**Want to get more active?**

*Here are some websites that could help...*

**NHS Fitness studios** https://www.nhs.uk/conditions/nhs-fitness-studio/

1. instructor-led videos covering: [aerobic exercises](https://www.nhs.uk/conditions/nhs-fitness-studio/aerobic-exercises/), [strength and resistance](https://www.nhs.uk/conditions/nhs-fitness-studio/strength-and-resistance/), [pilates and yoga](https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-and-yoga/)

**Couch to 5K** [www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/get-running-with-couch-to-5k/](http://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/get-running-with-couch-to-5k/)

Couch to 5K is a running plan for absolute beginners.

**Parkrun** <https://www.parkrun.org.uk/aberdeen/> <https://www.parkrun.org.uk/hazlehead/>

A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!

**Paths for all – Health Walks** <https://www.pathsforall.org.uk/walking-for-health/health-walk>

Take part in short, volunteer led, friendly walks in every local authority in Scotland

**WalkHighlands**  <https://www.walkhighlands.co.uk/>

### 2,161 free walks to inspire you. Free-to-view detailed route maps and detailed descriptions for every walk

**The Body Coach TV by Joe Wicks** <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>

Home workout videos for all abilities

**Yoga with Adriene** https://www.youtube.com/user/yogawithadriene

Home yoga videos for all abilities

***There are also many gyms in the city, see some examples below:***

**Sport Aberdeen** https://www.sportaberdeen.co.uk/

 Local gyms, classes, swimming pools, golf courses, ice skating, racquets etc.

**Inchgarth Community Centre** http://www.inchgarth.co.uk/whats-on.html

 Gym and range of fitness classes for people of all ages and every level of fitness

**See NHS Inform (**[**https://www.nhsinform.scot/healthy-living/keeping-active/**](https://www.nhsinform.scot/healthy-living/keeping-active/)**) for more information and ideas**