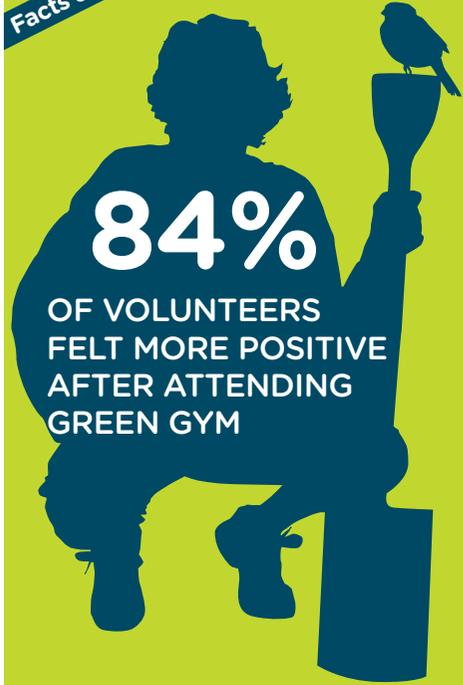
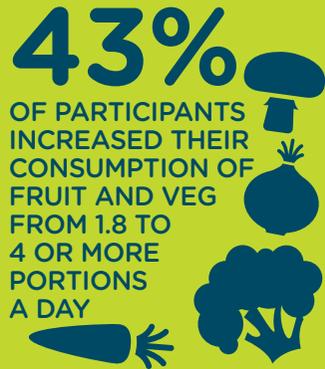


Facts & Figures



LOCATIONS
ALL OVER
THE UK



Research* shows that attendance
of Green Gym can:

IMPROVE CARDIOVASCULAR
FITNESS



RELIEVE STRESS,
DEPRESSION AND ANXIETY

INCREASE MUSCULAR
STRENGTH



*Research from Oxford Brookes University

What do people say about their Green Gym experiences?

- “ Green Gym is one of the high points of the week. It gets me out in the fresh air and allows me to do something useful for the community. ”
- “ Green Gym keeps me mentally and physical fit, and challenges me to do things I don't normally do. ”
- “ Green Gym keeps my mind and body active, I have lots of new friends and acquaintances and something different to look forward to each session. ”

For more information about Green Gyms at University Hospital Ayr & Ailsa Hospital contact David Meechan on T: 01292 885946 & M:07773 200525 or Email: d.meechan@tcv.org.uk.

The Conservation Volunteers (TCV) is registered in England as a company limited by guarantee (976410) and as a charity in England (261009) and Scotland (SCO39302) Registered Office: Sedum House, Mallard Way, Doncaster DN4 8DB

* Green Gym is a registered Trade Mark of The Conservation Volunteers



JOIN IN, MAKE A DIFFERENCE,
FEEL GREAT



WELCOME TO GREEN GYM

Exercise to make a difference

Green Gym is a refreshing approach to outdoor exercise, designed by The Conservation Volunteers (TCV) to improve people's health and wellbeing and make a positive impact on the local environment.

There are Green Gyms right across the UK helping to connect people with the outdoors every day.

During each session an instructor will guide you through exciting conservation activities which could include managing woodland, food growing, creating wildflower gardens and wildlife ponds, planting trees, making pathways and so much more.

Flexible and FREE!

Green Gym is a flexible and completely FREE programme. It offers a variety of activities, which are suitable for everyone and allows you to work at your own pace. Join us for just an hour or up to three hours and feel the difference.

What can you expect?

Green Gyms are fun outdoor sessions where you will be guided in practical conservation activities but unlike other conservation projects, the emphasis is very much on health and fitness.

In fact, almost a third more calories can be burnt in some Green Gym® sessions than in an average aerobics class!

At the beginning of each session everyone does a few minutes of gentle exercise to warm up, in preparation for a range of activities to suit all abilities. We do the same at the end of the session to help you gently cool down. And there's a sociable tea break in the middle of every session.

But most importantly Green Gyms help you feel fantastic inside. We connect people with nature and each other, supporting personal development through participation in meaningful volunteer work.

Inspirational Green Gym Benefits

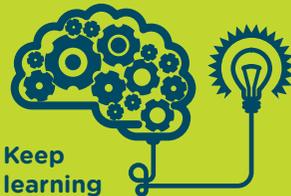


Connect with the people around you, making new friends and broadening your horizons



Be active discovering fresh new activities you genuinely enjoy

Take notice becoming more aware of the amazing world around you



Keep learning trying something new and rediscovering old interests

Give something back to your community, doing good for your local environment



Unforgettable experiences

Our volunteers enjoy tackling essential conservation jobs in the great outdoors, working together in friendly teams to transform their local area. They also pick up new practical skills for life and the workplace, make new friends and improve their overall wellbeing.

Getting out in the fresh air, doing something positive and meeting like-minded people has a dramatic effect on the way you feel. You'll also get a real thrill from knowing you've made a positive contribution to the area you live in, as well as to your fellow volunteers' lives.

Want a Green Gym of your own?

Green Gyms can be tailored to meet specific needs. Here are some of the successful ways in which TCV have developed Green Gyms to make it both accessible and beneficial to all.

- School Green Gyms - an innovative way to combine gardening, environmental education and PE
- Healthy Lifestyle - with a focus on food growing, healthy eating and activities that result in weight loss
- Wellbeing - integrating mental health exercises to build confidence, self-esteem and resilience
- Ageing Well - with a focus on maintaining an active approach to life, physically, mentally and socially
- Workplace wellbeing - Corporate action days that deliver community impact, a healthier workforce and motivated team.

For more information contact The Conservation Volunteers
email: greengym@tcv.org.uk twitter: [@TCVGreenGym](https://twitter.com/TCVGreenGym)