



GREEN GYM VOLUNTEERS

MEET WEDNESDAYS

Join us between 10.00am - 1.00pm

Get fit and make a difference!

Green Gym volunteers are a group of local people who meet every week to take part in practical conservation tasks and environmental improvement projects within Loughborough and the surrounding area.

Join us and not only help to improve the local environment but also your health, fitness and well-being through the NEW Green Gym programme.



Further information:

T: 07890 999163 or E: Ciaran.Fern@idverde.co.uk

Website: www.charnwood.gov.uk



Charnwood

**GREEN
GYM**[®]

What can you expect

Green Gym is a friendly and informal group that meet every week to take part in practical conservation and local environmental improvement projects. We carry out tasks such as coppicing, scrub clearance, woodland and habitat maintenance as well as small improvement projects e.g. laying new paths, building raised beds etc.

As part of the national Green Gyms Programme, sessions are led by Charnwood's Ranger Service, who provide all the training and tools required to carry out tasks. Unlike other conservation projects, however, emphasis is not just on improving the local environment but also the benefit sessions have on volunteers health, fitness and sense of well-being.

There's also a sociable tea break in the middle of every session helping you meet new people, make friends and connect with your local environment.

Charnwood Open Spaces

Green Gym Volunteers work in many of the open spaces managed by Charnwood Borough Council, including Gorse Covert, Stonebow Washlands, Dishley Pool and The Outwoods. Volunteers play an important part in helping to protect and enhance the sites biodiversity and accessibility.

The Volunteers also have an allotment at Mountfields, Loughborough. Sessions are held here on Friday mornings.



WHAT IS A GREEN GYM?

Get fit the green way



Green Gym is a refreshing approach to outdoor exercise, designed by The Conservation Volunteers (TCV) to improve people's health and wellbeing and make a positive impact on the local environment.

During each session a Gym leader will guide you through exciting conservation activities, teaching you new skills whilst improving your health and fitness.

Flexible and FREE!

Green Gym is a flexible and FREE programme. It offers a variety of activities, which are suitable for everyone and allow you to work at your own pace. Join us for just an hour or up to three hours and feel the difference.

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



What people say about their Green Gym experiences:

“Green Gym is one of the high points of the week. It gets me out in the fresh air and allows me to do something useful for the community.”

“Green Gym keeps me mentally and physically fit, and challenges me to do things I don’t normally do.”

“Green Gym keeps my mind and body active, I have lots of new friends and acquaintances and something different to look forward to each session.”



Research* shows that attendance at Green Gym can:

- Improve Cardiovascular Fitness
- Increase Muscular Strength
- Relieve Stress, Depression and Anxiety



* Research from Oxford Brookes University

For more information about Green Gyms visit:
www.tcv.org.uk/greengym