

February 2021  
Team Delivery:

STAY   
CONNECTED  
KEEP GOING KEEP GROWING



**668**

Total Zoom  
interactions

O.T. Thought

" It's ok if you fall apart sometimes, tacos fall apart, and we still love them. The important thing is what we do with the pieces. "

Most popular Zoom

**Fun Fitness**



**41**

Zoom exercise  
classes delivered

## Coach's Top Tip

" When performing simple movements, you are strengthening muscles, which improves stability, balance, and coordination. These can be done when watching TV, reading a book or regularly throughout the day ".



" My daughter absolutely loves the Stay Connected sessions, they're brilliant! They provide structure and enthusiasm to her week and make such a difference. Thank you to the Sport for Confidence team ".

Passionate



Caring



Person-centred



Inclusive



Innovative

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