

WANT TO GET FIT AND LOSE WEIGHT?

EVERY
SPRING,
AUTUMN
AND
WINTER

THOUGHT OF JOGGING BUT DON'T
KNOW WHERE TO START?



**JOIN OUR COUCH TO 5K
PROGRAMME FOR
BEGINNERS**

**WEEKLY SESSIONS
IN
FALKLAND ESTATE**

WHY YOU SHOULD JOIN US

- A safe way to improve your health, make friends AND feel great about yourself
- We use a proven scheme that has had thousands of successes
- For true beginners. There's no pressure - we start jogging for only 30 seconds
- In 10 weeks you'll take yourself from no ability to being a real runner
- No gym - exercise away from the public gaze - with no need to be embarrassed
- No need for lycra or any other fancy gear - just trainers and comfortable clothes

Ten weeks to feeling great



get fit
falkland

www.getfitfalkland.org.uk



We'll help you take those crucial first steps towards being active. If you can jog for just 30 seconds, you're ready to start becoming fitter than you thought possible. Imagine how good it will feel to run for 30 minutes. To show how you got off your couch! Impossible? That's what most people think. But thousands have gone on to achieve exactly that.

One of the biggest barriers to exercising is the fear of being seen, and of becoming embarrassed. Our group sessions take place in Falkland Estate, well away from the public gaze. We'll stay within the estate's tracks and roads. It's quiet, beautiful and, because we stay together as a group, everyone is safe.

Our programme is based on the NHS Couch to 5K programme. It consists of a series of nine podcasts that you repeat three times. Each one coaches you through a session. The level goes up along with your ability until, by the end, you've become a real "runner".

At Get Fit Falkland, we add vital extras! We meet once each week and do the first session together. You do the others any time that fits into your personal schedule. Do them on your own, or meet up with some of your new friends.

You probably already know the benefit of exercise. You'll feel better, have more energy, and be less likely to have heart disease, a stroke, cancer, and other ailments. It burns calories, so you can lose weight. Best of all, most people find it easier and much more enjoyable than they expect!

Get Fit Falkland is a community initiative by Falkland Trail Runners - the fastest growing running group in Scotland. All sessions are led by trained jog leaders who work with the group and its individuals, making sure that each gets the maximum benefit possible!

How much will it cost?

Get Fit Falkland gets no funding. Although it's run by unpaid volunteers, we do have some costs and we can't provide it for free.

Other "clubs" charge £5 a week or more. But we've been able to keep the cost to just £20 for the full 10 week programme! Even better, our subs include a free T-shirt.



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NHS Couch to 5K web:
www.nhs.uk/livewell/c25k