

LOCKDOWN WELL WITH LEAR



...30 days of wellness

6th. Make a list of things you are grateful for

7th. Work your full body with Ty's online Strength class

8th. Go for a walk outside

9th. Start the week off right with Katy's Monday morning Mat Pilates

10th. Drink at least 2 litres of water

11th. Give your muscles some therapy with Ty's Foam Rolling class



12th. Try out one of Lucy's mat Pilates classes

13th. Have 30 mins of self care

14th. Rise and Shine with Kris's Mat Pilates Class

15th. Take time to reflect on things you have achieved this week.

16th. Set your goals for the week.

17th. Tuesday toning for upper body in Ty's evening Arm Blast

18th. Challenge yourself in Lucy's lunchtime level 3 mat class



19th. Make a list of your strengths, acknowledge things you are good at.

20th. Friday Fun in Ty's lunchtime HIIT class

21st. Call a friend or family member to check in.

22nd. End the week right with Roisin's Mat Pilates Class

23rd. Motivation Monday with Katy's lunchtime Mat Pilates Class

24th. solidify your foundations in Lauren's level 1 Mat Pilates Class.

25th. Check in with your mental health, how are you feeling?



26th. Energize your evening with Kris's Mat Pilates Class

27th. Get some fresh air and appreciate nature, even if it's cold!

28th. Saturday morning sweat with Ty's strength class

29th. Practice a short session of mindfulness or meditation. Look online for guidance if this is new for you

30th. End the month positively with Roisin's evening Mat Pilates Class.

1st. Get in touch with a local charity to see if you can help them

2nd. Reflect on all you have achieved this month, allow yourself to feel proud.



LEAR

Your Partners in Health