

STAYING ACTIVE

Your guide to keeping
fit to maintain physical
and mental wellbeing

FIERCE



THE IMPORTANCE OF STAYING ACTIVE

Staying active and exercise is just as important for mental wellbeing as well as physical.

Gyms are great places where you can attend classes, have personal training and train alongside people who motivate and inspire you.

However, as we have seen with lockdown and schools being closed, sometimes its harder to find the motivation, the time or know what you can do or should do, this has led to an additional 3.4 million people become inactive in 2020 compared to 2019.

At Fierce we want to help you for those times when you can't come to the gym and because we are a community focused gym, we want to help people however we can to stay on track or get back on track.

Staying active is important for everyone and it is never too late to start, at Fierce our members range in age from 18 – 75 all with different fitness interests and abilities.

We have members who are in recovery and rehabilitation from sports related injuries and illnesses such as strokes, we have members who are pregnant, members who are new to exercise and those that are experienced – we encourage them to challenge themselves in their own way and understand that everyone enjoys different things and everyone progresses at different levels.

Some people don't enjoy exercise and rely on group training or personal training for motivation which can make exercising even harder when you are unable to access those classes and those people.

We want to make sure that we encourage as many people as possible to stay active.

Here are just a few hints and tips from us to you for how you can stay active during this time.



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BODYWEIGHT WORKOUTS

There are 1000's of exercise that you can do using you own bodyweight from press ups and squats to dips and star jumps.

Bodyweight workouts can be done from home or from a local park.

Many parks have outdoor gym equipment but if these are out of bounds or not available even a park bench can be used for exercises such as step ups, dips, incline press ups etc..

During lockdowns and with memberships frozen we provide free of charge live classes to our members to help them to stay motivated, fit and connected – we recorded some of these workouts and anyone can access these via our You Tube channel.

🖱️ **Visit our Fierce Gym YouTube Channel**

These type of workouts can be a great source of both cardio and strength training as well as challenging, they can also be very motivating in increasing your fitness levels in a short period of time.

WORKOUTS WITH MINIMAL EQUIPMENT



Lots of people have a set of dumbbells at home and again there are lots of exercise you can do with a small amount of equipment.

The key is to use online sources such as YouTube to seek out workouts which can utilise the equipment you have available.

You can also find some example workouts using just dumbbells on our You Tube channel (again these were classes provided to members live during lockdown)

Training with instruction is often a lot easier as well as more motivating, satisfying and rewarding than training alone without structure.

During lockdown at Fierce we offered a free tailored programme to our members using the equipment they have at home to ensure they can get the most out their training time.





CARDIO

Cardio fitness is important for your physical wellbeing and there are lots of ways you can incorporate this as well as juggling work / family life.

You don't need lots of equipment to do this, lots of cardio can be done outside with no equipment or at home with minimal equipment.

Examples include;

- Cycling
- Running
- Skipping – skipping is a great exercise and all you need is a small outside space – set yourself a challenge of a certain number of rotations or learning how to do double unders combine it with some bodyweight exercises for a whole workout.





ONLINE CLASSES

The Health and fitness industry has had to adapt in 2020 and many classes can be attended online via Zoom.

From fitness classes to Dance, Yoga, Pilates, Martial arts online classes are a great way of staying fit, motivated and a great way to feel part of a community when lockdowns and social distances rules prohibit person to person classes.





MOTIVATION

Motivation is often a hindering factor in exercise, its too cold, you have lots of jobs to do, you feel a bit tired today. You can always find an excuse not to so how can you stay motivated?

Here are just a few ideas to help you stay on track:

- Get a training partner – its harder to let the excuse win if you are going to let someone else down in the process and maybe this acts as a bit of competition for you as well. If meeting in persona to train is too difficult then you can always do it over a Zoom call.
- Set yourself a challenge - This could be anything from improving your press ups to progress from your knees to your toes, to doing 100 burpees a day (maybe start with 10 though) doing the couch to 5k, improving your time on a cycling route.
- Virtual competitions - At Fierce gym during lockdowns we run MyZone competitions where our members can see how hard other members are working and it motivated them to work harder as well as winning some prizes if they reached a set target.
- Owning a MyZone belt itself is a great way of motivating yourself since you can see how hard you are or aren't working and push it more to get into those higher zones. Here is a link to some more information about MyZone: [Fitness Technology Products | Myzone](#)
- Join a Strava running club – At Fierce we have these set up for members so they have targets they can set themselves and see who they can compete against, but anyone can join these here is a link to our running club.

➤ **Our Strava running club**



KEEPING YOURSELF AND YOUR CHILDREN ACTIVE

Having children is another reason to stay or get active, walk to the park, pushing swings, running after them when they are riding bikes and scooters – you want to be able to keep up!

Not to mention when schools reopen and there is that all important parents' sports day race / run with your kids. You don't want to be the parent that can't do all these things – your health is not only important for you but for your children too.

Having children at home can be a perceived barrier to exercise this may be this might be during the summer holidays or in a lockdown situation if schools are closed or if the children are too young for school or Pre-school.

We have given you some ideas of how to stay active at home and outside and most of these can also be done when you have children at home.

But how do you keep your children active / stay active together.

➡ [Click here to access our guide on keeping children active](#)



WHAT HAPPENS WHEN GYMS REOPEN?

We will support our members in coming back to the gym to make sure not only they feel safe but are confident in using the equipment and have a training plan to make sure they get the most out of their time in the gym.

We have a diverse member base and a diverse range of equipment to suit everyone, we have a great supportive community of members and our team are renowned for their friendly and helpful nature.

As well as bootcamps we run Evolve Fit programmes which are designed for people wishing to start or kickstart their fitness journey in a group exercise format with lots of additional support around nutrition, staying motivated as well as bodyscans to track progress.

You can find out more about the programmes we run and the gym by visiting our website:
www.fiercegym.co.uk

Or on social media:

 @Fiercegym

 @Fiercegym

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