

CREATING HEALTHY HABITS!

The logo for Sheffield City Trust is a colorful, multi-faceted geometric shape, resembling a stylized star or a cluster of triangles. It features a gradient of colors including red, purple, blue, and green. The text "SHEFFIELD CITY TRUST" is written in white, bold, uppercase letters across the center of the logo.

**SHEFFIELD
CITY
TRUST**

GET THE MOST OUT OF YOUR MEMBERSHIP

With so many activities available to you, it can be a bit daunting. Here's our top tip: **Keep it simple to start with.** The majority of members who come regularly have one thing in common: they tend to do the **same activity** at the **same time** in the **same venue**, each week.

Create your 'healthy habit'

Use the planner to choose an activity that you like at a time and venue that suits you.

MY ACTIVITY Remember: choose something that suits you e.g. 'Spin Class', 'Swimming'

MY TIME What day of the week and time of the day suits you best, e.g. 'Monday after work'

MY VENUE Which venue is best for you; perhaps its one near to home or work, e.g. 'Ponds Forge'

Find more tips on how to keep active and create healthy habits at sheffieldcitytrust.org/healthy-habits