

Move More. Feel Better.



Find FREE Ways to Get Moving in Your Local Area

Getting active doesn't have to cost a thing. Whether you're looking for a walking group, a beginner-friendly exercise class or a local sports club, there are plenty of free opportunities available. Here are just some ways to access these.



Use Social Platforms & Community Apps

- Facebook - search "walking group", "fitness group", or "community sports"
- Meetup - thousands of local groups for hiking, cycling, pilates & more
- Nextdoor - connect with your local neighbourhood for free



Meetup



Search Your Local Council Website

Most councils list free or low-cost activities: walking groups, fitness classes, cycling sessions & community events.

Search: "[your town] wellbeing activities" or "[your town] leisure activities"



Nextdoor



Couch to 5K

A free NHS programme guiding you from the couch to running 5km in just 9 weeks. Starting something new can feel overwhelming - that's completely normal. One step at a time.



Couch to 5K



NHS Better Health Activity Finder

The NHS website provides ideas, support and links to local opportunities.

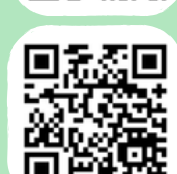


NHS Better Health



Your Local Parkrun

A free community event - walk, jog, run, volunteer or spectate. 5k every Saturday morning at 1,500+ UK locations.



Parkrun



Active Partnerships

A nationwide network connecting people with local physical activity opportunities. They partner with local and national stakeholders to transform lives.



Active Partnerships



Visit Your Local Leisure Centre

Many offer: free taster sessions, community classes, walking football, beginner activity programmes.



Your journey to a more active life starts here!