



Institute of Sport
and Exercise
University of Dundee

Active Strength

★ fun ★ healthy ★ active ★ safe

Is your child not particularly interested in playing sport, could benefit from increasing their physical activity levels (they maybe don't do a lot of after school activity) and is looking for something different and fun?

Then this fantastic opportunity is not to be missed!

What is it?

The Active Strength research project involves a fun, safe and engaging strength programme that will help your child to develop: strength, motor skills, confidence, to maintain a healthy body weight and ultimately become healthier and more active.

Who are we?

We are Strength Coaches at the University of Dundee (accredited through the UK Strength and Conditioning Association) who are PVG checked and have many years of experience working with children.

What will my child do?

An assessment at the start and end of the project. Two sessions per week at the University for 4 weeks.

- *Assessment* - strength, confidence, movement skills, body composition and physical activity levels.
- *Programme* - strength based sessions will involve a combination of body weight and movement based exercises – we are training stronger movement, not muscles!

For more information: Helen Collins - 01382 385674 or h.m.collins@dundee.ac.uk