

# Get Active in North Somerset

Physical activities and healthy living

## Free Activities

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

# Get Active in North Somerset

Physical activities and healthy living

## Free Activities

Activity	Ages	When	Where	Contact
<b>Mummy Flow</b> 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	<a href="mailto:zoe.oakley@n-somerset.gov.uk">zoe.oakley@n-somerset.gov.uk</a>
<b>Mummy Movement – Introduction to physical activity</b> 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	<a href="mailto:zoe.oakley@n-somerset.gov.uk">zoe.oakley@n-somerset.gov.uk</a>  View full eligibility here: <a href="https://www.betterhealthns.co.uk/wp-content/uploads/2022/06/Mummy-Movement-2023.pdf">https://www.betterhealthns.co.uk/wp-content/uploads/2022/06/Mummy-Movement-2023.pdf</a>
<b>ParkPlay – Castle Batch</b> ParkPlay is 90 minutes of free community play, every Saturday in a park or public space, for everyone!  Please register online before attending: <a href="https://park-play.com/register/">https://park-play.com/register/</a> (you only have to do this once)	All ages	Saturdays 9.30am	Castle Batch Bishop Avenue Worle Weston-s-Mare BS22 7PQ	<a href="mailto:getactive@n-somerset.gov.uk">getactive@n-somerset.gov.uk</a>  <a href="https://www.betterhealthns.co.uk/information/parkplay/">https://www.betterhealthns.co.uk/information/parkplay/</a>  <a href="https://www.facebook.com/CastleBatchParkPlay">https://www.facebook.com/CastleBatchParkPlay</a>

# Get Active in North Somerset

Physical activities and healthy living

## Free Activities

Activity	Ages	When	Where	Contact
<b>ParkPlay – Portishead</b> ParkPlay is 90 minutes of free community play, every Saturday in a park or public space, for everyone!  Please register online before attending: <a href="https://park-play.com/register/">https://park-play.com/register/</a> (you only have to do this once)	All ages	Saturdays 10am	Merlin Park Playground Portishead BS20 8RW	<a href="mailto:getactive@n-somerset.gov.uk">getactive@n-somerset.gov.uk</a>  <a href="https://www.betterhealthns.co.uk/information/parkplay/">https://www.betterhealthns.co.uk/information/parkplay/</a>  <a href="https://www.facebook.com/PortisheadParkPlay">https://www.facebook.com/PortisheadParkPlay</a>
<b>Parkrun – Clevedon</b> 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	<a href="http://www.parkrun.org.uk/clevedonsalthousefields/">www.parkrun.org.uk/clevedonsalthousefields/</a>
<b>Parkrun – Weston</b> 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	<a href="http://www.parkrun.org.uk/marineparade/">www.parkrun.org.uk/marineparade/</a>

# Get Active in North Somerset

Physical activities and healthy living

## Free Activities

Activity	Ages	When	Where	Contact
<b>Junior Parkrun – Clevedon</b> Weekly, free, 2km timed events	4 to 14 years	Sundays 9am	Clevedon Seafront Clevedon BS21 7EH	<a href="http://www.parkrun.org.uk/clevedonseafrejuniors/">www.parkrun.org.uk/clevedonseafrejuniors/</a>
<b>Junior Parkrun – Weston</b> Weekly, free, 2km timed events	4 to 14 Years	Sundays 9am	Walford Avenue Weston-s-Mare BS22 7RD	<a href="http://www.parkrun.org.uk/westonsupermare-juniors/">www.parkrun.org.uk/westonsupermare-juniors/</a>
<b>Junior Parkrun – Yatton</b> Weekly, free, 2km timed events	4 to 14 years	Sundays 9am	Yatton Recreation Ground Yatton BS49 4HS	<a href="http://www.parkrun.org.uk/yattonrecreation-juniors/">www.parkrun.org.uk/yattonrecreation-juniors/</a>
<b>Mind, Body and Baby (Postnatal Health, Exercise and Nutrition)</b> 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: <a href="https://www.betterhealthns.co.uk/health-families/healthy-baby/postnatal-hen-health-exercise-nutrition/">https://www.betterhealthns.co.uk/health-families/healthy-baby/postnatal-hen-health-exercise-nutrition/</a>  Whatsapp message: 07771 837 889 <a href="mailto:hen.pregnancy@n-somerset.gov.uk">hen.pregnancy@n-somerset.gov.uk</a>

# Get Active in North Somerset

Physical activities and healthy living

## Free Activities

Activity	Ages	When	Where	Contact
<b>This Woman Runs – Clevedon</b>  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+	Sundays 8am	Clevedon Children's Centre The Barn Great Western Road Clevedon BS21 6HB	Georgie Freeman 07835 966 916  <a href="mailto:hello@thiswomanruns.com">hello@thiswomanruns.com</a>  <a href="http://www.thiswomanruns.com">www.thiswomanruns.com</a>
<b>This Woman Runs – Nailsea</b>  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 7.30pm  Sundays 8am	Meet at the bench by the children's play area, near Tesco car park in Millenium Park, Nailsea BS48 1AU	Georgie Freeman 07835 966 916  <a href="mailto:hello@thiswomanruns.com">hello@thiswomanruns.com</a>  <a href="http://www.thiswomanruns.com">www.thiswomanruns.com</a>

# Get Active in North Somerset

Physical activities and healthy living

## Free Activities

Activity	Ages	When	Where	Contact
<p><b>This Woman Runs – Pill (Walking and Running)</b> 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 6.25pm (walking group with the intention of building up to jogging)  7pm (running)</p>	<p>The Precinct Shopping Centre Church Place Pill BS20 0AE</p>	<p>Georgie Freeman 07835 966 916 <a href="mailto:hello@thiswomanruns.com">hello@thiswomanruns.com</a> <a href="http://www.thiswomanruns.com">www.thiswomanruns.com</a></p>
<p><b>Couch to Fitness</b> Flexible online exercise plans for beginners. Specialised prenatal and postnatal sessions available</p>	All ages		Online	<a href="http://www.couchtofitness.com/">http://www.couchtofitness.com/</a>

# Get Active in North Somerset

Physical activities and healthy living

## Free Activities

Activity	Ages	When	Where	Contact
<b>Healthy Living, Healthy Minds</b> 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	<a href="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/">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/</a>
<b>Online Fitness</b> Including Yoga, Pilates, Dance and many more!	All ages		Online	<a href="#">Join the Movement   Sport England</a>
<b>Synergy Dance Online</b> Dance, Yoga, Fitness and Wellness activities	All ages		Online	<a href="#">ParaStars Yoga® Fitness to Fit you   Synergy Dance Online (teachable.com)</a>