAN

LOTTERY FUNDED sport England #thisgirlcan



I jiggle, therefore I am.

THIS GIRL CAN



sweating
like a pig,
feeling
like a fox.

THIS GIRL CAN



I'm slow but I'm lapping
everyone on the couch.

THIS GIRL CAN



THIS GIRL CAN

A kick right in
the stereotypes.



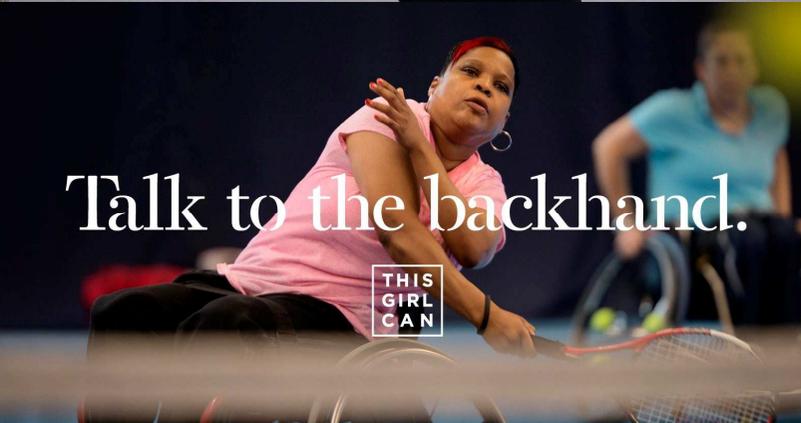
Under these gloves
a beautiful man

THIS GIRL CAN



BABY'S AT HOME,
BUT PLAYTIME'S
JUST BEGUN.

THIS GIRL CAN



Talk to the backhand.

THIS GIRL CAN



Leicester City Council



Active Together - Let's Get Moving This March

- Active Togethers annual online initiative
- Let's Get Moving this March will run from 7th-18th March giving the chance for participants to try new and different activity sessions online, from the comfort of their own home.
- Access passes for the event are £10 and there is no limit on the amount of sessions that can be attended during the two weeks.



LET'S GET MOVING THIS MARCH



WEEK 1

TRY SOMETHING NEW

Mon 7th 7:00pm **Bhangra Zumba** 
A fun, energetic way to give your body an all over dance style workout.

Tue 8th 11:00am **Postnatal Session** 

11:30am **Nordic Walking** 
A full-body walking workout at Everards Brewery.

6:00pm **HIIT** 
Short bursts of intense exercise with low-intensity recovery periods.

Weds 9th 7:30pm **This Girl Can Class** 
A lower intensity, fun and supportive exercise session.

Thurs 10th 6:00pm **Nordic Walking** 
A full-body walking workout at Kibworth Beauchamp.

7:00pm **Bhangra HIIT** 
A fun, energetic way to give your body an all over dance style workout.

Fri 11th 11:00am **Pilates** 
Low-impact exercise to strengthen muscles and improve flexibility.

5:30pm **Boxercise** 
A high intensity interval training class based on boxing training.

Sat 12th 10:00am **Nordic Walking** 
A full-body walking workout at Victoria Park.

BOOK TODAY at active-together.org

LET'S GET MOVING THIS MARCH



WEEK 2

TRY SOMETHING NEW

Mon 14th 2:00pm **Nordic Walking** 
A full-body walking workout at Watermead Park.

7:00pm **Positive Pause Session** 
*Gain useful tips and information on menopause. **Additional cost and booking required.***

Tue 15th 5:00pm **This Girl Can Class** 
A lower intensity, fun and supportive exercise session.

6:00pm **LBT** 
Shape up and burn fat as you lunge, step and squat your way to fitness.

Weds 16th 12:00pm **Nordic Walking** 
A full-body walking workout at Knighton Park.

12:00pm **Bolly Fusion** 
A fun, energetic way to burn calories using traditional bhangra steps.

5:30pm **Circuits** 
A fun, energetic way to burn calories using traditional bhangra steps.

7:30pm **Yoga Nidra** 
Mindfulness, Meditation and Relaxation practice rolled into one.

Thurs 17th 7:00pm **Bhangra Beats** 
A fun, energetic way to give your body an all over dance style workout.

Fri 18th 4:00pm **Nordic Walking** 
A full-body walking workout at Burbage Common.

5:30pm **Clubbercise** 
A fun-filled full body workout to great music.

BOOK TODAY at active-together.org



Zfit Leicester

- Zumba, Zumba toning, HIIT and boxercise classes throughout venues in Leicester.
- Ladies only sessions
- Fun, friendly party atmosphere for all abilities aged 16-86.
- Run by Zee who is currently an Active Together Champion and community ambassador.
- Aiming to empower women to be the best version of themselves through fitness.



Active Through Football

- Funding obtained to run women's only activity sessions in the Wycliffe ward area for 18-49 year olds over the next 5 years.
- The project is being led by Leicester City in the Community with the support of Active Leicester.
- This project will be starting in April/May.
- The hyperlocal nature of the project will hopefully attract a wide audience of women to participate



LeicesterCity
in the Community



Cossington Street and Spence Street Sport Centres

- Ladies only gym area at Cossington to actively help break down some of the barriers faced by women wanting to attend the gym.
- Ladies only swim lessons are a regular on the timetable at Spence Street.
- The diverse population of Leicester City has seen real benefit from the above offerings at our leisure centres



