

# Move Imperial – Live Well to Learn Well

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# Welcome

- Sport and Physical Activity Strategy
- Overview of Move Imperial
- Student-focussed initiatives
- Benefits of physical activity
- Student testimonials
- Supporting our students

# Strategy

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## Sport and Physical Activity Strategy 2023 - 2028

**THE VISION:**

TO MAKE EVERY MEMBER OF THE  
COLLEGE COMMUNITY  
**MORE ACTIVE**

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**THE GOAL:**

ENABLE & EMPOWER EVERY  
MEMBER OF OUR COMMUNITY  
TO DO  
**150 MINUTES**  
OF EXERCISE PER WEEK

In line with the recommendations of the  
Chief Medical Officer (CMO)

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**THE MISSION:**

BY ADVOCATING THE BENEFITS  
OF AN ACTIVE LIFESTYLE, WE'LL  
WORK TO EMPOWER OUR  
COMMUNITY TO FULFIL THEIR  
POTENTIAL THROUGH  
PHYSICAL ACTIVITY



# Strategy

## Sport and Physical Activity Strategy 2023 - 2028



SO, WHAT NEXT?

### HOW WE'LL DO IT

Empowering every member of our community to undertake 150 minutes of physical activity per week will require a holistic effort across multiple areas of work. Our work will be underpinned by our values of:

**COLLABORATION | INNOVATION | INTEGRITY | EXCELLENCE | RESPECT**

Here are the key objectives for how we'll do it:

#### PHYSICAL WELLBEING

Positively impacting wellbeing by developing a comprehensive package of physical activity programmes.

#### ACTIVE

Making an active lifestyle accessible, sustainable and rewarding for every member of our community.

#### ACTIVE CURRICULUM

We aim that in all learning sessions students do not remain sedentary for more than 60 minutes.

#### IMPERIAL ATHLETES

To deliver the best experience and foster lifelong memories for our student athletes and clubs.

#### INFRASTRUCTURE

Developing spaces, services and equipment in line with the expectations of our community.



# Welcome to Ethos!

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## Our Facilities:

- *Gym*
- *SW7 Functional Gym*
- *Studio*
- *Sports Hall*
- *Climbing Wall*
- *Squash Courts*
- *Swimming Pool*
- *Sauna, Steam Room & Heated Lounges*
- *Changing Rooms with Lockers*
- *Performance Gym\**



*\*Only available to Scholar athletes and Performance Clubs*

# Other Information

## Harlington Sports Grounds



- Rugby - 4 pitches (1 with American football markings)
- Football - 8 pitches & 1 floodlit FIFA Certified 3G Astro
- Lacrosse - 2 pitches
- Hockey - Floodlit Sand Based Astro
- Cricket - 1 square
- Baseball/Softball - 1 diamond
- 1 Multi-Use Games Area (MUGA)
  - 3 floodlit tennis courts, 2 floodlit netball courts
- Floodlit grass training area
- Pavilion with Bar and function room

## Satellite Gyms



### Other Move Gyms:

- Charing Cross Hospital Gym (Reynolds)\*
- Hammersmith Hospital Gym\*
- Silwood Park Gym

\*included in IC Student Gym & Swim membership; request access through ASK

### Partner Gyms:

- Westway Sports Centre

## North Wales Mountain Hut



- Snowdonia National Park
- Available to hire – please log an ASK ticket
- Hot/cold running water, toilet and shower, and basic cooking facilities
- Sleeps maximum 18 people

### Costs:

- Deposit = £50
- Per Night = £40 - £60

## Putney Boathouse



- Site for all Imperial rowing clubs
- Used by Imperial Scholar athletes
- Treatment room



# Imperial Athletes

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- [Imperial Athletes](#) is the home of sports clubs at the College
- Before you join a club, you will need to become an Imperial Athlete. You'll pay a one-off annual membership which allows you to joining sports clubs, BUCS affiliations and your entry to Imperial Leagues our Intramural sports programme.

## Imperial Leagues

- Is our social sport programme at Imperial. Fixtures are spread across the week, run throughout the academic year and are open to all with an Imperial Athletes membership. You can enter the leagues with course friends, housemates, colleagues, a club team or even as an individual and we will strive to find you a team.

## Our Annual Events

- The Imperial Varsity is our annual sport competition between Imperial College and Imperial Medical School. A 1000-person event hosted over two days at Ethos Sports Centre and out at our sports grounds in Harlington.
- Sports Awards is hosted each year to celebrate the outstanding athletes, teams an clubs and say farewell to what has been another memorable year.

## Performance Sport

- Our performance programme is made up of Performance Teams that are competing at the highest level within the British Universities and College Sport (BUCS) framework and Scholarship Athletes representing their home nation and achieving success on the world stage.



# Wellbeing





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- *Free social sport programme*
- *Variety of activities (Latin DanceFit, Tai Chi, Racket sports)*
- *Operates across different campuses*
- *All sessions are beginner friendly & equipment provided*
- *No need to sign up\* to individual sessions – just turn up with your College ID card*
- *No commitment – attend as and when fits into your schedule*
- *Student Sports Activator at each session to welcome you*
- *View our [timetable online](#)*


*\*To attend sessions at Ethos you must have purchased the FREE basic membership*



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## SESSION TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00-12:45 <b>((BOUNCE))</b> Ethos 5th Court	14:00 - 15:00 <b>BASKETBALL</b> Ethos - date exception 07/06/24	12:00 - 13:00 <b>BADMINTON</b> Ethos - date exception 08/05/24	12:00 - 12:45 <b>YOGA</b> Unit A, Silwood Park	12:00 - 13:00 <b>COACH-LED TENNIS</b> Court 6, Hyde Park Tennis Courts	08:00 - 09:00 <b>BASKETBALL</b> Ethos	16:00 - 17:00 <b>MIXED RACQUET SPORTS</b> Ethos
12:00-12:25 <b>SIMPLY FIT</b> SW7	16:00-17:00 <b>TOUCH RUGBY</b> Queens Lawn	17:00 - 18:00 <b>ZUMBA</b> Unit A, Silwood Park	12:30 - 13:30 <b>SQUASH</b> Squash Courts, Ethos	17:00 - 18:00 <b>TABLE TENNIS</b> 5th Court, Ethos		
12:30-13:30 <b>MINDFULNESS ACTIVITIES</b> SALC 2, Sherfield	18:00 - 19:00 <b>YOGA</b> Flexible Wellbeing Space, White City	17:00 - 18:00 <b>5-a-side Football</b> Scalespace, White City	12:30 - 13:30 <b>SPIKEBALL</b> Queens Lawn			
13:00 - 14:00 <b>BADMINTON</b> Ethos		17:30 - 18:30 <b>YOGA</b> SM Committee Room, St Mary's	15:00-15:45 <b>MUAY THAI BOXING</b> Ethos Studio			
17:00 - 18:00 <b>PILATES</b> Hammersmith, Wolfson Cafe		18:30 - 19:30 <b>ZUMBA</b> Hammersmith Cafe, Wolfson	18:00 - 19:00 <b>YOGA</b> Hammersmith, Wolfson Cafe			
17:00 - 18:00 <b>TAI CHI</b> SALC 2, Sherfield			19:00-19:45 <b>((BOUNCE))</b> Ethos 5th Court			
17:00-17:45 <b>AQUA AEROBICS</b> Ethos Swimming Pool						
18:30-19:30 <b>PILATES</b> Flexible Wellbeing Space - White City						
19:30 - 20:30 <b>LATIN DANCEFIT</b> Ethos Studio date exception 17/06/24						

■ South Kensington
■ Hammersmith & White City
■ Charing Cross & St Mary's
■ Silwood

@move.imperial



# Move Online

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- *Free content for Imperial staff and students*
- *Access to over 250+ sessions*
- *Exercise anytime, anywhere*
- *Access the sessions on any device*
- [Access Move Online here](#)

## Move Online



# Learn

- *Pre-recorded educational presentations on the benefits of leading a healthier lifestyle*
- *Variety of topics: nutrition; sleep; strength & flexibility; five ways to wellbeing*
- *Imperial staff and students can access anytime*
- [Access our Learn webpage here](#)





# Events & Campaigns

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*Run a variety of free events throughout the year...*

- *Blue Monday*
- *World Mental Health Day collaboration*
- *Movember campaign – men's health*
- *Move her way*
- *Christmas activities – foraging and wreath making*
  
- [Visit our events webpage here](#)



# University Mental Health Day

- *Therapy Dogs*



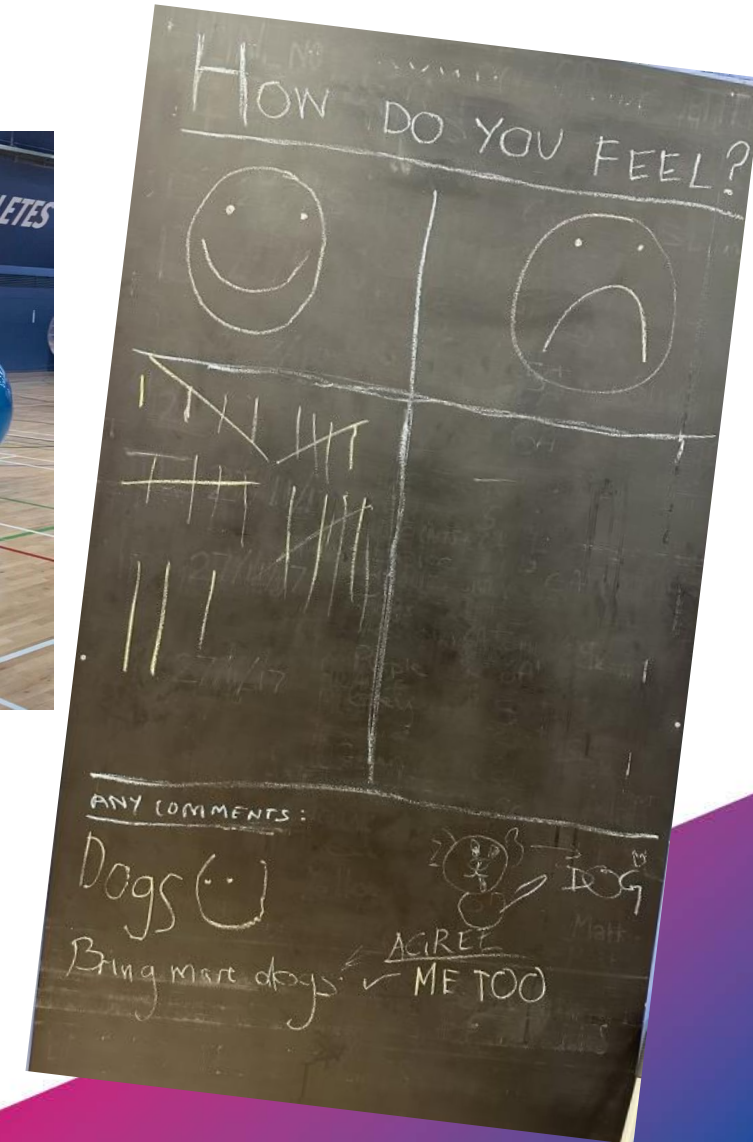
- *Zorb football*



- *Wellbeing activities: mindfulness; lego; mindful colouring*



- *Collaborate with wellbeing teams*



# Stress Less

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- *Support during exam season*
- *Working with partners in student-facing and support roles*
- *3 elements:*
  - *Building your toolkit to support wellbeing*
  - *Deep relaxation and soothing the nervous system*
  - *Have fun and socialize*





# Mental Health Awareness Week

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- *This year's theme: Movement for our mental health*
- *Programme of activity coordinated by colleagues in POD*
- *Move Imperial's contributions to the programme:*
  - *Forest therapy*
  - *Climbing*
  - *Online sessions*
  - *Men's health talk*
  - *Water aerobics*
  - *Yoga for managing the menstrual cycle or menopause*

## Mental Health Awareness Week

13-17 May 2024

**Movement** | Moving more for our mental health



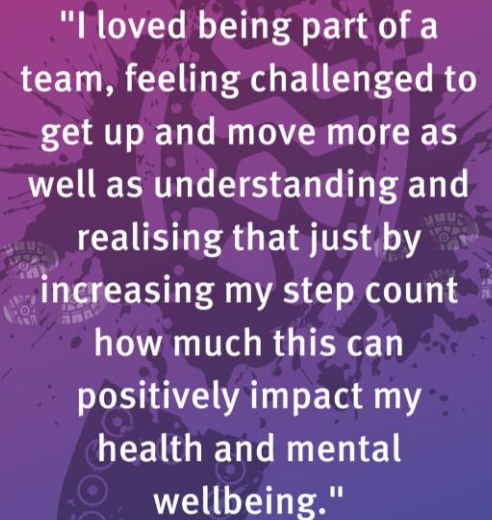


# Imperial's Big Step Challenge

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- *Reducing sedentary behaviour & increasing step count*
- *Participate in teams – contribute to a wider goal*
- *Online platform – can be done with little effort*
- *Over 1130 people participated*

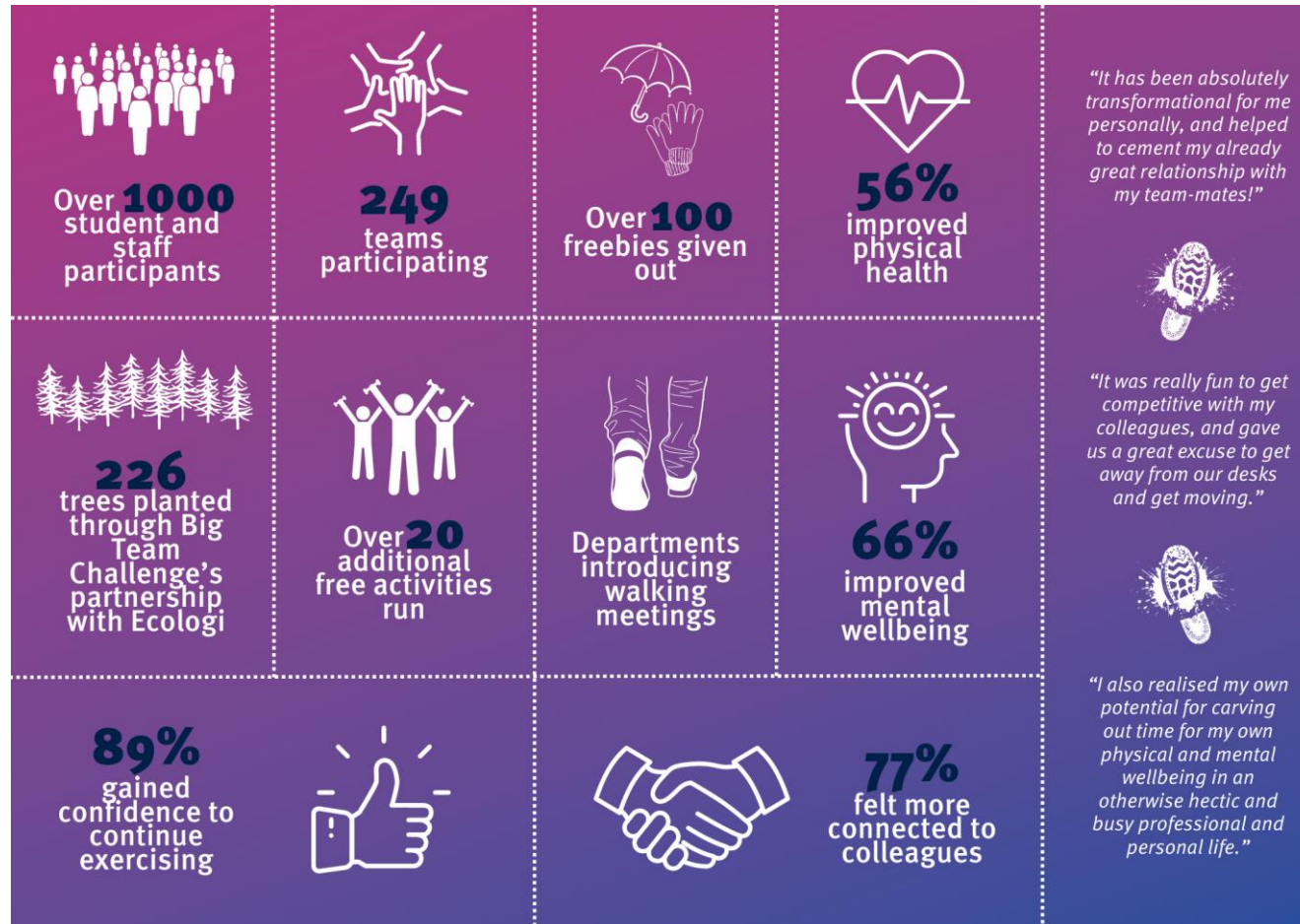


"I loved being part of a team, feeling challenged to get up and move more as well as understanding and realising that just by increasing my step count how much this can positively impact my health and mental wellbeing."

# Imperial's Big Step Challenge

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# Benefits of being physically active

- *Physical health*
  - *Improved cardiovascular fitness & strength*
  - *Reduces risk of developing long-term health condition*
- *Mental health*
  - *Improved mood*
  - *Protective factor against depression*
- *Social development*
  - *Meet others from around college and make friends*
  - *Builds confidence*
- *Academic benefits*
  - *Improved concentration & productivity*
  - *Improves communication & employability skills*



# What do our participants say?

I have enjoyed meeting and playing with other Imperial college staff and students. A great morale booster and a break from work pressure.

Physical activity, social connections, great for both my physical and mental wellbeing

*Trying new sports and equipment, meeting new people*

Great way to exercise and to relieve stress doesn't impact day as it's at lunchtime

Improving my mental and physical health

Improved fitness, social interactions with people I might not normally talk to.

Helps me switch off after a long day in the lab

Making new friends who are having same hobby with you.

Having fun in a sport I wouldn't have otherwise done and making new connections in the College in this way



# How can you support your students?

- *Promotion – signpost more students to our services*
- *Be a positive advocate – if we don't see it, we won't feel empowered to do it*
- *Reach out – can we support your students?*
- *Partner with us – sport and physical activity research*



# Questions?

*Abby Sanderson, Wellbeing Manager*

*Move Imperial*

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