Get Fit





An Easy Read Guide

Just 30 minutes of exercise a day can make a big difference to your health



There are lots of great ways to be active and get fit.



The NHS has made a very helpful Let's Get Moving easy read book, with advice on getting fit

One to One Enfield offer lots of sessions to help get fit and be active.



Community House have a wide range of activities to help you get fit.

You can join UCAN for free 6-week exercise courses.



Join your local Leisure Centre for -



Swimming.



Exercise classes.



The gym.



Better Leisure Centres offer disability discounts.

You can download our leaflet about the most popular **Discounts for joining a Better Leisure Centre**



Try the All Ability Cycling Hub in Bush Hill Park.



You can join the Grovelands parkrun for free



You can join a walk with Active Enfield



Powered to MOVE! Have a series of fun dance and exercise videos



The NHS has also made a series of exercise videos

ENFIELD Council
NHS North London NHS Foundation Trust
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