

UVHS Learning Through Enrichment

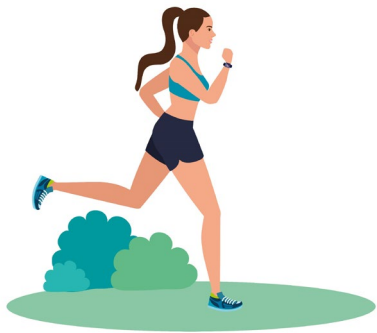


Couch To 5k!

"I followed the NHS couch to 5K app and took up running last lockdown. I went from barely being able to get down my street to running 5km in a few weeks.

The app gets you running 3 times a week and it slowly builds up!

Give it a try! It has made a huge difference to me!"



**Don't worry it starts off easy with running for just 1 minute at a time!
Even I could do it!**



**Download the NHS 'Couch to 5k' app onto your phone.
And listen along to guided runs/walk until you can run 5km (3.1 miles) in one go!**



Recommended by: Miss Bosson



Don't forget to share your progress on Teams 😊