

BTCV Green Gym Enquiry Form

Please send me further information:

Name

Address

Postcode

Telephone

e-mail

Where did you pick up this leaflet?

Please return to Mark Webster
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or call us on 01493 604 739 / 07843 069 567
or e-mail m.webster@btcv.org.uk

Who's who?

Working in partnership with Great Yarmouth Borough Council and local communities, the BTCV Green Gym in Great Yarmouth is supported by our local society lottery through The Health Lottery.

The Green Gym provides opportunities for anyone in the Great Yarmouth and Gorleston areas to get involved with gardening and practical conservation activities in their locality. The Green Gym can work alongside conventional exercise and therapeutic schemes, or as an alternative to them.



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BTCV Green Gym

Great Yarmouth



inspiring people, improving places



What is the BTCV Green Gym?

BTCV Green Gym is a unique scheme to help you become physically and mentally healthier by taking part in nature conservation activities to improve your local environment, such as:

- ✓ Tree planting
- ✓ Woodland management
- ✓ Growing food
- ✓ Pond improvements
- ✓ Heathland restoration



BTCV Green Gym offers a new way to get fit and healthy by becoming more physically active in an outdoor environment.

Participating in the BTCV Green Gym, surrounded by green open space, is a marvellous way to refresh our minds, reduce stress levels and improve our overall mental and emotional health.

As well as improving your health, you can meet new people, learn new skills and become more self-confident. With the BTCV Green Gym there is also the satisfaction of making a positive contribution to your local environment.



Already I am feeling fitter, which is really what I wanted. I also enjoy coming because there's a social aspect in meeting other people.

How will your health benefit?

Research shows that participating in regular exercise, such as a Green Gym:

- ✓ Increases fitness and energy levels.
- ✓ Reduces anxiety and depression.
- ✓ Improves mood, self-worth, and body image.
- ✓ Reduces the risk of heart disease, stroke, high blood pressure, type 2 diabetes and osteoporosis.

It is something to look forward to and enjoy. After only a couple of months, I feel that I have a lot more energy for the other things that I do.



Who can take part?

- ✓ Anyone over 16 years old, whatever your capabilities.
- ✓ The BTCV Green Gym is a flexible programme: you can join in for just an hour, or up to 3 hours per session.
- ✓ As there is a range of activities in any one session, you can start on gentle tasks and build up to more challenging ones.



An experienced leader is available to help you choose activities to suit your needs.

The warm-up stretches prepare the body for work and help to prevent muscle strain and injury.

