

# FITNESS

## Online fitness videos



Sherwood Forest Hospitals  
NHS Foundation Trust

Want to increase your fitness choose from 24 instructor lead online fitness videos – this includes aerobic exercise, building strength, Pilates, Yoga, belly dancing for beginners and wake up workout. Visit <https://www.nhs.uk/Conditions/nhs-fitness-studio/> for further information.



## Virtual Exercise Group

All staff are welcome to join the SFH virtual exercise group on Facebook to share what physical activities your doing and personal goals your achieving to motivate one another. Search for Sherwood Forest Hospitals virtual exercise group on Facebook.

**Be active**

at least **150** minutes moderate intensity per week  
increased breathing  
able to talk

OR  
or a combination of both

at least **75** minutes vigorous intensity per week  
breathing fast  
difficulty talking

**Build strength**  
to keep muscles, bones and joints strong

Swim  
Run

**Sherwood Forest Hospitals**  
**virtual exercise group** >

PRIVATE GROUP · 216 MEMBERS