



# POPULATION HEALTH MANAGEMENT

## Supporting people in South Nottinghamshire

### GP Exercise Referral Schemes

Regular physical activity can help you manage your weight, have a positive effect on you mentally, improve your muscle and joint functions, and benefit your heart health too. Not only will it help you manage and control existing conditions, but it will help protect you from developing other health complications as well.

The GP Referral Scheme is a partnership between our leisure centres and local GP Practices.

Click on district to follow link:

[BROXTOWE](#)

[GEDLING](#)

[RUSHCLIFFE](#)



### Walking Groups

Whether you used to enjoy walking but have lost your fitness or want to get started to improve your wellness, a walking group could be for you!

Enjoy free exercise in the fresh air by exploring Nottinghamshire on foot.

There are acres of green spaces for walking in the county including: country parks, nature reserves and green spaces and open access land.



Scan or visit [nottsguidedwalks.co.uk](http://nottsguidedwalks.co.uk)



### Active 10 App

The Active 10 App records every minute of walking you do. Just pop your phone in your pocket and away you go!

Did you know walking briskly, even for 1 minute, counts as exercise? What are you waiting for - take your first steps today!



### Couch to 5K App

A running programme for absolute beginners. Couch to 5K has now helped more than 4 million people start running.

Couch to 5K can be completed in as little as 9 weeks, or longer if you want to go at your own pace.



### parkrun

parkrun is a free, community event where you can walk, jog, run, volunteer, or spectate.

parkrun is 5K and takes place every Saturday morning. Junior parkrun is 2K, dedicated to 4-14 year olds and their families, every Sunday morning.



Scan or visit [parkrun.org.uk](http://parkrun.org.uk)