

March: Let's Get Jogging

Our unique digital wellbeing studio will deliver to you a 4-part, live wellbeing series of 4 seminars plus additional content accessible on a dedicated platform every month.

This month, the focus is on jogging and how to get the most out of it, especially with gyms remaining closed. This is a simple, progressive programme that begins with more walking than running, and gradually evolves in a way that endeavors to avoid injury or too much strain.

Our special host, Alex Hassett is a running coach and founder of Run Talk Run. He will be talking to a variety of experts throughout the month on this topic. It promises to be equally informative and engaging.

Tune in from Wed 3rd March at 1.15pm



March Wellbeing Series

An engaging health and wellbeing studio experience delivered to a dedicated platform, supporting you as you continue to work remotely. This month, the focus is on getting the most out of jogging.

Host: Alex Hassett



Running Coach
and Founder of
Run Talk Run

March

**Wednesday
3rd
@ 1.15pm**

March

**Wednesday
10th
@ 1.15pm**

March

**Wednesday
24th
@ 1.15pm**

March

**Wednesday
31st
@ 1.15pm**

What this series delivers:

- 4 live seminars with option to interact with the host and guest via polling and Q&A function.
- A weekly running guide.
- Supportive tipsheets relating to the series topics for you to download, read and share with your colleagues.

Seminars

Get Ready to Run.

This week we'll delve into the running mindset. With a special star guest, we'll discuss the basics and tips on how to help you get started on your running journey. We'll chat about the mind and body, covering topics such as injury, stretching, and recovery. We will also launch our 5km running challenge.

Fuelling Your Body.

Food will be the focus this week, as we will be joined by an expert nutritionist who will take us through a food demo, and we'll also discuss the importance of what to eat and when.

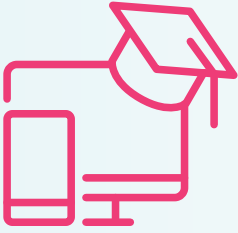
Run Talk Run.

Running groups and communities will be our theme this week. We'll chat to different running groups and look at the impact that Covid-19 has had on how we run and train together.

Where To Go Next.

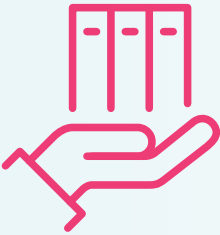
To close this month's series, we will motivate and inspire you. We'll take a look at virtual runs coming up throughout the year, and we'll hear from a guest psychologist. To finish, we will check in on our 5km challengers and see how they got on.

Guides



A video series on running tips, Available to view in your own time.

- **Getting Started:** Get motivated – stay motivated; Running essentials; Go at your own pace.
- **Sticking with it:** Getting into a routine; Scheduling; Goal setting
- **Rest & Recovery:** Giving your body the tools it needs to repair; Nutrition & Hydration
- **Where to next?:** Setting longer term goals; Signing up for (virtual) Races; Running communities



elearning

'How to' Tipsheets to download, view and share.

- Stretching after Running
- Running Tips for beginners

How to Access the Wellbeing Series

You will be able to see a full schedule of classes on your Health and Wellbeing platform. Here you can view recorded classes that have happened in the past.

1. Go to app.spectrum.life

2. Sign in using your username (email) plus password or valid organisation code available from your HR team lead (if this is your first time accessing the platform). The top navigation contains the Digital Studio with drop down for the Wellbeing Series.

