



JOIN THE JOURNEY TOGETHER



Who are we?

The HIIT Revolution are a family fitness initiative aimed at both adults and children, working primarily to encourage positive mental and physical wellbeing and to bring families closer together in a time where there is an overwhelming presence of social media and technology.

Our classes are run outside in the fresh air, with adults and children taking part in workouts based on High Intensity Interval Training (HIIT). Our sessions are fun, full of great energy and are designed to encourage parent/carer and child interaction.

Why are we on this mission?

An estimated three children in EVERY classroom suffer from a diagnosable mental health condition.

Having a good physical health has always been held in such high regard and rightly so, but the discussion of mental health and wellbeing has only in the past few years become of such significant importance. Although this movement is so encouraging, The HIIT Revolution feels that there is still not enough focus on preventing mental health conditions in the first place, especially amongst children.

Research has suggested that there is an average 10-year delay between the time that young people first experience symptoms of mental health problems and when they first receive help. After the COVID pandemic hit globally, the conversation around mental wellbeing has never been more relevant and has proven that at times, we all can be vulnerable to mental health challenges.

The HIIT Revolution's mission is to empower parents to join their children on their fitness and wellbeing journey, giving them the tools to form healthy habits from a young age, which can be taken with them through their younger years and into adulthood.



What can we all do?

One of the biggest influencers for children as they grow and develop is their school life and we feel schools have a huge opportunity to help make real changes in regard to their student's wellbeing.

Studies have already shown that mental health and wellbeing programmes in schools can lead to significant improvements in children's mental health, social and emotional skills. Research has also shown that parents see schools and teachers as the first port of call when raising concerns about their child's emotional wellbeing.

The HIIT Revolution's unique concept is a physical tool based on 'modelling', with the idea of adults encouraging children to get active with them, together!

For this reason, we firmly believe our collaboration and partnership between parents, children and schools has huge potential to have a significant impact.



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What can you expect?

Our 45-minute sessions will run on a weekly basis on the playing fields at St John's, with an option of an after school or Saturday morning class. One of our fully qualified fitness instructors will lead the class through a series of exercises and activities centered around High Intensity Interval Training (HIIT).

HIIT involves completing short periods of exercise, followed by a short period of recovery and then going back into exercising again. This process is repeated with a range of different exercises, whether that be in a traditional HIIT circuit or incorporated into a game, all in which parents and children will be interacting with each other.



Our classes are carefully designed to ensure suitability for both adults and children of all fitness abilities and encourage the following:

- joining a fitness and wellbeing journey together
- improving physical and mental wellness
- building and maintaining family relationships
- building and improving self-esteem and confidence
- improving self-awareness, emotional awareness and self-discipline
- creating healthy habits
- having fun!

Class Places and Cost

24 spaces will be available to families, split over 2 classes on a Wednesday and Saturday morning.

One Parent and Children (up to 2 children)

Pay Monthly - £46

Two Parents and Children (up to 2 children)

Pay Monthly - £59

(If you would like to bring more than 2 children along, please contact us directly.)

"We love The HIIT Revolution. My 8 year old daughter and I have been going along to classes for the last 4 weeks and have loved it! It's hard work but great fun. We get to work together which my daughter loves and we are doing the same exercises which has massively boosted her confidence in her own abilities. We are really put through our paces, but there is always a smile on our faces and we keep coming back! It's a fantastic inventive initiative which I highly recommend!" Shivi, Parent

Where can you find us?

To follow us and for further information, please head to:



@thehiitrevolution



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