

# 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

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



# 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	60
<i>A fun, energetic way to give your body an all over dance style workout.</i>			
Tue 8th	11:00am	Postnatal Session	60
	11:30am	Nordic Walking	60
<i>A full-body walking workout at Everards Brewery.</i>			
	6:00pm	HIIT	45
<i>Short bursts of intense exercise with low-intensity recovery periods.</i>			
Weds 9th	7:30pm	This Girl Can Class	40
<i>A lower intensity, fun and supportive exercise session.</i>			
Thurs 10th	6:00pm	Nordic Walking	60
<i>A full-body walking workout at Kibworth Beauchamp.</i>			
	7:00pm	Bhangra HIIT	60
<i>A fun, energetic way to give your body an all over dance style workout.</i>			
Fri 11th	11:00am	Pilates	60
<i>Low-impact exercise to strengthen muscles and improve flexibility.</i>			
	5:30pm	Boxercise	45
<i>A high intensity interval training class based on boxing training.</i>			
Sat 12th	10:00am	Nordic Walking	60
<i>A full-body walking workout at Victoria Park.</i>			

**BOOK TODAY at [active-together.org](https://active-together.org)**

## LET'S GET MOVING THIS MARCH



### WEEK 2

### TRY SOMETHING NEW

Mon 14th	2:00pm	Nordic Walking	60
<i>A full-body walking workout at Watermead Park.</i>			
	7:00pm	Positive Pause Session	120
<i>Gain useful tips and information on menopause. <b>Additional cost and booking required.</b></i>			
Tue 15th	5:00pm	This Girl Can Class	40
<i>A lower intensity, fun and supportive exercise session.</i>			
	6:00pm	LBT	45
<i>Shape up and burn fat as you lunge, step and squat your way to fitness.</i>			
Weds 16th	12:00pm	Nordic Walking	60
<i>A full-body walking workout at Knighton Park.</i>			
	12:00pm	Bolly Fusion	60
<i>A fun, energetic way to burn calories using traditional bhangra steps.</i>			
	5:30pm	Circuits	60
	7:30pm	Yoga Nidra	60
<i>Mindfulness, Meditation and Relaxation practice rolled into one.</i>			
Thurs 17th	7:00pm	Bhangra Beats	60
<i>A fun, energetic way to give your body an all over dance style workout.</i>			
Fri 18th	4:00pm	Nordic Walking	60
<i>A full-body walking workout at Burbage Common.</i>			
	5:30pm	Clubbercise	45
<i>A fun-filled full body workout to great music.</i>			

**BOOK TODAY at [active-together.org](https://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







