



Active Residences Christmas Bingo

Boost your wellbeing over the holidays by crossing off each challenge. Go to an Active Residences activity to get a stamp, collect all 5 to win a free New Balance UOB active T-Shirt!






Go to Active Residences Cardio Class	Visit Winterbourne House & Gardens (WH&G closes 20 December 2023)	Watch your favorite Christmas film	Set a health & wellbeing New Years resolution	Go to Active Residences Badminton
Get 8 hours sleep	Go to Active Residences Pilates	Drink 3l of water in a day	Inhale - 4 secs Hold your breathe -5 secs Exhale - 7 secs Repeat 5 times	Go to Active Residences Intro to Tennis
Donate to charity	Catch up with a family member or a friend	Dance to your favourite Christmas song	Go on a 20min wintery walk	Eat a healthy meal
Spread the Christmas cheer - give someone a complement!	Take 5 pictures of nature	Go to Active Residences Yoga	Tidy or decorate your room	Go on a 30min wintery walk

STAYING IN HALLS OVER THE HOLIDAYS?

Active Residences Christmas Holiday Timetable

Active Residences offers free sports and exercise activities exclusively for students in university or partner-owned halls. Enhance your physical and mental wellbeing while meeting new people!

We've got everything from Pilates to tennis and way more. No matter your skill level, you're welcome to join Active Residences at your accommodation sites and campus, all year round.

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday
11 December 2023	Intro to Tennis 2.30pm - 3.30pm Munrow Arena 1 Sport & Fitness	Cardio with Helen 5.30pm - 6.00pm Hampton Room, Chamberlain Tower, The Vale	Just Play Badminton 4.00pm - 5.00pm Munrow Arena 1 Sport & Fitness	Yoga with Eniko 6.00pm - 6.40pm Hampton Room, Chamberlain Tower, The Vale	Pilates with Elena 2.00pm - 2.40pm Hampton Room, Chamberlain Tower, The Vale
18 December 2023	Intro to Tennis 2.30pm - 3.30pm Munrow Arena 1 Sport & Fitness	Cardio with Helen 5.30pm - 6.00pm Hampton Room, Chamberlain Tower, The Vale	Just Play Badminton 4.00pm - 5.00pm Munrow Arena 1 Sport & Fitness	Yoga with Eniko 6.00pm - 6.40pm Hampton Room, Chamberlain Tower, The Vale	Pilates with Elena 2.00pm - 2.40pm Hampton Room, Chamberlain Tower, The Vale
25 December 2023				Yoga with Eniko 6.00pm - 6.40pm Hampton Room, Chamberlain Tower, The Vale	
01 January 2024		Cardio with Helen 5.30pm - 6.00pm Hampton Room, Chamberlain Tower, The Vale	Just Play Badminton 4.00pm - 5.00pm Slater Hall Sport & Fitness	Yoga with Eniko 6.00pm - 6.40pm Hampton Room, Chamberlain Tower, The Vale	Intro to Tennis 3.00pm - 4.00pm Tennis Courts, Bournbrook Sports Pitches

HOW DO I FIND OUT MORE & BOOK ON?

As a University of Birmingham student you automatically have a Sport & Fitness account, all you need to do is set a pin!

1. Scan the QR code to the Active Residences webpage
2. Select 'book onto an activity'
3. Select forgotten your pin
4. Use your University email address & set a pin
5. Login & click make a booking
6. Select Active Residences
7. Book your activity



NOT SURE WHERE VENUES ARE?

Interactive Campus Map

