







Join in, feel good

Join in, feel good



Meet
and
greet

Safety
talk

Warm
up

Activity
session

Mid
session
break

Activity
session

Cool
down

Social Return On Investment:

For every **£1** spent on Green Gym, **£4.02** is returned
Social, Environmental & Economic outcomes (NEF).

Green Gym supports the 5 ways to well being

Connect
with the people around you



Be active
discover an activity you enjoy



Take notice
be aware of the world around you



Keep learning
try something new or
rediscover an old interest



Give
do something good
for the community



Join in, feel good



Hands on
involvement



Join in, Feel Good



Healthier, happier
communities











