

THINKING ABOUT STARTING AT A GYM... BUT DON'T WANT TO START ALONE?

Gym Buddy could help.

Starting at a gym can feel like a big step - especially if you don't feel confident or simply don't want to walk through the door alone.

Gym Buddy connects you with a friendly local volunteer who can help make those first steps easier.

A Gym Buddy could:

- meet you at the gym
- help you get familiar with the environment
- exercise alongside you
- offer friendly support while you build confidence

You don't need to be fit.

You don't need to know what you are doing.

You just need to be interested in getting started.

TAKE THE 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