

Free online
resources,
apps, &
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



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/oneyou/apps



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



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



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.

10today.co.uk



MOVING MEDICINE

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

movingmedicine.ac.uk

Local
services,
groups, &
green spaces

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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 be to referred, or email:

exercise.referral@miltonkeynes.gov.uk



CYCLING & 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



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.

[walkingforhealth.org.uk/walkfinder/
milton-keynes-health-walks](http://walkingforhealth.org.uk/walkfinder/milton-keynes-health-walks)



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



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



WALKING BEFRIENDING

Come for a walk with a friendly volunteer, at your own pace, & 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

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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. Group weekly 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. Some sessions have not yet returned due to restrictions - please check webpage for updates. No referral needed.

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

Find out more here:

[Leapwithus.org.uk/moving-minds-activity-sessions/](https://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 focussed on creating a safe and welcoming environment.

mkdonsset.com/football/moving-minds-project



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 & informal, and combine circuits, boxing, games & challenges!

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.

www.sportinmind.org/timetables



SAFARI HEALTH HUB

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

safarihealthhub.com