

Free online  
resources,  
apps and  
printables

# BECOMING MORE PHYSICALLY ACTIVE IN MILTON KEYNES



## NHS FITNESS STUDIO

The go-to source for trusted information about being physically active. Find video workouts including adapted exercises, cardio, strength & balance, and yoga. Plus advice, fitness plans, and printable pages.

[nhs.uk/conditions/nhs-fitness-studio](https://nhs.uk/conditions/nhs-fitness-studio)



## COUCH TO 5K & ACTIVE 10

Free, easy to use apps for absolute beginners. Use Couch to 5k to build up to a 5k run and Active 10 to track and increase brisk walking. Designed to support and motivate every step of the way.

[nhs.uk/better-health/#apps-and-tools](https://nhs.uk/better-health/#apps-and-tools)



## JOIN THE MOVEMENT

Find something to suit everyone with Sport England's online resource library. Plus discover an online activity timetable, the most recent government advice, and top tips for getting started.

[sportengland.org/jointhemovement](https://sportengland.org/jointhemovement)



## WE ARE UNDEFEATABLE

These great resources are to support people with long-term health conditions become more active. Find inspiring stories, practical advice, a video playlist, planner, and online chatbot.

[weareundefeatable.co.uk](https://weareundefeatable.co.uk)



## 10 TODAY

These resources are designed by older people for older people. Find a set of fun 10-minute routines that can fit easily into someone's day. Tune in online - listen or watch.

[bbc.co.uk/programmes/p087wddm](https://bbc.co.uk/programmes/p087wddm)



## MOVING MEDICINE

Take a look at Moving Medicine's handy printable patient info leaflets for condition specific advice, including depression. There's also general advice, plus tips & guidance for people recovering from COVID.

[movingmedicine.ac.uk](https://movingmedicine.ac.uk)



# BECOMING MORE PHYSICALLY ACTIVE IN MILTON KEYNES

## AMKERS

This 12-week Exercise Referral Programme is for people who need extra support becoming active due to a health condition. Speak to your GP or healthcare professional to check if you're eligible and to be referred, email:

[exercise.referral@milton-keynes.gov.uk](mailto:exercise.referral@milton-keynes.gov.uk)



## CYCLING AND WALKING ROUTES

Explore the network of cycling and walking routes in Milton Keynes to inspire you to get active outdoors. Try commuting by bike or by foot, or plan a family friendly cycle ride.

[getsmartertravelmk.org](http://getsmartertravelmk.org)



## WALKING FOR HEALTH

Join Walking for Health for free volunteer led walks around Milton Keynes. Walks vary in distance and length, from 30-90 minutes. Everyone is welcome on these friendly and sociable outdoor walks.

[milton-keynes.gov.uk/leisure-sport-and-community-activity/physical-activity-opportunities/walking](http://milton-keynes.gov.uk/leisure-sport-and-community-activity/physical-activity-opportunities/walking)



## THE PARKS TRUST

Milton Keynes is full of parks - 12,000 acres of them! Enjoy and explore whether you're walking the dog, jogging with a pram, having a tree-top adventure or playing in the lakes.

[theparkstrust.com](http://theparkstrust.com)



## PING

Find accessible street ping pong tables in unexpected places all over Milton Keynes. To join in the fun, simply head for a table and play...it's absolutely free! Find your nearest table on the interactive map.

[pingengland.co.uk/milton-keynes](http://pingengland.co.uk/milton-keynes)



## WALKING BEFRIENDING

Come for a walk with a friendly volunteer, at your own pace and near your home. This free service is from Age UK for older people in Milton Keynes who have experienced bereavement or illness.

[ageuk.org.uk/miltonkeynes/our-services/walking-befrienders](http://ageuk.org.uk/miltonkeynes/our-services/walking-befrienders)

Local groups  
with extra  
support for  
people with  
anxiety and  
depression

# BECOMING MORE PHYSICALLY ACTIVE IN MILTON KEYNES



## MOVING MINDS

Try out or return to activities in a fun, friendly, sociable and safe environment with Moving Minds. This programme of activity sessions are delivered by mental health trained coaches.

Weekly group sessions are run across a range of activities and locations in Milton Keynes.

The sessions are suitable for people with mild to moderate anxiety or depression. No referral is needed.

Moving Minds was previously known as Mind's Get Set to Go programme.

[leapwithus.org.uk/moving-minds-activity-sessions](http://leapwithus.org.uk/moving-minds-activity-sessions)



## MK DONS FOOTBALL

Join the MK Dons' Trust for a weekly football session to support your mental wellbeing. Sessions are open to everyone and run by coaches focusses on creating a safe and welcoming environment.

[mkdonsset.com/community/football-over-mind](http://mkdonsset.com/community/football-over-mind)



## FUN FITNESS 4 WOMEN

Part of #MKGirlsCan, these sessions from All People Active aim to fit around women's busy lives. Drop the kids at the provided crèche service and join in! Classes are friendly and informal and combine circuits, boxing games and challenges!

[allpeopleactive.com/ladies](http://allpeopleactive.com/ladies)



## SPORT IN MIND

These supported activity sessions are for people experiencing mental health problems. Sessions aim to help aid recovery, improve mental and physical health, self-esteem and impact social isolation.

[sportinmind.org/buckinghamshire](http://sportinmind.org/buckinghamshire)



## SAFARI HEALTH HUB

From Zumba and Kickboxing to Life Coaching and Art Therapy - find a class that's right for you and where mind and body really work as one. The team are committed to helping women take their first step to a stronger self through sport.

[safarihealthhub.com](http://safarihealthhub.com)