

# TAKE CONTROL OF YOUR LIFE TURN YOUR LIFE AROUND



## Get running...with Couch to 5k

NHS Couch to 5K is a **free** nine-week running plan for people who want to be more active. It's perfect if you're new to running - the plan is all about starting slowly and building up gradually. Anyone can start Couch to 5K - you don't need to be fit!

Find out more at <http://www.nhs.uk/LiveWell/c25k/Pages/couch-to-5k.aspx>



### How it works.....

The aim of NHS C25k is to get you running continuously for 30 minutes after just nine weeks, using either MP3 podcasts or an app. These give you all the timings and loads of advice and encouragement to get you running, along with guidance as you build up your stamina.

**C25K REALLY Works!!!!**

You start with walking and very short running intervals. As each week passes, you run just a bit longer, but **you** are in control of how fast you progress. Age and physical condition are no bar.....and there is plenty of support on our own forum.

Read this too.....



This publication was created by members of the NHS C25k community at <https://healthunlocked.com/couchto5k> simply because we are so grateful to the training programme which has transformed our lives. Have a look and you will be able to read the stories of ordinary people, of all ages, shapes and weights, many with underlying health conditions who have improved their health and wellbeing, both mental and physical, by taking part in C25k. We all wanted to get fitter and most of us thought that we could never run for 30 minutes. We did. **So can you.**



### Linda's Story

In August 2012 I was size 16, 12st 4lbs pounds, BMI 26.2.

Diets were yoyos to me. I'd lose weight, get down to size 12, stop dieting, put it all back on again! After I lost two stones, by counting calories, I heard about the NHS Couch to 5K running programme. I hadn't run since hating it at school, but I laced up my trainers, and off I went.

By April I had lost three stones in total, was a size 10, and had graduated from the C25K programme. In six months I had gone from an unhealthy blimp to a sylphlike runner, thanks to C25K!

I'm 64 now and have maintained the same weight since April 2013, by eating sensibly and running three times a week, including running parkrun - in six weeks I've shaved three minutes off my time! I've never been so slim, fit and healthy! I love it!