

# LOCKDOWN LIFE

Issue 25

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## Active Newcastle



"WE'RE ALL NOW SPENDING A LOT MORE TIME AT HOME THAN WE MIGHT LIKE, WHICH IS WHY STAYING AS PHYSICALLY ACTIVE AS POSSIBLE IS MORE IMPORTANT THAN EVER."

Throughout the current situation we find ourselves in Active Newcastle are keen to keep you motivated and moving.



Read on to find out more...

## How To Get Involved

Each week there is a fully packed schedule of live sessions. All sessions are suitable for all abilities. If you are looking to get back into activity, move a little more or just want some headspace, these sessions are great.



The sessions are live on the Active Newcastle Facebook page daily, and the schedule posted and pinned to the top of the page each week.



If you can't make a session you can catch up on Youtube!

Visit [www.activenewcastle.co.uk](http://www.activenewcastle.co.uk) to find out more!

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# Let's Play!

Get started with this fun game of Connect 4!

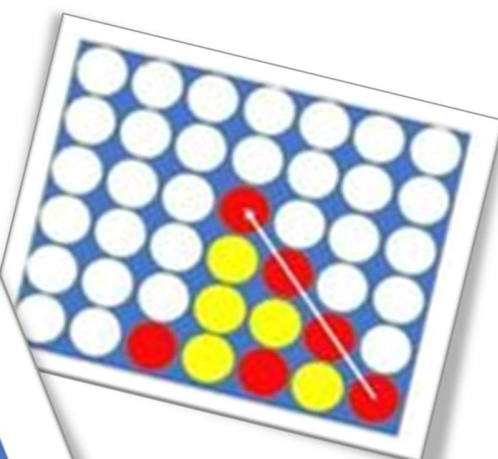


## How to Play:

- Each player chooses a colour; red or yellow
- Players take turns to choose an activity starting from the bottom row. Once they have completed the activity, they mark it off with their colour.
- Players can not choose an activity from the row above until the one beneath has been completed.
- You can change activities so everyone can join in or create your own.
- The first player to get 4 in a row; horizontal, vertical or diagonal is the winner

Playing a fun game is a great way to increase your fitness.

Try this twist on the classic game of Connect 4!



To get a printed copy of Connect 4 just contact the Personalisation & Wellbeing Department!