

A.I.M.

get your life back on track.

Active in mind.....Active in mind...Active in mind
A free programme of Ecotherapy and Ecoactivity
Proven benefit to physical and mental wellbeing

Free and fun programmes to help improve
your health and wellbeing.

Initially in Buxton/Bakewell/Matlock/Derby

In partnership with England Athletics Mental Health Ambassadors - who are specially trained walking and running leaders - our NHS Trust has on offer a programme of Ecotherapy and Ecoactivity which we are sure you will enjoy.

What does it involve?

Ecotherapy and Activity are well known for their effectiveness at improving health and mood. They have a highly beneficial effect on both physical and mental health.

The idea is to be active in a countryside environment, to incorporate Mindfulness and relaxation into the experience but to improve physical fitness at the same time.

Both Mindfulness and physical activity are well proven to be beneficial to everyone but especially to anyone who is feeling in a low mood.

Anyone can take part - it doesn't matter how young, or old, how fit or unfit - all ages, shapes, sizes - Ecotherapy is suitable for everyone.

ACTIVITIES ON OFFER

You can choose between any of these activities - or even take part in more than one if you wish. All free. Initially these will be in:- Buxton/Bakewell/Matlock/Derby - but will extend to other areas later in the year.

Health walk (slow to medium pace - even bring your dog if have one!)

Fitness walking and Nordic Walking (here you can build up your fitness by means of walking at different paces - low impact effective training to achieve high fitness levels).

Zero to 5K (training to enable you to run a distance of 5K easily - even if you have never ran this distance before - progressive training - excellent at producing very high levels of fitness)

Train for an Olympiad - in August 2017 we are holding a three day Olympic Games event - anyone can train for it - everyone who takes part gets a medal!

Day 1 consists of some easy road races - 1 mile / 3k / 5K you choose. All you do is achieve the distance you select - time does not matter.

Days 2 & 3 are family and friends (and staff!) Track and Field days - have a go at an athletic event - Coaches will show you how - or even enter an Olympic Game Challenge - everyone gets a medal. These will be fun days for everyone. Do you fancy the challenge? It's not difficult - but it will be fun to do.

Ready, set, go!

The time is now to take that next step for your health, mood and peace of mind.

**CONTACT:- Phill
peakfit2@gmail.com
07484868949**