

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 and have a go yourself!	All ages		For the Weston-super-Mare Couch to 5K, visit: https://www.betterhealthns.co.uk/tools/couch-to-5k/ for the latest dates.	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/tools/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/
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

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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://parkplay.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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Activity	Ages	When	Where	Contact
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)