

HRF prime video

Fitness

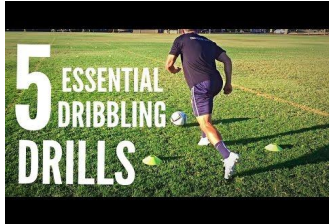
Have fun, learn new sports skills, and most importantly get moving to energise your body and support your wellbeing.

Click on the videos for a new activity and challenge!

GO AT YOUR OWN PACE.



Football



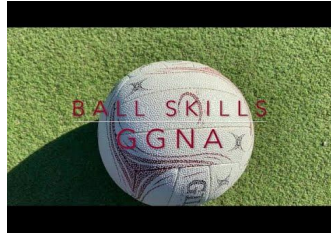
Basketball



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Gymnastics



Athletics

