

All you need to know about Let's Get Moving

- Let's Get Moving is a FREE 8 week programme
- It's open to adults aged 16 years and over, who want to be more physically active.
- Trained instructors will work with you to tailor the programme to meet your own physical activity needs.
- Sessions are run at local community centres.
- You will receive a FREE home exercise programme from the instructor to help you meet the physical activity recommendations for improving your health.
- We'll provide you with follow-up support and advice to help you lead a healthy lifestyle.



Let's Get Moving

To book your place, call us
now on 01733 590 064
or 0800 376 56 55

Let's Get Moving is a fun and
inspiring exercise programme with
8 free sessions - one per week.



📞 01733 590 064 / 0800 376 56 55
 🌐 www.healthypeterborough.org.uk
 ✉ healthy.peterborough@nhs.net
 📘 Healthy Peterborough
 🐦 @HealthyPboro

*Designed around you, Let's Get moving
will help you to discover the benefits
of a more active lifestyle.*

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Let's Get Moving is a fun and inspiring exercise programme. With 8 FREE sessions over 8 weeks. Designed around you Let's Get Moving will help you to discover the benefits of a more active lifestyle.

It's recommended that adults have at least 30 minutes of physical activity, 5 days a week (or 150 mins/2.5 hours per week) to maintain a healthy lifestyle.

Let's Get Moving gives you the skills and confidence you need to exercise safely and improve your health and wellbeing. Sessions are designed around your needs and run by professional instructors.

Places are limited, so call 01733 590 064 or 0800 376 56 55 today and let's get moving!

Who can join Let's Get Moving?

- Adults aged 16 years and over can join.
- Anyone not achieving the recommended guidance for physical activity and/or living with a long term condition.
- You must be registered with a Peterborough GP or live in the Peterborough area.

What will you need to do?

- Register to attend the FREE 8 week programme
- Increase your health and wellbeing by making regular exercise part of your lifestyle!

When can I start?

Both ladies only and mixed gender programmes are run during the day throughout the year.