# **Ways to Move More**

# Walking

#### **Health Walks**

Free walking groups with our Health Walks team starting from 20-30 minutes duration. To find available walks in your area, visit www.sasp.co.uk/health-walks or phone (01823) 653990



### **Active Befriending**

Free service supporting older people to get more active by matching a volunteer to accompany them for a gentle walk and talk. For more information contact: https://tinyurl.com/auks-activebefriending (01823) 345625

### **Walk YOUR Way**

Short accessible walks undertaken in person using a mapped booklet or at home with online videos. For more information, visit SASP



www.sasp.co.uk/walk-your-way or phone (01823) 653990

# **Exercise Referral Scheme**

Supervised gym sessions at reduced rates. Referrals are available through your health professional and exercise programmes will be tailored to your individual needs. For more information, visit www.healthysomerset.co.uk/gp-exercise-referral-scheme



# Community and home-based exercise classes (including virtual delivery)

For a variety of low cost activity classes, and for pre-recorded exercise videos tailored to people with health conditions or returning to exercise, please visit





https://tinyurl.com/auks-exercise (01823) 345 626

or www.sasp.co.uk/exercise-videos





# **Moving More**

### **Love to Pedal Scheme**

Chair based cycling using pedal exercisers and filmed bike rides from across Somerset. For more information or to register for a set of pedals visit www.seep.co.uk/le



of pedals, visit www.sasp.co.uk/lovetopedal or phone (01823) 653990

### **Get Outside**

Keeping active everyday can help us to remain independent, improve emotional wellbeing and confidence, improve sleep and help prevent deteriorating health conditions. For more inspiration, of

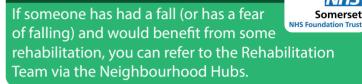


conditions. For more inspiration, get involved in Get Outside Somerset.

www.getoutsideinsomerset.co.uk

## **Falls Prevention Classes**

#### **Rehabilitation Referral**



### Stay Strong, Stay Steady

To reduce the risk of falls, join our falls prevention classes to increase your strength, balance, and confidence. For more information or a self-referral, visit https://tinyurl.com/auks-staysteady or speak to your health professional.









Somerset







