



RUNCORN

ACTIVE HALTON COUCH TO 5K COMMUNITY PROGRAMME

FREE

The next Active Halton FREE Couch to 5K programme starts on

Tuesday 10th April 2018

This programme is perfect if you want to improve your fitness and be motivated as part of a group, or looking to build up to taking part in parkrun on Saturday mornings at Victoria Park, Widnes. Or Phoenix Park Runcorn

WHERE: Phoenix Park Runcorn Register at Café WA7 2NY

WHEN: Every Tuesday & Thursday 6-7pm from Tuesday 10th April 2018 for 10 weeks. Come to as many sessions as you can - the more you attend the more benefit you'll see.

WHAT SHOULD I WEAR: Trainers are a must, and whatever you feel comfortable in to walk and jog. Remember to bring a drink with you to keep hydrated.

DO I HAVE TO BE FIT TO JOIN IN: No, this is for anyone looking to get active. Whether you've never exercised before or are looking to get back to previous fitness levels, there is no pressure, you can work at your own pace and progress slowly.

CAN I BRING MY CHILD: Yes, but children under 16 must be accompanied and supervised by a responsible adult at all times.

For more information contact Stephen Wood

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