



FREE FITNESS PLATFORM FOR NHS EMPLOYEES

Sign up now to access #DoingOurbit - a FREE fitness platform developed by the NHS for the NHS, working with Industry leaders who all gave their time free of charge. All videos start with a unique 'thank you NHS' message to keep it exclusive, whether it's yoga, pilates, low impact, family sessions or high intensity workouts.



NHS

The Royal Wolverhampton
NHS Trust

#DOINGOURBIT

Supported by

fibodo **STUDY ACTIVE** **ActiveIQ**

<https://www.fit4thefight.org/nhs-members-area>

