



Truro and Penwith College is committed to engaging staff and students in active lifestyles to help promote physical health and mental well-being.

IF YOU HAVE ALREADY SIGNED UP FOR A SPORTS ACADEMY, PLEASE DO NOT COMPLETE THIS QUESTIONNAIRE.

We would like to provide opportunities for you to relax with friends and participate in drop-in physical activity sessions in addition to your studies, please tick the boxes to indicate the activities you would be interested in:

Badminton		Military Fitness	
Basketball		Running	
Boxing fitness		Spinning (cardio cycling)	
Canoeing		Squash	
Circuit Training		Swimming	
Climbing		Table Tennis	
Football		Tennis	
Gig Rowing		Trampolining	
Gym sessions		Walking	

Are there any other activities or sports that you would like to participate in:

Name (Block Capitals): _____

Student ID number: _____

If you would like more information about participation in HWS activities please contact Julian Wills julianw@truro-penwith.ac.uk or phone 01872 267571.

Follow the latest HWS news on;

Facebook: **HealthWellbeingandSport**

Twitter **@HWStruopenwith**

Please return to Julian Wills, L111, Lynher Building, Truro College, College Road, Truro, TR1 3XX