

Move More, Achieve More

Find your BASES Division Community

Division of
Biomechanics and
Motor Behaviour

Division of Physical
Activity for Health

Division of
Physiology and
Nutrition

Division of
Psychology

Division of Sport
and Performance

Find your Active Community

Staff and Student Physical Activity Initiatives

Get involved in recreational sports and events

Join in on challenges

Take enjoyment from movement

Make use of the university gym facilities



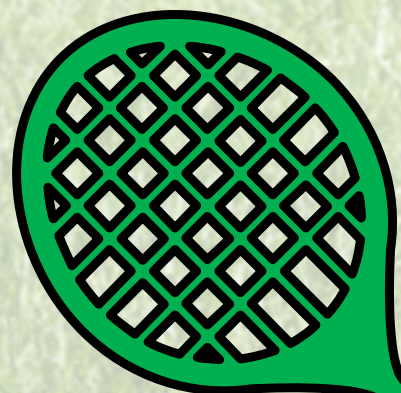
Sports Teams, Societies & Clubs

Feeling competitive, join one of the universities

Sports Teams

Find local clubs & engage with the local community

Meet and make new like-minded friends



Enjoy movement

Prioritise active breaks, go for regular walks and get some fresh air

Find something you enjoy and add this into your calendar

Take a Gym buddy with you

Starting small will build good habits



The British Association of
Sport and Exercise Sciences

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<https://www.bases.org.uk/>



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