

Sport & Wellness Centre

Timetable

King's Sport & Wellness Centre, 127 Stamford Street, London SE1 9NQ

Monday	13:00 - 18:00	Nutrition	Book here.
Tuesday	13:00 - 13:45	Postural Correction	Book here.
	15:00 - 20:00	Physiotherapy	Book here.
Wednesday	10:00 - 16:00	Psychology/ Behaviour Change	Book here.
	10:00 - 16:00	Physiotherapy	Book here.
Thursday	13:00 - 17:00	Physiotherapy	Book here.
Saturday	10:00 - 14:00	Physiotherapy	Book here.

Descriptions

Nutrition	The Nutrition Clinic offers a variety of support towards achieving your fitness goals. We offer guidance through nutrient breakdown, educational resources such as meal plans and how to meal prep, and general advice on how to help you achieve optimal nutrition for enhanced performance and practice.
Physiotherapy	Book in for a 1 to 1 Physiotherapy Consultation if you have an injury, we will assess you and provide a treatment plan. This might include a course of Physiotherapy sessions, referral to further medical investigations or to other healthcare professionals when needed.
Postural Correction	A focused, weekly session offering staff members a way to reduce discomfort and improve overall well-being. Our coach will guide you through a specific combination of stretches, light strength exercises and ergonomic adjustments, designed to retrain muscles, achieve better balance and improve alignment of the body. Suitable for all.
Psychology/ Behaviour Change	<p>Behaviour Change Consultation: Want to become more physically active, eat a healthier diet, or quit smoking? Our new behaviour change service can benefit any member of the King's community. Sessions are 40 minutes designed to help you tackle your specific issue, and leave the session with a practical skill or strategy that you can start using to change your own behaviour to improve your health and wellbeing.</p> <p>Sports Psychology: Sport psychology sessions giving athletes an opportunity to develop skills and strategies to optimise both mental wellbeing and sporting performance. Eligibility: TASS / King's Performance Programme / KCLSU Club Member</p>

Please note if a session is not showing up on our booking system; this means that it is either fully-booked or not going ahead.