

Free online  
resources,  
apps, &  
printables

# BECOMING MORE PHYSICALLY ACTIVE IN BERKSHIRE



## NHS FITNESS STUDIO

The go-to source for trusted information about being physically active. Find video workouts including adapted exercises, cardio, strength & balance, and yoga. Plus advice, fitness plans, and printable pages.

[nhs.uk/conditions/nhs-fitness-studio](https://nhs.uk/conditions/nhs-fitness-studio)



## COUCH TO 5K & ACTIVE 10

Free, easy to use apps for absolute beginners. Use Couch to 5k to build up to a 5k run and Active 10 to track and increase brisk walking. Designed to support and motivate every step of the way.

[nhs.uk/oneyou/apps](https://nhs.uk/oneyou/apps)



## JOIN THE MOVEMENT

Find something to suit everyone with Sport England's online resource library. Plus discover an online activity timetable, the most recent government advice, and top tips for getting started.

[sportengland.org/jointhemovement](https://sportengland.org/jointhemovement)



## WE ARE UNDEFEATABLE

These great resources are to support people with long-term health conditions become more active. Find inspiring stories, practical advice, a video playlist, planner, and online Chatbot.

[weareundefeatable.co.uk](https://weareundefeatable.co.uk)



## 10 TODAY

These resources are designed by older people for older people. Find a set of fun 10-minute routines that can fit easily into someone's day. Tune in online - listen or watch.

[10today.co.uk](https://10today.co.uk)



## MOVING MEDICINE

Take a look at Moving Medicine's handy printable patient info leaflets for condition specific advice, including depression. There's also general advice, plus tips & guidance for people recovering from COVID.

[movingmedicine.ac.uk](https://movingmedicine.ac.uk)

Local  
services,  
groups, &  
green spaces

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## ACTIVITY FINDER

Search for local organisations and sessions on Get Berkshire Active's easy to use online activity finder. Find activities and organisations by postcode, age group, and type. Includes virtual sessions too.

[getberkshireactive.org/activities](https://getberkshireactive.org/activities)



## LOCAL DIRECTORIES

Explore your council's physical activity and leisure directory to find local groups, services, gyms, pools, parks and more. Filter by different categories to find exactly what suits you.

[getberkshireactive.org/directories](https://getberkshireactive.org/directories)



## HEALTH WALKS

Join your local Health Walk for free, regular, volunteer-led walks near you. Walks vary in distance and length, from 30-90 minutes. Everyone is welcome on these friendly and sociable walks.

[walkingforhealth.org.uk](https://walkingforhealth.org.uk)



## CYCLING GROUPS & ROUTES

Find cycling groups, clubs, events, and routes in Berkshire to inspire you to cycle in the county. Plan a family-friendly cycle ride in the countryside or an active commute.

[cyclinguk.org/cycle/cycling-berkshire](https://cyclinguk.org/cycle/cycling-berkshire)



## WALKING GROUPS & ROUTES

Enjoy walks near you to get active outside, explore new places and if you join a group, make new friends! Use the Berkshire Ramblers website to find your local routes and walking groups.

[ramblers.org.uk/berkshire](https://ramblers.org.uk/berkshire)



## FALL PROOF CARDS

Our Fall-Proof cards focus on 6 exercises designed to improve strength and balance in your own home. The cards can stand upright & placed around the home. Find out more & order your pack from GBA.

[getberkshireactive.org/fall-proof](https://getberkshireactive.org/fall-proof)