

Free Free Free!!!! (because everyone loves free stuff)

Exercise can be free which always makes it better 😊

Start off slow any increased movement per day is better than none. Starting with small manageable changes increases your chance of sticking to that change. (See our A Healthier Saffron front page)

Walking is free- by increasing your steps per day improves mental health, overall fitness & general well-being.

E.G walking in the garden more, parking the car further away when you go shopping or to work, walking to the shops. Local walks around Aylesone meadows are well sign posted & scenic.

Local walking group walking for health can be found on:

<https://www.walkingforhealth.org.uk/walk/search/LE26UL>

The facebook page for Leicester Council Gyms are currently posting local walking challenges, where too and how to stay active during lockdown. They are also offering weekly workouts via email.

<https://www.facebook.com/ActiveLeicester/>

Safe exercise for those with reduced mobility:

<https://www.ageuk.org.uk/>

<https://www.nhs.uk/live-well/exercise/sitting-exercises/>



(Suspended currently due to Covid-19 but why not register now? It is free)

Parkruns are free, weekly, community events all around the world. Our local parkruns are Braunston park and Victoria Park. Jr Parkrun @ Aylestone recreation ground opposite the leisure centre.

Saturday morning events are 5k and take place in parks and open spaces. On Sunday mornings, there are 2k junior parkruns for children aged 4 to 14.

Parkrun is a positive, welcoming & inclusive experience Where there is no time limit & no one finishes last.

Everyone is welcome to come along, Whether you walk, jog, run, volunteer, or spectate.

<https://www.parkrun.org.uk/>



(Saffron Health ParkRun 2019 Victoria park)