

ENERGISE

STAFF
PARENTS
COMMUNITY

SCHOOL VIRTUATHON[®]

8-WEEK WELLBEING & FITNESS PROGRAMME

- ✓ STAFF WELLBEING
- ✓ COMMUNITY COHESION
- ✓ SCHOOL FUNDRAISING

School Virtuathon is an eight-week wellbeing, lifestyle and physical activity programme to energise **staff, parents** and your wider **community**, which cumulates in a 'virtual' event (so there's no organisation required) with a Virtuathon medal as a reward. It encourages participants to become more physically active and live healthier lifestyles, it has a positive impact on community cohesion and can raise vital funds for your school.

8
WEEK

WELLBEING, LIFESTYLE & FITNESS PROGRAMME, APP AND MEDAL!

The programme weaves together related education from multiple sources such as physical activity, nutrition, healthy eating, mindset, meditation, yoga and much more, to encourage positive habits long after participants have completed their School Virtuathon.



FITNESS



NUTRITION



MINDSET



WELLBEING



HEALTH



MOTIVATION

PARTICIPANTS COMPLETE THEIR SCHOOL VIRTUATHON WITH A 5K OR 10K WALK, JOG OR RUN AT ANY LOCATION, INDIVIDUALLY OR WITH FRIENDS.



LEARN MORE AT [SCHOOLVIRTUATHON.COM](https://www.schoolvirtuathon.com)

No financial risk as setup and administration is FREE. We provide everything so as not to impact on your time or resources.