

## Furness College students have a healthy start to 2018

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### Over 400 Furness College students had fun getting fit as part of Healthy College Week 2018.

The event, which took place at the colleges Channelside and Rating Lane campuses last week, encouraged students to get active and boost their physical and mental wellbeing.

A number of local providers, including Cumbria Cricket, Barrow AFC Community, Barrow Raiders, Bubble Football Cumbria and YoKids Yoga, took part in 36 activity sessions across 14 different sports with students from a range of curriculum areas.

Furness Colleges Ross Liddicott, who led the Healthy College Week programme, said: Healthy College Week promotes the benefits of being active and the positive impact this can have on our students physical and mental wellbeing.

By incorporating fun fitness activities such as GlowSports and Bubble Football, we have helped to break down barriers to taking part in regular exercise and showed our students how physical activity can become an enjoyable part of their weekly routine.

We were able to engage over 400 students in over 36 different sessions across both sites over the course of Healthy College Week 2018.

We hope to build on this by encouraging students to take part in our innovative Fit4Work project, which ensures that students have the physical and mental strength and stamina required to be successful in their chosen careers by creating a tailored programme of exercise and physical activity.

During Healthy College Week, organisations such as NHS Sexual Health, CADAS, Royal Voluntary Service and Nightstop also visited the Channelside campus to showcase their range of services and volunteering opportunities to students.

The event also featured a moving presentation from national charity CoppaFeel!, the first breast cancer charity in the UK to solely create awareness amongst young people.

Ross added: I'd like to thank all the local and national organisations who got involved in Healthy College Week and made the event such a success.