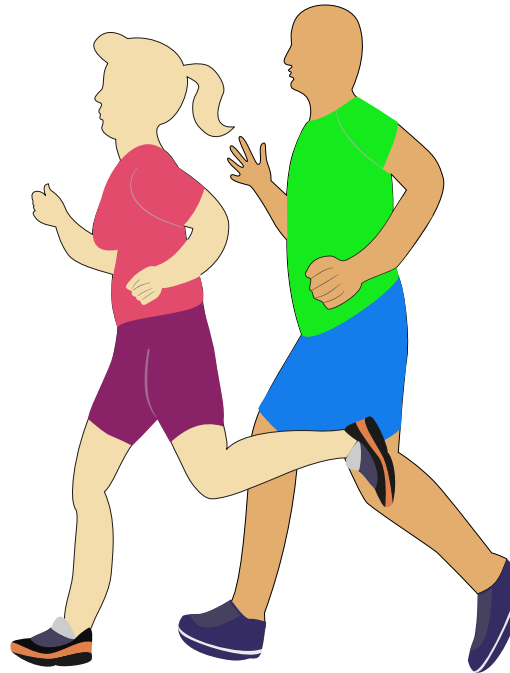


# LET'S GET ACTIVE

## JOIN FIFE'S MOST SUCCESSFUL

# COUCH TO 5K GROUP

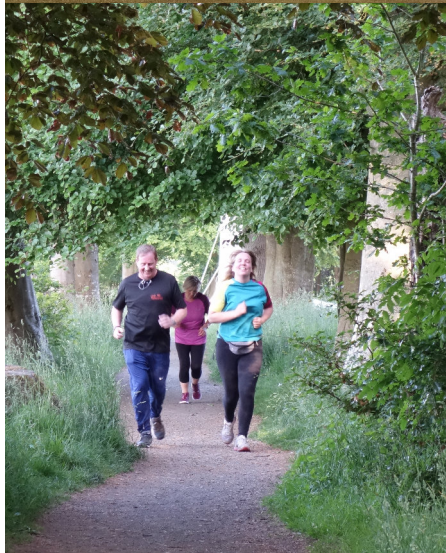
- A safe way to improve your health, make friends and feel GREAT about yourself
- We use a proven scheme that has had thousands of successes
- For true beginners. There's no pressure - we start jogging for only 30 seconds
- In 10 weeks you'll go from no ability to being a real runner
- No gym - exercise away from the public gaze, and with no need to feel embarrassed
- No need for lycra or any other fancy gear - just a pair of decent shoes and some comfortable clothes.
- You just might also lose some weight!



get fit  
falkland

[www.getfitfalkland.org.uk](http://www.getfitfalkland.org.uk)

# Ten weeks to feeling great



We'll help you take those crucial first steps towards being active. If you can jog for just 30 seconds, you're ready to start becoming fitter than you thought possible. Imagine how good it will feel to run for 30 minutes. To show how you get off your couch!

Impossible? That's what most people think. But thousands have gone on to achieve exactly that.

One of the biggest barriers to exercising is the fear of being seen, and of becoming embarrassed. Our group sessions take place on the tracks in Falkland Estate. It's quiet, beautiful and well away from the public gaze. And because we stay together as a group, everyone is safe.

Our programme is based on the NHS Couch to 5K system. It consists of a series of audio files that coach you through a session. You do each one three times. The level goes up along with your ability until, by the end, you've become a real "runner".

At Get Fit Falkland, we add vital extras! We meet once each week and do the first session together. You do the others any time that fits into your personal schedule. Do them on your own, or meet up with some of your new friends.

You probably already know the benefit of exercise. You'll feel better, have more energy, and be less likely to have heart disease, a stroke, cancer, and other ailments. It burns calories, so you can lose weight. Best of all, most people find it easier and much more enjoyable than they expect!

All Get Fit Falkland sessions are led by trained jog leaders who give their time for free, working with the group and its individuals, making sure that each gets the maximum benefit possible!

## How much will it cost?

Get Fit Falkland gets no funding. Although it's run by unpaid volunteers, we do have some costs and we can't provide it for free.

Other "clubs" charge £5 a week or more for each session. But we've been able to keep the cost to just £20 for the full 10 week programme! Even better, our subs include a free T-shirt.



web page: [www.getfitfalkland.org.uk](http://www.getfitfalkland.org.uk)  
email: [getfit@getfitfalkland.org.uk](mailto:getfit@getfitfalkland.org.uk)  
phone: 01337 831799

NHS Couch to 5K web:  
[www.nhs.uk/livewell/c25k](http://www.nhs.uk/livewell/c25k)