

# Helping to keep Hertfordshire's residents active and healthy

Herts Sports Partnership would like to bring to your attention the following FREE programmes which may be of interest, at this unprecedented and challenging time:

## 1. Coach Ai at Home – Virtual Exercise Companion

In partnership with colleagues at the University of Hertfordshire we have adopted Coach Ai – a virtual companion that interacts with individuals via smart phones – to help them make exercise a regular part of their weekly routine.

Leisure centres, fitness clubs and gyms may be closed, and community sport clubs may have been forced to pull down the shutters on their programmes, but HSP is committed to helping Hertfordshire's residents stay active and healthy through the Covid-19 pandemic.

The programme uses proven behavioural science to accompany people throughout their journey offering much needed support to become and stay active within the confines of their own home.

Using Facebook Messenger, Coach Ai chats with you via smartphone in the same way you do with friends, sending reminders for your planned activity sessions, helping to keep you, and your family on track.

It takes less than a minute to get started and the programme will give you the extra motivation and guidance you may need to stay active, during such challenging times.

The programme is being offered FREE to Hertfordshire residents and can be accessed at <https://bit.ly/3aRUEiC>

## 2. Free Mental Health Awareness training for Sport and Physical Activity

The Partnership is offering 260 FREE places on Mind's online *Mental Health Awareness in Sport and Physical Activity* course, as we firmly believe that those involved in organising and delivering our community sports programmes, will come across a range of mental health issues being experienced by participants, club members, players, coaches, volunteers and officials, as and when we come through the current crisis, and community sporting programmes return to near normal.

In preparation for this, we are seeking to embed greater awareness of mental health issues across the sport and physical activity sector, amongst both the paid and volunteer workforce and we believe that this course goes some way to achieving that.

This programme is also supporting the #2.6Challenge whereby for every Hertfordshire based person who completes the course, the Partnership will donate £10 to our sister charity – the [Herts Disability Sports Foundation](#) which is currently delivering some fantastic virtual programmes for some of the county's most vulnerable residents.

To find out more about the course or to join go to <https://www.ukcoaching.org/courses/learn-at-home/mental-health-awareness-for-sport-and-physical-act>

Any assistance in helping us spread the word on these programmes, would as always, be very much appreciated.