









## Get Active and Go Green

***Interested in helping the environment?  
Do you want to be physically active and save a penny or two?***

*Get Active, Go Green Benefits:*

 *improved fitness*    *health benefits*    *more fresh air*  
 *save money*    *reduce carbon emissions*    *recycle*

**Expend your energy, have fun and make a contribution to the environment with some of these 'ACTIVE' ideas:**

**Go Walk...**the dog, have a working walk with colleagues, arrange a walk to catch up with family and friends, go on a scenic walk date! Walking is free and it is easy! Make improvements to your fitness and health and walk more! Only 30 minutes a day to achieve the P.A. health recommendations\*. Get a pedometer to motivate you to walk more (aim towards 10,000 daily steps). ([www.paha.org.uk/](http://www.paha.org.uk/))

**Go Bike...**use this as a way of getting around if walking is too far. You can get about quickly (average speed 14-22mph) and biking is a great form of exercise, developing cardiovascular fitness and muscular endurance. It is inexpensive, you can experience adrenaline, learn new biking skills and can enjoy new scenery in the fresh air! ([www.cyclingscotland.org/](http://www.cyclingscotland.org/))

**Go Running...**why trudge the treadmill in a gym when you can run outdoors in changing surroundings? An effective way to improve your fitness and health, if you run at a self-selected pace you can adhere to. Enjoy a few ipod tracks as a motivating run companion, go with friends or, try a local jogging group! ([www.fetcheveryone.com/](http://www.fetcheveryone.com/))

**Go to the Park** and play! Try transferring your gym programme from indoors to out! Use park benches for step ups, squats, jumps, press ups or tricep dips. Use the play equipment for a workout (e.g. swings, climbing frames)! Check out green exercise areas in parks or, try out supervised exercise sessions that can now be found in local parks. ([www.britfilfit.com/](http://www.britfilfit.com/))

**Go try out or play a 'new' outdoor activity:**

Frisbee	kiting	join walk group	rock climbing
Beach rugby	orienteeing	street football	join jogging network