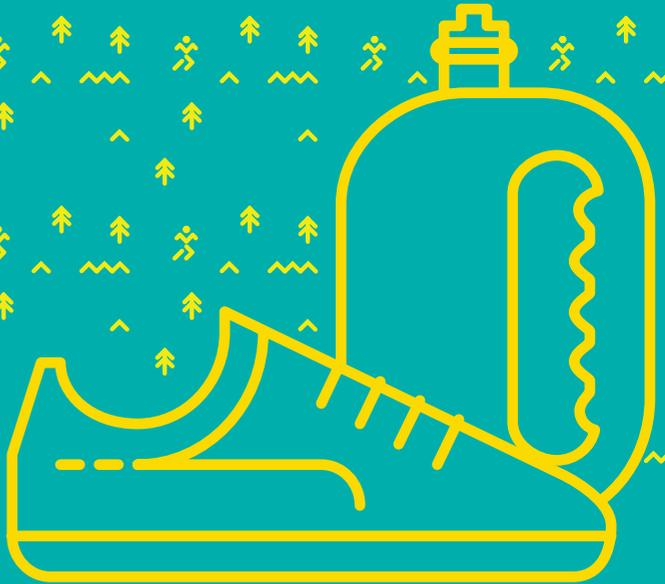




# TAKE YOUR FIRST STEPS

Running for a healthy mind and body



Sheffield  
Hallam  
University

Active

**'MY MENTAL HEALTH  
CONDITION MAKES ME FEEL  
LIKE I AM ON A SPECTRUM  
WHERE ON ONE END MY  
MIND IS TELLING ME THAT  
I CAN'T DO IT, BUT AFTER  
THE RUN JUST BY MOVING  
PHYSICALLY I FELT LIKE I HAD  
MENTALLY MOVED UP THAT  
SPECTRUM WHERE MY MIND  
WAS TELLING ME THAT  
I COULD GET THROUGH  
THIS AND THAT I AM  
STRONG ENOUGH...'**

*2nd year student Move Feet and Mind group*

# WELCOME TO MINDFIT

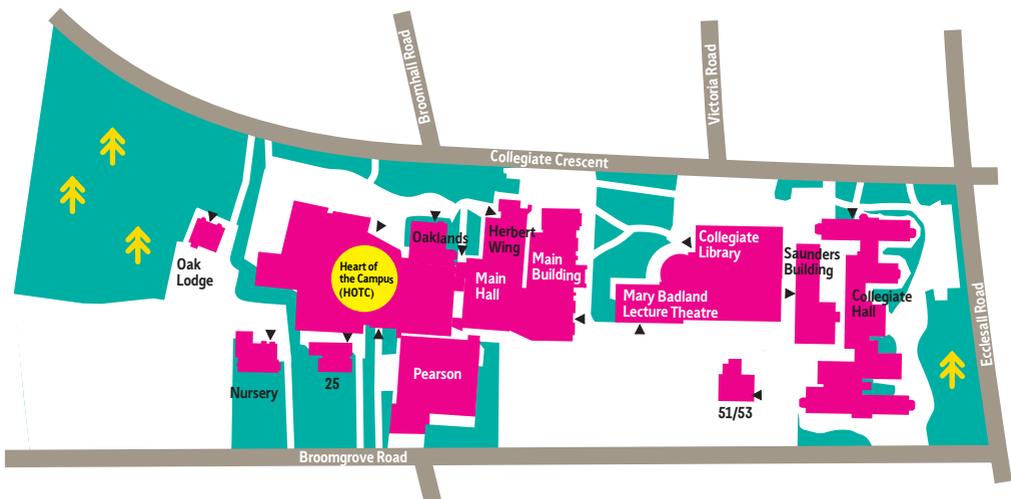
## The Wellbeing Running Group

Mindfit gives you the chance to take part in a programme for students, which brings together mind and body for wellbeing through walking and running. This is done within a supportive group and with a counsellor. It is an opportunity to have a structured programme and walk or run while having a chat. You can get a few things off your chest and let your unconscious mind solve your problems while you run.

At each run there will be at least one Run Leader and a Student Sports Activator. We are here to guide you and we can accommodate different abilities and levels of fitness. We usually have three running speeds; chatty running, fitness running and race pace. After the run we enjoy a chat, warm drink and a snack, sometimes followed by meditation.

Our first meeting is on **Wednesday 9 October at 2.30pm**, Heart of the Campus Café, Collegiate Crescent. Here you can enjoy a free drink, snack and chat with the team of Run Leaders along with the Student Sports Activators. This is an opportunity to meet the other students on the programme and get to know your running buddies.

The running starts on **Wednesday 16 October at 2.30pm**, meeting at Heart of the Campus Café, Collegiate Crescent. We will start with a warm-up activity followed by a 5 minute brisk walk and then we will combine running and walking, following the NHS couch to 5km programme.



# SCHEDULE

## Week 1 – 16/10/19

- Walk/run
- Debrief, drinks & snacks

## Week 2 – 23/10/19

- Walk/run
- Debrief, drinks & snacks

## Week 3 – 30/10/19

- Walk/run
- Debrief, drinks & snacks

## Week 4 – 6/11/19

- Walk/run
- Debrief, drinks & snacks
- Motivational speaker

Midpoint  
review

## Week 5 – 13/11/19

- Walk/run
- Debrief, drinks & snacks

## Week 6 – 20/11/19

- Walk/run
- Debrief, drinks & snacks

## Week 7 – 27/11/19

- Walk/run
- Debrief, drinks & snacks

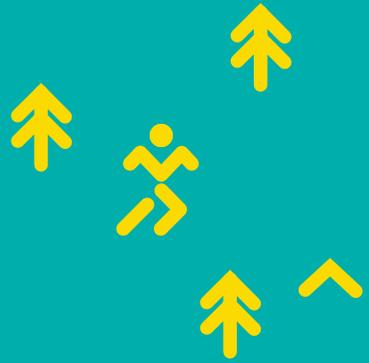
## Week 8 – 4/12/19

- Walk/run
- Debrief, drinks & snacks

7/12/19

## Endcliffe parkrun

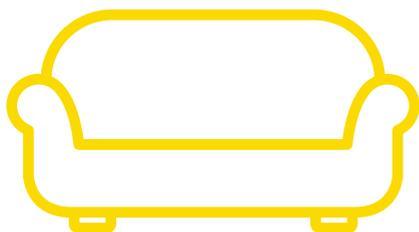
- Presentation
- Cake
- Photographs
- Signposting to running communities & magazines



# COUCH TO 5K WEEK BY WEEK

	Weekly runs	Duration	Warm up	Run
Week 1	3	20 mins	5 mins walk	1 mins run + 1.5 mins walk x6
Week 2	3	19 mins	5 mins walk	1.5 mins run + 2 mins walk x4
Week 3	3	15.5 mins	5 mins walk	2 x 1.5 mins run + 1.5 mins walk followed by 3 mins run + 3 mins walk
Week 4	3	26.5 mins	5 mins walk	3 mins run + 1.5 mins walk + 5 mins run + 2.5 mins walk + 3 mins run + 1.5 mins walk + 5 mins run
Week 5	3	26 mins	5 mins walk	<b>Run 1)</b> 5mins run + 3mins walk + 5mins run + 3 mins walk + 5mins run
		26 mins	5 mins walk	<b>Run 2)</b> 8 mins run + 5 mins walk + 8 mins run
		25 mins	5 mins walk	<b>Run 3)</b> 20 mins run
Week 6	3	29 mins	5 mins walk	<b>Run 1)</b> 5mins run + 3mins walk + 8mins run + 3 mins walk + 5mins run
		28 mins	5 mins walk	<b>Run 2)</b> 10 mins run + 3 mins walk + 10 mins run
		30 mins	5 mins walk	<b>Run 3)</b> 25 mins run
Week 7	3	30 mins	5 mins walk	<b>Run 1)</b> 25 mins run
		30 mins	5 mins walk	<b>Run 2)</b> 25 mins run
		30 mins	5 mins walk	<b>Run 3)</b> 25 mins run
Week 8	3	35 mins	5 mins walk	<b>Run 1)</b> 30 mins run
		35 mins	5 mins walk	<b>Run 2)</b> 30 mins run
		35 mins	5 mins walk	<b>Run 3)</b> 30 mins run

We encourage you to be active 2 or 3 times a week if possible from week 5. The programme gives you suggestions of how long to run for.



# GETTING STARTED

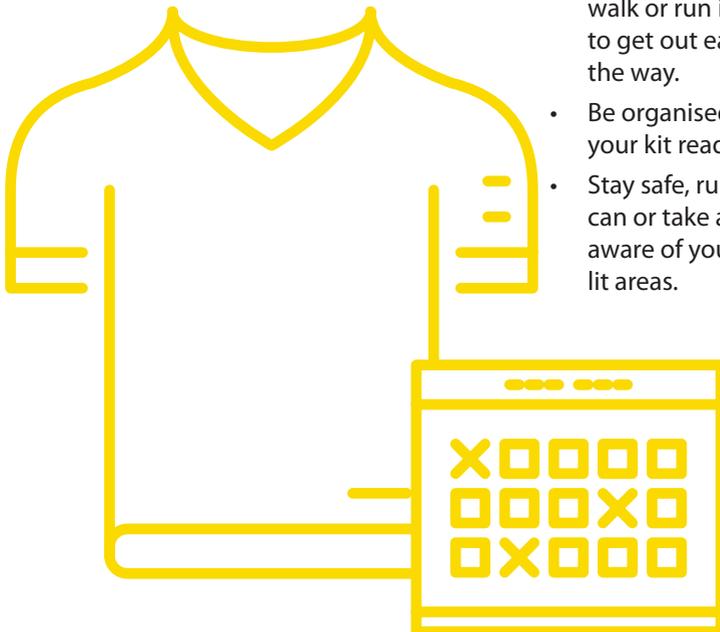
## Information about running

### Be comfortable in your running clothes

Feeling comfortable is really important. You don't need high spec kit, all you need is comfortable clothing and supportive trainers. An old T-shirt and leggings or shorts will do. Fitness tights are good if you have them and sports shirts are good because they help keep you dry. Stay safe if you are running at dusk or in the dark, wear reflective clothing.

### Be comfortable in your running shoes

If you want to buy trainers, go to a running shop rather than a fashion based sports shop. They will be able to help you.



### Build up gradually

Pace is important, so we will start by walking and running and gradually build into a steady, sustained pace. There is no right or wrong way to run: imagine yourself running for joy and being in flow with light feet. Not every day is going to be your best running day. Life has ups and downs as will your running – it's part of the package. Go with the flow, a slow run is better than no run.

We will help you to:

- Plan your week – plan your runs – and attune your mind to getting out of the door.
- Think about the best time for you to walk or run in the day. You may prefer to get out earlier before things get in the way.
- Be organised and remember to get your kit ready the night before.
- Stay safe, run with others when you can or take a phone out with you, be aware of your surroundings, run in well lit areas.

# RUNNING FOR A HEALTHY MIND

## Natural therapy

Walking and running are natural therapy. We are designed to move and when we are moving we change our body chemistry, which helps give us feelings of tranquility, improves our mood, our sense of self-worth and our outlook on everyday life. It can help us feel positive about the day ahead and cope with setbacks if they arise.

### Walking and running can help us:

- Feel more positive
- Feel less negative
- Feel calmer and more tranquil
- Be more productive
- Have better problem solving skills
- Be more creative
- Have an inner glow
- Have a feeling of mastery
- Feel more in control

**What if you could have these benefits for 4 hours a week?**

**How about 12 hours a week?**

Research suggests that a run at moderate pace with an increase in body temperature (sweating a bit) could give you a 4-hour window of these things post-run.

**3 runs a week x 4-hour window  
= 12 hours of improved mental wellbeing**

## Be Mind Fit

Step 1. What do you want?

Step 2. What does it look like, what are you saying to yourself, what do you feel when you are running? Visualize and say it in the positive

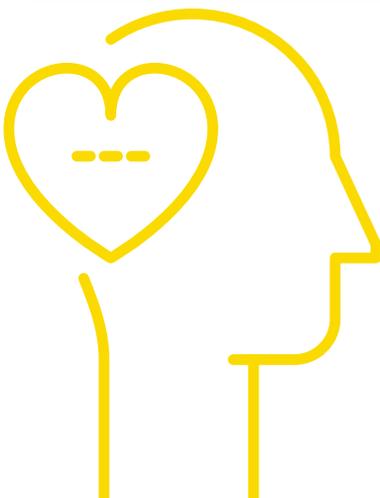
Step 3. What happens if you don't go out?

Step 4. What happens if you do go out?

Step 5. Is anything going to stop you?

Step 6. What is the cost?

Step 7. Is it worth it?



# ***RUNNING LEADERS***

## **Charlotte**

My role is the Deputy Head of Psychology, Sociology and Politics. I work to ensure students in my department get: the best learning opportunities; the right support; the best out of their study with us; and the best experience possible. With a department of over 1000 students this can be very hard work and very stressful.

My trainers are my salvation - the run is my reward for working hard, a space where my mind is free to wander, to dream, to plan, and to make sense of me, my life and my world.

## **Jan**

I am a Counsellor working with staff and students. Hearing the stories of students' lives and helping them navigate the world and find solutions to their struggles is a privilege. Life does, however, get busy and my head gets a bit too full at times, so I pull on my trainers and head for the trail.

Running gets me out of my head and into my body where my freedom lies - on the trail rolling along, come rain or shine.

## **Lizzie**

I am Associate Course Leader for Student Development for BSc Psychology. I am passionate about supporting students' academic, professional and personal growth, and ensuring students leave university confident, happy, healthy and prepared. Work, life and being a new mother can be overwhelming at times and getting outdoors is really important for my soul, body and mind. Nature and exercise restores me and provides me with perspective, appreciation and delight.

## ***FOR MORE INFORMATION***

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Sheffield Hallam University  
Level 1, Surrey Building  
City Campus  
Sheffield, S1 1WB

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Email: [student.wellbeing@shu.ac.uk](mailto:student.wellbeing@shu.ac.uk)

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