



Thank you for choosing Fitter Future. Whilst schools are closed you have free access to both our Get Active and Be Mindful programmes.

**Get Active** = short fitness activities designed for the classroom or living room

**Be Mindful**= a series of activities to stimulate the mind and improve mental well-being

The programme is really easy.

**TO LOGIN:**

Click [here](https://app.fitterfuture.com/student/auth/login) to go to <https://app.fitterfuture.com/student/auth/login>

Username = northwickpark

Password = northwickpark

**PLEASE DO NOT CHANGE THE PASSWORD**