

# COUCH TO 5K

## FREE Running Course for Young People

Starting May 2024



### WHY RUN?

Running regularly can support your **physical health** by:

- ♥ Improving the health of your heart and lungs.
- ♥ Helping with weight loss.
- ♥ Protect against bone diseases.

It can also improve your **mental wellbeing** by:

- ♥ Relieving stress.
- ♥ Combatting depression.
- ♥ Boosting confidence and self-belief.

### ABOUT THE PROGRAMME

We know that taking up running can seem like a scary prospect, especially if you feel out of shape or unfit.

With our Couch to 5K programme, you'll meet with a qualified Run Leader once a week for 8-12 weeks.

It's a gentle process that creates realistic expectations and makes the challenge feel achievable from the very start.

Each week you'll build up a little more running, until you are able to run 5 kilometres. For the first session, you'll only need to run for one minute at a time!

*The run group will meet outside Hadwen surgery one evening a week. Run routes will take place in the Abbeylea/Matson/Coney Hill areas.*

*All you need is a pair of running trainers and some comfy clothing!*

### FIND OUT MORE

Want to know more before signing up? Come and speak to Leia, our friendly Run Leader, at our FREE drop-in session:

**MONDAY 25<sup>TH</sup> MARCH**  
**1PM-4PM**

**THE PHOENIX CAFÉ @**  
**ABBEYDALE COMMUNITY CENTRE**

You can also visit our website ([hadwenhealth.co.uk](http://hadwenhealth.co.uk)) or follow us on social media to find out more:



@hadwenquedgeleypcn

### SIGN UP

To sign up to the programme, scan the below QR code to fill in our online form.



Meet other young people and make new friends!

Get positive vibes by connecting with nature!

Apply to become a Run Leader yourself!

Bring a parent/carer along with you for support!