

WANT TO HELP SOMEONE DISCOVER THE BENEFITS OF THE GYM?

You could become a Gym Buddy.

You already know what a difference exercise can make. For some people thinking about starting at a gym, however, simply walking through the door can be the hardest part.

Gym Buddy connects people who would like some support with friendly local volunteers who can help make those first steps easier.

As a Gym Buddy you could:

- meet someone at the gym
- help them get familiar with the environment
- exercise alongside them while their confidence grows
- offer friendly support and encouragement

You don't need to be a personal trainer.

You don't need to be an expert.

You just need to be willing to help someone get started.

HELP SOMEONE TAKE THEIR FIRST STEP

Find out more:

www.communitystrengthnetwork.org

hello@communitystrengthnetwork.org

Or scan the QR code to find out more:



GYM BUDDY

TAKING THE FIRST STEP - TOGETHER