



Get fit, stay fit!



Maintaining regular exercise is a fantastic way to lose weight and improve your overall health and wellbeing.

Who can get fit with us?

- Anyone aged 16+ who lives or works in Southend
- Or registered with a GP in Southend CCG
- Anyone who is inactive - less than 30 minutes activity per week

What do we offer?

Indoor

- Sessions with highly trained instructors
- Fun activities aimed at improving your general fitness levels
- Delivered in community centres across Southend

Outdoor

- 30 – 60 minute organised weekly health walks in local green spaces.

What do I do now?

Visit: southend.everyonehealth.co.uk

Email: eh.southend@nhs.net

Tel: **0333 005 0095**

**It's all
FREE!**