

Motion North East

# THE SHIELDING FITNESS PROJECT



**The Shielding Fitness Project is a FREE remote personal training programme for those with disabilities living in England.**



**The project aims to help those who have been shielding from the coronavirus get active and stay active. Tackling the negative impacts on health, fitness and wellbeing brought on by inactivity and isolation.**



**There are 24 participant places available catering for wheelchair users, people with physical impairments and those with mobility issues due to medical conditions.**

**Sessions are instructed over zoom video by specialist trainer Jonathan Baker of Motion North East.**

**Training is held on:  
Tuesdays 10.00-18.00  
Wednesdays 10.00-14.00  
Thursdays 10.00-18.00**

**For more information and to apply for a space today contact:**

**info@motionnortheast.co.uk  
07712289225**



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