



STAYING *Fit, Healthy & Safe* WHILE YOU TRAVEL

Workshop by Claire McFarlane
#ZafigoX2019

Hi there! Super excited to be meeting you during ZafigoX 2019 and look forward to giving lots of know-how and tips for stay fit, healthy and safe while you are travelling at the workshop on Sunday.

Who is the workshop for?

It is for everyone provided you are injury free - all fitness levels are welcome. I have experience coaching adaptive sport to people with disabilities, so even if you are physically challenged, feel free to join in. Please let us know in advance should this be the case.

USEFUL APPS

google maps
maps.me
Runtastic
Spotify
Youtube
Insight Timer

What you will learn and experience from this workshop:

- Why being active can help you enjoy travel
- How to plan a workout in a foreign city or country
- Useful apps and tools for your workout
- Tips and techniques to stay safe, healthy and injury free
- The workout (30 minutes: gentle movement, tabata, cool down)
- Time to ask questions
- A fun morning to relax and energise for Day 2

What do you need for the workshop?

- comfortable shoes, ideally sport shoes
- comfortable clothes that allow for movement and keep you cool
- water bottle
- smartphone (if you have one)
- small bag or backpack (option)

What happens after the workshop?

To freshen up after the workshop, you can head back to your room or participants who are not staying at the hotel, you will be able to access the showers in the fitness area with use of towels.

Check back to my speaker's page (zafigo.com/zafigox2019-claire-mcfarlane) and access a complete 'how to' article on staying fit, healthy and safe while you travel covering the topics from the workshop and lots of extra info.

If you have any questions, please reach out via email footstepstoinspire@gmail.com or @footstepstoinspire on Facebook / Instagram.

See you on Sunday!

Claire