

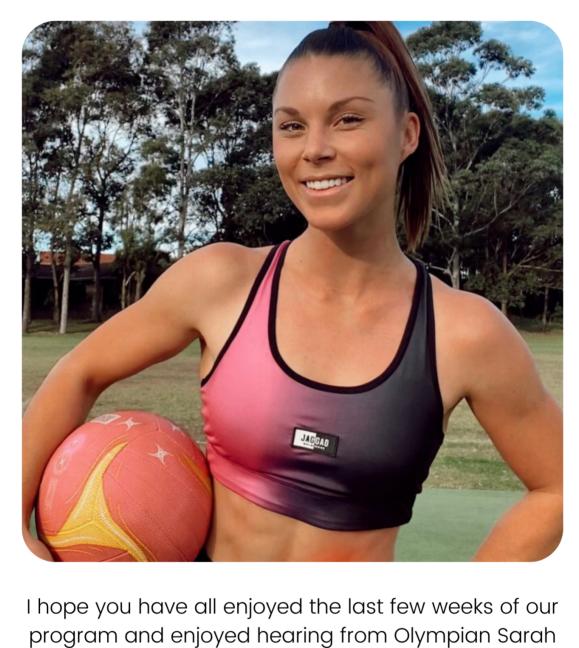
## **NETFIT X IPSHA**

# SCHOOL V SCHOOL Back to sport online program



## Your Coach

## **Tay Davies**



Carli last week, how inspiring was her story!

Our theme this week is all about FOOD!

To earn extra points make sure you bring or show on

Inspire time this week will be a full-body stretch and mindfulness session so grab yourself a towel and get ready to reward yourself with our workout.

Bring on SATURDAY!

screen your favourite food.

THE LINK

WEEK 4



Meeting ID: 831 6946 7134 Passcode: 570047

WHAT YOU NEED:

Drink bottle, sweat towel and a ball

### What to wear?

# Food diaries! Show or share your favourite food!

**THEME** 

## **Inspire Time**



Stretch & mindfulness

Grab a towel and get ready to wind down after our workout. Tay will take you through a full-body stretch and fun animal-inspired yoga class to wrap up inspire time.

**How to WIN 50 points** 

**Enable video** 

10 POINTS

and smile for the camera

# Complete the

10 POINTS

poll at the 1/2 time drink break

## 10 POINTS

Complete the workout, start to finish

# 10 POINTS

Set your name as your School name & your name

# 10 POINTS

Show on screen or share your favourite food!

Tay's quote of the week

"FOCUS ON THE STEP IN FRONT OF YOU, NOT THE **WHOLE** STAIRCASE."

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We've got your nutrition, health & fitness inspiration sorted.













