

Get Active in North Somerset

Physical activities and healthy living

Free Activities

| Activity | Ages | When | Where | Contact |
|---|----------|------|---|--|
| Couch to 5K Join a local group or download the app | All ages | | | National: https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/get-running-with-couch-to-5k/ North Somerset: https://www.betterhealthns.co.uk/information/couch-to-5k/ |
| Cycling Visit the website for local routes, maps and links to cycling groups | | | | www.betterhealthns.co.uk/information/cycling/ |
| Health Walks Walks vary in duration from 30 to 90 minutes. All abilities welcome. | All ages | | Various locations across North Somerset | www.betterhealthns.co.uk/information/healthwalks/ |

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| Mummy Flow Teaching stretching techniques to reduce your risk of injury, to relax and wind down | | Wednesdays 9.30am to 10.30am | Hutton Moor Leisure Centre Hutton Moor Road Weston-s-Mare BS22 8LY | zoe.oakley@n-somerset.gov.uk |
| Mummy Movement – Introduction to physical activity Free 12 week strength and mobility session for pre and post-natal mums. A relaxed, supportive environment where you can learn body weight and free weight techniques | | Fridays 9.30am to 10.30am | Hutton Moor Leisure Centre Hutton Moor Road Weston-s-Mare BS22 8LY | Zoe.oakley@n-somerset.gov.uk View full eligibility here: https://www.betterhealthns.co.uk/wp-content/uploads/2022/06/Mummy-Movement-2023.pdf |
| ParkPlay – Castle Batch ParkPlay is 90 minutes of free community play, every Saturday in a park or public space, for everyone! Please register online before attending: https://park-play.com/register/ (you only have to do this once) | All ages | Saturdays 9.30am | Castle Batch Bishop Avenue Worle Weston-s-Mare BS22 7PQ | getactive@n-somerset.gov.uk https://www.betterhealthns.co.uk/information/parkplay/ https://www.facebook.com/CastleBatchParkPlay |

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| ParkPlay – Portishead ParkPlay is 90 minutes of free community play, every Saturday in a park or public space, for everyone! Please register online before attending: https://parkplay.com/register/ (you only have to do this once) | All ages | Saturdays 10am | Merlin Park Playground Portishead BS20 8RW | getactive@n-somerset.gov.uk https://www.betterhealthns.co.uk/information/parkplay/ https://www.facebook.com/PortisheadParkPlay |
| Parkrun – Clevedon A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you! | All ages (children under 11 years must be accompanied during the run) | Saturdays 9am | Salthouse Park Clevedon BS21 7TU | www.parkrun.org.uk/clevedonsalthousefields/ |
| Parkrun – Weston A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you! | All ages (children under 11 years must be accompanied during the run) | Saturdays 9am | Marine Parade Weston-s-Mare BS23 1BE | www.parkrun.org.uk/marineparade/ |

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| Junior Parkrun – Clevedon Weekly, free, 2km timed events | 4 to 14 years | Sundays 9am | Clevedon Seafront Clevedon BS21 7EH | www.parkrun.org.uk/clevedonseafont-juniors/ |
| Junior Parkrun – Weston Weekly, free, 2km timed events | 4 to 14 Years | Sundays 9am | Walford Avenue Weston-s-Mare BS22 7RD | www.parkrun.org.uk/westonsupermare-juniors/ |
| Junior Parkrun – Yatton Weekly, free, 2km timed events | 4 to 14 years | Sundays 9am | Yatton Recreation Ground Yatton BS49 4HS | www.parkrun.org.uk/yattonrecreation-juniors/ |
| Mind, Body and Baby (Postnatal Health, Exercise and Nutrition) Healthy lifestyle course for mums who have given birth in the last year. | | Wednesdays 11.15am to 12.45pm | South Weston Family Hub For All Healthy Living Centre 68 Lonsdale Avenue Weston-s-Mare BS23 3SJ | Self refer: https://www.betterhealthns.co.uk/healthy-families/healthy-baby/postnatal-hen-health-exercise-nutrition/ Whatsapp message: 07771 837 889 hen.pregnancy@n-somerset.gov.uk |

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| <p>This Woman Runs – Clevedon</p> <p>We create free, safe, local and zero-pressure running communities for women to connect, meet up, chat, laugh, share challenges, celebrate achievements, cheer each other on and run together.</p> | 18+ | Sundays 8am | Clevedon Children's Centre The Barn Great Western Road Clevedon BS21 6HB | <p>Georgie Freeman 07835 966 916</p> <p>hello@thiswomanruns.com</p> <p>www.thiswomanruns.com</p> |
| <p>This Woman Runs – Nailsea</p> <p>We create free, safe, local and zero-pressure running communities for women to connect, meet up, chat, laugh, share challenges, celebrate achievements, cheer each other on and run together.</p> | 18+ | <p>Wednesdays 7.30pm</p> <p>Sundays 8am</p> | <p>Meet at the bench by the children's play area, near Tesco car park in Millenium Park, Nailsea BS48 1AU</p> | <p>Georgie Freeman 07835 966 916</p> <p>hello@thiswomanruns.com</p> <p>www.thiswomanruns.com</p> |

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| This Woman Runs – Pill (Walking and Running) We create free, safe, local and zero-pressure running communities for women to connect, meet up, chat, laugh, share challenges, celebrate achievements, cheer each other on and run together. | 18+ | Wednesdays 6.25pm (walking group with the intention of building up to jeffing) 7pm (running) | The Precinct Shopping Centre Church Place Pill BS20 0AE | Georgie Freeman 07835 966 916 hello@thiswomanruns.com www.thiswomanruns.com |
| Couch to Fitness Flexible online exercise plans for beginners. Specialised prenatal and postnatal sessions available | All ages | | Online | http://www.couchtofitness.com/ |

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| Healthy Living, Healthy Minds Lifestyle course for people with mild-moderate symptoms of depression or anxiety. To help people make improvements to their physical activity levels, feel more motivated, and have more energy. | | | Online | https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire-mental-health-services/workshops-and-groups/healthy-living-healthy-minds/ |
| Online Fitness Including Yoga, Pilates, Dance and many more! | All ages | | Online | Join the Movement Sport England |
| Synergy Dance Online Dance, Yoga, Fitness and Wellness activities | All ages | | Online | ParaStars Yoga® Fitness to Fit you Synergy Dance Online (teachable.com) |