

# Wellbeing

Wednesday 27 January day

## SESSION ANNOUNCEMENT

### HEIDI STRICKLAND-CLARK

**LOCKDOWN LESSONS TO BUILD RESILIENCE:  
USING THE OUTSIDE TO FEEL GOOD ON THE INSIDE**



Heidi is the owner and director of **Fast Track Fit Camp** who run outdoor fun fitness sessions all over our local area. She is also a motivational speaker and her moto is: **Health and happiness first and foremost, after that everything else is so much easier!**

Heidi will be giving us hints and tips on how to stay fit and healthy during lockdown and, as she will be speaking just before breacktime, will be giving us a challenge to get outside for half an hour once her session is over. (I did ask her what happens if its raining and her reply was: 'you get wet!')

If you want to find out more about Heidi check out the website

Heidi's session will run from **10.00 – 10.30**